METABOLIC CONDITIONING

Training Style: Perform olympic style, functional, and heavy resistance training exercises below using heavy weight.														

			Date	/	/	/	/	/	/	/	/	/	/	/
									Rest:					
Training Exercises	Sets	Reps	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
SQUATS	a	10											
PUSHUPS	b	10											
STEP UPS	a	10/10											
BURPEES	b	10											
TRAP BAR DEADLIFT	a	10											
MOUNTAIN CLIMBERS	b	20/20											
WALKING LUNGES	a	10/10											
SPLIT SQUAT JUMPS	b	10/10											
LAT PULLDOWNS	a	10											
WEIGHTED JUMPING JACKS	b	20											
DB FLAT FLYS	a	15											
SPRAWLS	b	15											
SHOULDER PRESS	a	15											
JUMP ROPE	b		30 sec										