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									
T BAR SL DEADLIFTS	а	10											
BATTLE ROPE FLOOR TAP SLAMS	b	10/10											
TRICEPS BAR SEATED OVERHEARD PRESSES	а	10											
PLANK JACKS	b	20											
BARBELL SQUATS	а	10	hold 3 secs										
JUMP ROPE	b	20											
INVERTED ROWS	а	10											
BURPEE	b	10											
KB SWINGS	а	10											
SQUAT THRUSTS	b	15											
HEX PRESS	а	10											
MB SLAM+ 4 TOE TAPS	b	20/20											
KB THRUSTER	а	10											

BICYCLE CRUNCHES

20

30 sec