METABOLIC CONDITIONING

Training Style: Perform training exercises below in supersets. Go back and forth between 2 exercises for a period of 5 min non stop.												
			Date	/	/	/	/	/	/	/	/	/
Training Exercises	Sets	Reps	Coaching Tip	Lbs								
<u>DEADLIFTS</u>	1A	10										
JUMP ROPE	1B	20										
PENDLAY ROWS	2A	10										
<u>SPRAWLS</u>	2B	20										
CHEST FLYS	ЗА	10										
VALSLIDE MTN CLIMBERS	3B	20										
WEIGHTED 2 FT PISTOL SQUAT	4A	10										
PLYO STEPUPS	4B	20										
MB WALKING LUNGES	5A	10										
MB TOE TAPS	5B	20										
<u>PULLUPS</u>	6A	10										
<u>SPRINT</u>	6B	20	outside if possible									
LATERAL STEPUPS	7A	10										
BOX JUMPS	7B	20										