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	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
PUSHUPS	1A	10										
SQUAT JUMPS	1B	20										
SQUATS	2A	10										
MTN CLIMBERS	2B	20	10 each side									
STRAIGHT LEG DEADLIFTS	3A	10										
MB SLAMS	3B	20										
SINGLE ARM KB CLEAN AND PRESS	4A	10										
JUMP ROPE	4B	20	10 each side									
BENT OVER ROWS	5A	10										
SPRAWLS	5B	20	10 each leg									
KB SWINGS	6A	10	5 each side									
HIGH KNEES	6B	20	Hands and feet out and in									
FARMERS CARRY	7A	10										
BUILDING LAP/BOX JUMPS	7B	20										