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
T-BAR ROWS	1A	10										
ROPE ALTERNATING WAVES	1B	20										
BARBELL CLEAN AND PRESS	2A	10										
AB ROLLER	2B	20										
KB DOUBLE RACKED SQUAT	3A	10										
AB IN & OUT	3B	20										
INCLINE DB PRESS	4A	10										
MB SLAM AND SPRAWL	4B	20										
SA KB DEADLIFTS	5A	10										
SPLIT SQUAT JUMPS	5B	20										
TRX UNDERHAND ROWS	6A	10										
ICE SKATERS	6B	20										
KB GOBLET LATERAL LUNGES	7A	10										
LATERAL BOX SHUFFLES	7B	20										