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
KB DUCK WALK	1A	10										
ALTERNATING KB SWING	1B	20										
WEIGHTED DB AB CRUNCH	2A	10										
BOSU LATERLA STEP + 2 BURPEES	2B	20										
TRX ROW	3A	10										
TRX CURTSY LUNGES	3B	20										
DOUBLE RACKED KB SQUATS	4A	10										
SLED PUSHES	4B	20										
SEATED DB SHOULDER PRESS	5A	10										
BENCH JACKS	5B	20										
FLAT DB CHEST FLYS	6A	10										
JUMP SQUATS	6B	20										
WALKING OH DB LUNGES	7A	10										
MEDICINE BALL SLAMS	7B	20										