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	/	/	/	/	/	/	/	/	/
				Take a 2 min break after each 5 minute round								
Training Exercises	Sets	Reps	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
DB CHEST PRESS	1A	10										
TRX ROWS	1B	20										
DB 2PT ROW	2A	10										
PUSH UPS	2B	20										
KB RDL	3A	10										
JUMP SQUATS	3B	20										
DB FRONT SQUATS	4A	10										
SQUAT JUMPS	4B	20										
WALL BALL	5A	10										
BALL SLAMS	5B	20										
DB THRUSTERS	6A	10										
JUMPING LUNGES	6B	20										
KB CLEANS	7A	10										
ICE SKATERS	7B	20										