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
TRX PISTOL SQUATS	1A	10										
BURPEES	1B	20										
NARROW CHEST PRESS TO SKULL CRUSHER	2A	10										
CRAB KICKS	2B	20										
LATERAL RAISE BALL SQUATS	3A	10										
SLIDER PLANK JACKS W/ KNEE TUCK	3B	20										
KB CLEAN W/ PRESS	4A	10										
SNAKE ROPE WAVES	4B	20										
PULL-UPS	5A	10										
PLANK ELBOW TO HANDS	5B	20										
SVEND PRESS W/ FRONT RAISE	6A	10										
BICYCLE CRUNCHES	6B	20										
T-BAR ROW	7A	10										
JUMP ROPE	7B	20										