## METABOLIC CONDITIONING

Training Style: Perform training exercises below in supersets. Go back and forth between 2 exercises fo										or 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								
SINGLE DB FRONTAL RAISE	1A	10												
BENCH JACKS	1B	20												
BB BICEP CURL	2A	10												
KB FARMERS WALK W/ SHUTTLE RUN	2B	20												
ALT DB SNATCH	ЗА	10												
LATERAL BOSU SHUFFLE	3B	20												
TRICEP BAR CURL W/ OH PRESS	4A	10												
MB SLAM W/ PLANK JACK	4B	20												
DB RENEGADE ROW	5A	10												
MB SIDE SHUFFLE	5B	20												
KB SIT-UPS	6A	10												
MB SPLIT LUNGE W/ TWIST	6B	20												
DB OH BULGARIAN SPLIT SQUATS	7A	10			_			_						
DB WEIGHTED UP-DOWNS	7B	20												