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
BB DEADLIFTS	1A	10										
KB LEAPFROGS	1B	20										
PHYSICOBALL PASSTHROUGH	2A	10										
MOUNTAIN CLIMBERS	2B	20										
DB THRUSTERS	3A	10										
SLED PUSH, REVERSE BEAR CRAWL	3B	2	Sled push down turf, bear crawl back 2x									
ROPE HULK SLAMS	4A	10										
DECLINE PLANK AND SHOULDER TAPS	4B	20										
BOSU PUSHUP AND JUMP ROPE	5A	10										
DB TRICEP EXTENSION	5B	20										
DB CURLS	6A	10										
PARTNER BALL PASS + SPRAWLS	6B	20										
AB ROLLER	7A	10										
WALL SIT W/ KB RAISE	7B	20										