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 SUMO DL	1A	10										
JUMPING JACKS	1B	20										
MB RUSSIAN TWISTS	2A	10										
SPRAWL W/ HIGH KNEE JUMP	2B	20										
DB CHEST PRESS	ЗА	10										
MB TOE TAPS	3B	2										
TRX Y RAISE	4A	10										
MOUNTAIN CLIMBERS	4B	20										
SEATED DB SHOULDER PRESS	5A	10										
LATERAL STEP UP	5B	20										
BB INVERTED ROW	6A	10										
JUMPING BALL SLAMS	6B	20										
DBL RACKED KB NARROW SQUAT	7A	10										
ROPE JACKS	7B	20										