METABOLIC CONDITIONING

Training Style: Perform olympic style, functional, and heavy resistance training exercises below using heavy weight.

			Date	/	/	/	/	/	/	/	/	/	/
				Rest:									
Training Exercises	Sets	Reps	Coaching Tip	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs	Lbs
KB SQUATS	a	10											
ROPE SLAMS W BACK LUNGE	b	10/10											
DB CHEST PRESS	a	10											
BENCH HURDLES	b	20											
BB DEADLIFT	a	10											
MED BALL SLAM W SPRAWL	b	20											
DB ROW	a	10											
6 HIGH KNEES AND SPRAWL	b	10											
SEATED ARNOLD PRESS	a	10											
AB ROLL OUT	b	15											
T-BAR ROW	a	10											
LATERAL STEPS ON BOSU	b	20/20											
KB CLEAN AND PRESS	a	10											
SIT UPS	b	20	30 sec										