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
KB SUMO DEADLIFT	1A	10										
TOE TAPS	1B	20										
UNDERHAND BB BARBELL ROW	2A	10										
HIGH KNEE TWISTS	2B	20										
INCLINE DB FLYES	3A	10										
MAY-WEATHER SIT-UPS	3B	20										
BARBELL DEADLIFTS	4A	10										
DB SUMO WALKING SQUAT	4B	20										
LEANING SINGLE ARM LATERAL RAISE	5A	10										
FARMERS WALK CALF RAISES	5B	20										
INCLINE DB CHEST PRESS	6A	10										
LADDER SPRINTS	6B	20										
GOBLET SQUATS	7A	10										
BENCH SLIDING MOUNTAIN CLIMBERS	7B	20										