

# METABOLIC COMPLEXES

Pick One Option, Complete 2-4 sets with High Intensity and Maximum Effort

\*On Barbell Complexes, use no more than 95 lbs\*

## Barbell Complex #1

1 min rest

Deadlift: 10 reps  
Bent Over Row: 10 reps  
Hang Clean: 10 reps  
Push Press: 10 reps  
Back Squat: 10 reps

## Barbell Complex #2

1 min rest

Curl: 10 reps  
Reverse Lunge: 10 reps  
Hang Clean High Pull: 10 reps  
Reverse Curl: 10 reps  
RDL: 10 reps  
Front Squat to Overhead Press: 10 reps

## Barbell Complex #3

Reverse Pyramid: 6 to 1 - 1 min rest

Power Clean  
RDL  
Bent Over Row  
Deadlift  
Front Squat  
Push Press  
Back Squat  
Good Morning

## Dumbbell Complex

1 min rest

Reverse Lunge: 6 reps each leg  
RDL: 12 reps  
Good Morning: 12 reps  
Front Squat: 6 reps  
Military Press: 6 reps  
Bent Over Row: 6 reps  
Floor Press: 12 reps

## Stop Watch Circuit

90 sec rest

Bike Sprint: 15 sec.  
Squat: 20 sec.  
Push-Up: 25 sec.  
Mountain Climbers: 30 sec.  
Bike Sprint: 15 sec.  
Reverse Lunge: 20 sec.  
Bench Dips: 25 sec.  
Burpees: 30 sec.  
Bike Sprint: 15 sec.  
Jump Knee Tuck: 20 sec.  
Chins: 25 sec.  
Plank: 30 sec.

## 50/10/10 Circuit

90 sec rest

Jump Rope - Double: 50 reps  
Med Ball Slams: 10 reps  
Kettlebell Swings: 10 reps  
Jump Rope - Side to Side: 50 reps  
Med Ball Russian Twist: 10 reps each side  
Kettlebell Goblet Squats: 10 reps  
Jump Rope - Front to Back: 50 reps  
Med Ball Inverted U Slams: 10 reps  
Kettlebell Bent Over Row: 10 reps