METABOLIC CONDITIONING

Training Style: Perform training exercises below in supersets. Go back and forth between 2 exercises for an interval of 5 min on - 2 min off												
			Date	/	/	/	/	/	/	/	/	/
Training Exercises	Sets	Reps	Coaching Tip	Lbs								
DB CUBAN PRESS TO BACK LUNGE	Α	10										
NAVY SEAL SITUPS	Α	10										
ELEVATED DB/SUMO SQUAT	В	10										
SQUAT JUMPS	В	10										
INCLINE DB PRESS	С	10										
PUSHUP MOUNTAIN CLIMBERS	С	5	1 pushup/4 mountain climbers									
KB DEADLIFT FROM PLATFORM	D	10										
KB ALTERNATING SWINGS	D	20	10 each side									
REVERSE DB PRESS	Е	10										
<u>PLANK</u>	Е	30 sec										
TRX PISTOL SQUATS	F	10	10 each leg									
KB SINGLE RDL	F	10	10 each leg									
NEUTRAL GRIP ROWS	G	10										
KB CLEAN & PRESS	G	10	10 each side									