

Metabolic Conditioning - Day 1

	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	BB back squat	1	4	10-12	31X0	75s						
	Feet mid stance and toes at a slight 45* angle	2		10-12	31X0	60s						
		3		10-12	31X0	60s						
A2	Lying Leg Curl- toes inward, dorsi flexed	1	4	8-10	40X1	75s						
	Keep pelvic against pad	2		8-10	40X1	75S						
		3		8-10	40X1	75s						
B1	Drop lunge- backwards	1	4	10-12	1-1-1-1	75s						
	4 - 6 in high. Same leg	2		10-12	1-1-1-1	60s						
		3		10-12	1-1-1-1	60s						
B2	45* single legged leg press	1	4	10-12	2020	75s						
		2		10-12	2020	60s						
		3		10-12	2020	60s						
C1	Goblet Squat	1	3	15-20	2110	75s						
	wider stance. feet open to 45* angle. Go down pulling knees open	2		15-20	2110	60s						
	with glutes.	3		15-20	2110	60s						
C2	Seated leg curl - neutral, dorsi	1	3	8-10	3011	75s						
		2		8-10	3011	60s						
		3		8-10	3011	60s						
D1	Garhammer Raise	1	3	10-12	21X1	45s						
	chin to chest, tongue to the roof of mouth, feet together and knees slightly open	2		10-12	21X1	45s						
		3		10-12	21X1	45s						
D2	Weighted ab crunch on Stability ball	1	3	10-12	31X0	45s						
	Weight on upper chest, chin to chest, tongue to the roof of mouth.	2		10-12	31X0	45s						
		3		10-12	31X0	45s						

Metabolic Conditioning - Day 2												
	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	Db Chest press- Nuetral grip	1	4	12-15	3110	75s						
		2		12-15	3110	60s						
		3		12-15	3110	60s						
A2	Supinated Mid- grip back pull down	1	4	10-12	3011	75s						
	Pull bar to sternal notch as you lift chest towards the bar.	2		10-12	3011	60s						
		3		10-12	3011	60s						
B1	Seated DB overhead press- pronated grip	1	4	12-15	3110	75s						
		2		12-15	3110	60s						
		3		12-15	3110	60s						
B2	Seated Cable back row - Narrow, nuetral grip	1	4	15-20	2011	75s						
		2		15-20	2011	60s						
		3		15-20	2011	60s						
C1	Seated, Alternating supinated DB bicep curl	1	3	10-12	2111	45s						
		2		10-12	2111	45s						
		3		10-12	2111	45s						
C2	Rope tricep Cable Pull down	1	3	12-15	2011	45s						
	Keep wrists straight	2		12-15	2011	45s						
		3		12-15	2011	45s						

Metabolic Conditioning - Day 3												
	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	DB Deficient Deadlift	1	4	12-15	4110	75s						
	Push feet into whatever you are standing on. Push feet apart as you come up	2		12-15	4110	75s						
		3		12-15	4110	75s						
A2	Split Squat- Front foot elevated	1	4	12-15	2110	60s						
	4in box.	2		12-15	2110	60s						
		3		12-15	2110	60s						
B1	Cyclists Squats 10* Mid-neutral stance	1	4	12-15	31X0	75s						
	Can use plates to put heels on if no angled platform.	2		15-20	31X0	75s						
		3		15-20	31X0	75s						
B2	Mid Height Step -up - Alternating	1	4	10-12	21X0	60s						
	Think of pushing box into the ground as you step up.	2		10-12	21X0	60s						
		3		10-12	21X0	60s						
C1	Ploiguin Lateral delt raise	1	4	12-15	2111	60s						
		2		12-15	2111	60s						
		3		12-15	2111	60s						
C2	External rotators - elbow on knee (VMO)	1	4	8-10	41X1	60s						
	low pressed against inside of knee (VMO). Keep knee and shoulder joint in li	2		8-10	41X1	60s						
		3		8-10	41X1	60s						
D1	Reverse Hyper back extension	1	3	12-15	2011	45s						
	Feet together.	2		12-15	2011	45s						
		3		12-15	2011	45s						
D2	Rope face -pull. Towards forehead - pronated grip	1	3	10-12	41X1	45s						
	Cable slightly below chin level. Pull back just before trap recruitment occurs.	2		10-12	41X1	45s						
		3		10-12	41X1	45s						