

Metabolic Conditioning(Phase 2) - Day 1												
	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	BB Front squat	1	4	6-8	4110	75s						
	Feet mid stance and toes at a slight 45* angle	2		6-8	4110	60s						
		3		6-8	4110	60s						
		4		6-8	4110	60s						
A2	Banded squats	1	4	10-12	40X1	90s						
	Pull knees open using glutes - constant tension	2		10-12	40X1	75s						
		3		10-12	40X1	75s						
		4		10-12	40X1	60s						
B1	Walking lunge	1	4	12-16	1-1-1-1	75s						
	No stopping	2		12-16	1-1-1-1	60s						
		3		12-16	1-1-1-1	60s						
		4		16-20	1-1-1-1	45s						
B2	Box jumps	1	4	8-10	10X0	75s						
	As high as you are comfortable with	2		8-10	10X0	60s						
		3		10-12	10X0	60s						
		4		10-12	10X0	60s						
C1	Single leg ab crunch	1	3	15-20	2110	60s						
	Chin to chest. Tongue to roof of mouth.	2		15-20	2110	45s						
		3		15-20	2110	45s						
		4	4	12-15	2011	30s						
C2	Seated Calf raise	1	3	15-20	3111	60s						
		2		15-20	3111	45s						
		3		15-20	3111	45s						
		4	4	15-20	3111	30s						

Metabolic Conditioning (Phase 2) - Day 2												
	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	Standing DB Shoulder press - Nuetral grip	1	4	12-15	31X1	75s						
		2		12-15	31X1	60s						
		3		12-15	31X1	60s						
		4		10-12	41X0	45s						
A2	Wide grip back pull down - Pronated grip	1	4	12-15	3011	75s						
	Pull bar to sternal notch as you lift chest towards the bar.	2		12-15	3011	60s						
		3		12-15	3011	60s						
		4		10-12	4010	45s						
B1	60* DB Chest press	1	4	12-15	2110	75s						
		2		12-15	2110	60s						
		3		10-12	3110	60s						
		4		10-12	3110	45s						
B2	Chest supported DB back row - 45*	1	4	15-20	2011	75s						
	Rotating Nuetral to pronated grip	2		15-20	2011	60s						
		3		12-15	3011	60s						
		4		10-12	31X1	60s						
C1	Seated DB bent elbow lateral raise	1	3	12-15	20X1	45s						
	Keep wrists straight.	2		12-15	20X1	45s						
		3		12-15	20X1	45s						
		4		10-12	30X1	45s						
C2	Chest supported 45* DB Lateral raise	1	3	12-15	2011	60s						
	Keep wrists straight.	2		12-15	2011	60s						
		3		10-12	31X1	60s						
		4		10-12	31	60s						
D1	E-Z bar Scott curl - Wide grip	1	3	12-15	2010	45s						
		2		12-15	2010	30s						
		3		12-15	2010	30s						
		4		10-12	3010	30s						
D2	Straight bar Tricep press down	1	3	15-20	21X1	45s						
		2		15-20	21X1	30s						
		3		12-15	30X1	30s						
		4		10-12	40X1	30s						

Metabolic Conditioning (Phase 2) - Day 3												
	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	DB Sumo deadlift	1	4	15-20	41X0	90s						
	Push feet into the floor. Spread floor apart as you come up.	2		15-20	41X1	75s						
		3		15-20	41X0	75s						
		4		12-15	41X0	60s						
A2	45* leg press	1	4	12-15	2110	90s						
	Feet high- mid distance	2		12-15	2110	75s						
		3		12-15	2020	75s						
		4		10-12	2020	60s						
B1	Seated good morning	1	4	10-12	31X0	75s						
	Press feet into the floor and keep glutes engaged	2		10-12	31X0	75s						
		3		10-12	31X0	75s						
		4		12-15	2110	60s						
B2	High step-up - Same leg	1	4	12-15	21X0	60s						
	Think of pushing box into the ground as you step up.	2		12-15	21X0	60s						
		3		10-12	20X0	60s						
		4		10-12	20X0	60s						
C1	B-Stance RDL - DB	1	4	15-20	2020	45s						
	each leg	2		15-20	2020	45s						
		3		12-15	2020	45s						
		4		10-12	3020	30s						
C2	SB oblique crunch	1	4	10-12	31X1	45s						
		2		10-12	31X1	45s						
		3		8-10	2020	45s						
		4		8-10	2020	45s						