

Metabolic Conditioning(Phase 3) - Day 1												
	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	BB Mid- Stance back 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	Drop lunge	1	4	8-10	2010	90s						
	Alternate legs for each rep	2		8-10	2010	75s						
	4-6 inches high. Step backwards off the platform.	3		8-10	2010	75s						
		4		8-10	2010	60s						
B1	Cyclists squats -1 1/4	1	4	10-12	1-1-1-1	75s						
	Bottom 1/4	2		10-12	1-1-1-1	60s						
		3		10-12	1-1-1-1	60s						
		4		10-12	1-1-1-1	45s						
B2	Banded hip thrust	1	4	15-20	1012	75s						
	Bringing heels closer to the glutes may help remove activation from the hamstrings.	2		15-20	1012	60s						
		3		15-20	1012	60s						
		4		15-20	1012	60s						
C1	Sissy squats	1	3	8-10	21X0	60s						
	Choose variation that works for you.	2		8-10	21X0	45s						
		3		8-10	21X0	45s						
		4	4	8-10	21X0	30s						
C2	Squated abductor w/band	1	3	12-15	2011	60s						
	Stay in squated position. Keep chest high.	2		12-15	2011	45s						
		3		12-15	2011	45s						
		4	4	12-15	2011	30s						

Metabolic Conditioning (Phase) - Day 2												
	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	Seated DB Shoulder press - Neutral , 1 1/4 reps	1	4	6-8	31X0	75s						
	Bottom 1/4	2		6-8	31X0	60s						
		3		6-8	31X0	60s						
		4		6-8	31X0	60s						

A2	Supinated chin-up - Phase 1	1	4	8-10	4011	75s						
	Do as many chin ups as you can with at 10sec eccentric.	2		8-10	4011	75s						
	Then go to the pull down bar and do the remaining reps.	3		8-10	4011	75s						
		4		8-10	4011	75s						
B1	E-Z bar upright row	1	4	10-12	2110	45s						
	Hands wider, more in front of shoulder. Pull no lower than midchest.	2		10-12	2110	45s						
		3		10-12	3110	45s						
		4		10-12	3110	45s						
B2	Wide Nuetral grip back row	1	4	12-15	2011	60s						
	Keep elbows away from the body. Arch chest as you pull.	2		12-15	2011	60s						
		3		12-15	3011	60s						
		4		12-15	31X1	60s						
C1	Serrano Press	1	3	12-15	2110	45s						
	Keep path of motion consistant through the exercise.	2		12-15	2110	45s						
		3		12-15	2110	45s						
		4		12-15	2110	45s						
C2	Low back hyper - horizontal	1	3	10-12	2012	60s						
	Supinated grip if using bar.	2		10-12	2012	60s						
		3		10-12	2012	60s						
		4		10-12	2012	60s						

Metabolic Conditioning (Phase 3) - Day 3												
	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	Trap bar deadlift	1	4	6-8	41X0	90s						
	Feet will be more neutral. Avoid knees falling inward.	2		6-8	41X1	75s						
		3		6-8	41X0	75s						
		4		6-8	41X0	75s						
A2	DB Romanian deadlift	1	4	6-8	2020	75s						
	Feet nuetral, shoulder stance.	2		6-8	2020	75s						
		3		6-8	2020	75s						
		4		6-8	2020	75s						
B1	Kneeling Hamstring curl	1	4	8-10	40X0	75s						
	Dorsi flexed, nuetral	2		8-10	40X0	75s						
		3		8-10	40X0	75s						
		4		8-10	40X0	75s						

B2	Split squat	1	4	10-12	21X0	60s						
	Front foot elevated	2		10-12	21X0	60s						
		3		10-12	20X0	60s						
		4		10-12	20X0	60s						
C1	Reverse hyper extension	1	4	15-20	2012	45s						
	Ankles banded- pull band as you lift legs	2		15-20	2012	45s						
		3		15-20	2012	45s						
		4		15-20	2012	45s						
C2	Hip thrust - Frog	1	4	15-20	10X2	45s						
	Banded	2		15-20	10X2	45s						
		3		15-20	10X2	45s						
		4		15-20	10X2	45s						

Metabolic Conditioning (Phase 3) - Day 4												
	Exercise	Week	Sets	Reps	Tempo	Rest	Weight	Reps	Weight	Reps	Weight	Reps
A1	60* DB chest press	1	4	8-10	31X0	60s						
	Single arm	2		8-10	31X0	60s						
		3		8-10	31X0	60s						
		4		8-10	31X0	60s						
A2	One arm DB back row	1	4	8-10	4010	60s						
	Head on arm, knee on bench	2		8-10	4010	60s						
		3		8-10	4010	60s						
		4		8-10	4010	60s						
B1	Seated back row	1	4	10-12	30X1	60s						
	Supinated, wide grip	2		10-12	30X1	60s						
		3		10-12	30X1	60s						
		4		10-12	30X1	60s						
B2	DB Lateral delt Raise	1	4	10-12	2012	60s						
	Alternating arms	2		10-12	2012	60s						
		3		10-12	2012	60s						
		4		10-12	2012	60s						
C1	Cable Back row - rope	1	4	12-15	30X1	30s						
	Cable just at chest level. Pull rope apart as you pull towards clavical.	2		12-15	30X1	30s						
		3		12-15	30X1	30s						
		4		12-15	30X1	30s						
C2	Low leg ab crunch	1	4	10-12	30X1	30s						
	Keep back against floor	2		10-12	30X1	30s						
		3		8-10	30X1	30s						
		4		8-10	30X1	30s						