

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest	Notes:
	Foam Roller Series	1				Metabolic Chaos: Week 3-Day2
	KB Complex:	1				
	KB Swing	1	10			
	KB Goblet Squat	1	10			
	KB RDL	1	10			
	Yoga Pushup	1	10			
	Lat Band Walks	1	10e			
	Monster Walks (Forward&Backward)	1	10e			
	TGU	1	3e			

Order	Movement	Exercise	Sets	Reps	Work	Rest	Notes:
		Rope Waves	1	40t			1) Speed of Movement is key! 2) If there is lack of space for the rope waves, do MB Rot slams (x5e) 3) If there is lack of space for the farmer's walks, do famer's hold- 25s count. 4) Weights should not be maximum weight but also should not be super light!
		KB Deadlift to High Pull	1	20			
		Plank Ups	1	20			
		DB/KB/BB Squat to Press	1	10			
		TRX Inverted Row *make them HARD!*	1	10			
		DB/KB/ Trap Bar Famer's Walks	1	40yds			
		Plank Jacks	1	20			

# of rounds	5 Rounds
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Order	Finisher	Sets	Reps	Work	Rest	Notes:
	KB Swings	8		20	10	Tabata Style