

Name	Date
Metabolic Chaos	Wk 1- Day 2

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	Lat Band Walk	1	15e			
	Glute Bridge w/ Band	1	20			
	SL Glute Bridge	1	10e			
	Floor Sliders	1	15			
	Shoulder Flexion	1	15			
	Yoga Pushup	1	15			
	Gate Swings	2	15			

Order	Movement	Exercise	Sets	Reps	Work	Rest	Notes:
A1	Power	MB Chop	1	15e		30 sec	**40 minutes on the circuit** Work until the end of the hour!
B1	Core	Side Crunch	1	15e		30 sec	
C1	Quad	DB Lateral Step Up	1	15e		30 sec	
D1	Press	DB Bench Press	1	15		30 sec	
E1	Hip	SB Leg Curl	1	15		30 sec	
F1	Pull	DB Reverse Fly	1	15		30 sec	
G1	Core	TRX Fallouts	1	15		30 sec	

# of rounds	5 Rounds
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Order	Finisher	Sets	Reps	Work	Rest	Notes:
						Omit