

Name	Date
Metabolic Chaos	Wk 4-Day1

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest	Notes:
	Foam Roll Series	1				
	Prisoner Squat	3	10			
	Triangle	3	10e			
	Yoga Pushup	3	10			
	Around the World (shoulder)	3	10e			

Order	Movement	Exercise	Sets	Reps	Work	Rest	Notes:
A1	Power	Burpees	1		45s	15s	**Perform using lighter weights so that you can complete all 45 seconds of each round.** ** 45s rest b/t rounds**
B1	Energy System	Gate Swings	1		45s	15s	
C1	Core	Knee Grabs	1		45s	15s	
D1	Press	DB Floor Press	1		45s	15s	
E1	Pull	TRX Face Pull	1		45s	15s	

# of rounds	5 Rounds
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Order	Finisher	Sets	Reps	Work	Rest	Notes:
	X-Climbers, Flutter Kicks, Wideouts, High Pogos	4	20e			