

Name	Date
Metabolic Chaos	Wk 1- Day 1

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	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		

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
A1	Power	KB DLHP	1		20 sec	10 sec
B1	Energy System	Mountain Climbers	1		20 sec	10 sec
C1	Core	Knee grabs	1		20 sec	10 sec
D1	Quad	DB Split Squat	1		20 sec	10 sec
E1	Pull	BB Inverted Row *Underhand*	1		20 sec	10 sec
F1	Hip	KB Deadlift	1		20 sec	10 sec
G1	Press	DB Floor Press	1		20 sec	10 sec
H1	Core	Sitouts	1		20 sec	10 sec

Notes:
**1-2 Minute Rest b/t rounds** -Switch sides for split squat every other round (L,R,L,R,L,R)

# of rounds	6 Rounds
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Order	Finisher	Sets	Reps	Work	Rest

Notes:
Omit