

Name	Date
Metabolic Chaos	Wk4- Day4

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest	Notes:
	Foam Roller Series	1				
	Prayer Squat	2		30s		
	Standing wall soleus stretch	2		30s		
	OH Squat (tubing)	2	10			
	Fire Hydrants	3	5e			
	Jumping Jacks	3	10			
	Chimp	3	10e			

Order	Movement	Exercise	Sets	Reps	Work	Rest	Notes:
A1	Power	Ice Skaters	1		20 sec	10 sec	**This is the format for one round of Tabata. You can do multiple rounds with a 2-3 minute recovery time in between each round.
B1	Energy System	Rope Jacks	1		20 sec	10 sec	
C1	Core	Suitcase Deadlifts *alt every round*	1		20 sec	10 sec	
D1	Quad	KB Goblet Squat	1		20 sec	10 sec	
E1	Pull	TRX Face-Pull	1		20 sec	10 sec	
F1	Hip	KB Swing	1		20 sec	10 sec	
G1	Press	Vertical Band Press	1		20 sec	10 sec	
H1	Core	Tornadoes *alt every round*	1		20 sec	10 sec	

# of rounds	6 Rounds
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Order	Finisher	Sets	Reps	Work	Rest	Notes:
						Omit