

Name	Date
Metabolic Chaos	Wk4- Day4

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

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
A1	Power	Ice Skaters	1		20 sec	10 sec
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

Notes:
**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.

# of rounds	6 Rounds
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Order	Finisher	Sets	Reps	Work	Rest

Notes:
Omit