

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Roller Series	1			
	KB Complex:	1			
	KB Swing	1	10		
	KB Goblet Squat	1	10		
	KB RDL	1	10		
	Yoga Pushup	1	10		
	Lat Band Walks	1	10e		
	Monster Walks (Forward&Backward)	1	10e		
	TGU	1	3e		

Notes:
Metabolic Chaos: Week 3-Day2

Order	Movement	Exercise	Sets	Reps	Work	Rest
		Rope Waves	1	40t		
		KB Deadlift to High Pull	1	20		
		Plank Ups	1	20		
		DB/KB/BB Squat to Press	1	10		
		TRX Inverted Row *make them HARD!*	1	10		
		DB/KB/ Trap Bar Farmer's Walks	1	40yds		
		Plank Jacks	1	20		

Notes:
1) Speed of Movement is key! 2) If there is lack of space for the rope waves, do MB Rot slams (x5e) 3) If there is lack of space for the farmer's walks, do farmer's hold- 25s count. 4) Weights should not be maximum weight but also should not be super light!

# of rounds	5 Rounds
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Order	Finisher	Sets	Reps	Work	Rest
	KB Swings	8		20	10

Notes:
Tabata Style