

Name	Date
Metabolic Chaos	Wk 4-Day2

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

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
A1	Power	MB Rotational Slam	1		45s	15s
B1	Energy System	Valslide Body Saw	1		45s	15s
C1	Core	Knee Ups on Bench	1		45s	15s
D1	Press	DB/KB Push Press	1		45s	15s
E1	Pull	Resistance Band Row	1		45s	15s

Notes:
**Perform using lighter weights so that you can complete all 45 seconds of each round** **45s rest b/t rounds**

# of rounds	5 Rounds
-------------	----------

Order	Finisher	Sets	Reps	Work	Rest
	Plate Thruster, Plate High Pull,	4	15e		
	Plate Front Squat, Plate Front Press	4	15e		

Notes:
Done AFAP