

Name	Date
Metabolic Chaos	Wk 4-Day1

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	Burpees	1		45s	15s
B1	Energy System	Gate Swings	1		45s	15s
C1	Core	Knee Grabs	1		45s	15s
D1	Press	DB Floor Press	1		45s	15s
E1	Pull	TRX Face Pull	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
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Order	Finisher	Sets	Reps	Work	Rest
	X-Climbers, Flutter Kicks, Wideouts, High Pogos	4	20e		

Notes: