

Name	Date
Metabolic Chaos	Wk 1- Day 2

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Roll Series	1			
	Lat Band Walk	1	15e		
	Glute Bridge w/ Band	1	20		
	SL Glute Bridge	1	10e		
	Floor Sliders	1	15		
	Shoulder Flexion	1	15		
	Yoga Pushup	1	15		
	Gate Swings	2	15		

Notes:

Order	Movement	Exercise	Sets	Reps	Work	Rest
A1	Power	MB Chop	1	15e		30 sec
B1	Core	Side Crunch	1	15e		30 sec
C1	Quad	DB Lateral Step Up	1	15e		30 sec
D1	Press	DB Bench Press	1	15		30 sec
E1	Hip	SB Leg Curl	1	15		30 sec
F1	Pull	DB Reverse Fly	1	15		30 sec
G1	Core	TRX Fallouts	1	15		30 sec

Notes:
40 minutes on the circuit Work until the end of the hour!

# of rounds	5 Rounds
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Order	Finisher	Sets	Reps	Work	Rest

Notes:
Omit