

Name	Date
Metabolic Chaos	Wk3-Day1

Order	Range of Motion, Activation, Movement Prep	Sets	Reps	Work	Rest
	Foam Roller Series				
	KB Complex:	1	10		
	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:
Athletic Style Warmup

Order	Movement	Exercise	Sets	Reps	Work	Rest
A1	Power	Ball slams	1		40 sec	20 sec
B1	Energy System	Ladder (Hop Scotch)	1		40 sec	20 sec
C1	Core	Mountain Climber	1		40 sec	20 sec
D1	Press	Landmine Shoulder Press	1		40 sec	20 sec
E1	Pull	Alt Plank-N-Row	1		40 sec	20 sec

Notes:
1) Lighter Weights=faster movement. 2)Alternate sides on shoulder press round to round, last round switch in the middle of the round. 3) 40s rest b/t Rounds.

# of rounds	7 Rounds
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Order	Finisher	Sets	Reps	Work	Rest

Notes:
OMIT