



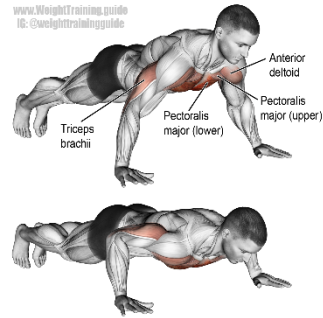
METABOLIC RESISTANCE TRAINING WORKOUT

Complete each group of exercises 3 times.
Rest 30s between exercises.
Rest 1min between rounds

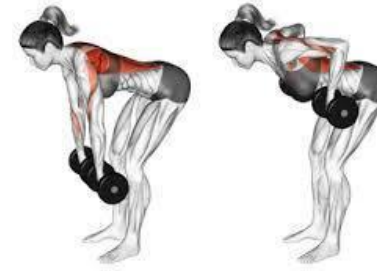
A1. Goblet Squat (15 reps)



A2. Push ups (12 reps)



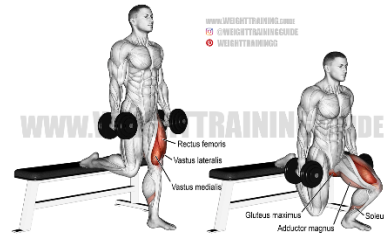
A3. DB Row (12 reps)



Rest 60s



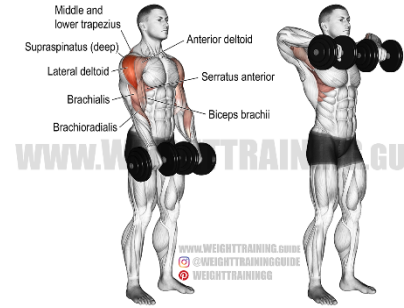
B1. 1 ½ Rep Bulgarian Split Squat (8 reps per leg)



B2. Dips (12 reps)



B3. Upright Row (12 reps)



Rest 60s



C1. Plank Cross Body Rotations (10/side)



Rest 30s

