Saturday: Metabolic Day

A1 Landmine Squat

Sets	5	Tempo/Method	2010
Reps	15	Rest Period	30-60 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps	8	8	8	8	8				
RPE	6	7	8	9	10				
Weight									

A2 Stability Ball Bridges

Sets	5	Tempo/Method	3010
Reps	15	Rest Period	30-60 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps	15	15	15	15	15				
RPE	8	8	8	8	9-10				
Weight									

A3 ERG Row 250M

Sets	5	Tempo/Method	FAST
Reps	250M	Rest Period	2-3 minutes

Sets	1	2	3	4	5	6	7	8	9
Reps									
RPE	6	7	8	8	9-10				
Weight									

*The goal is to go progressively faster each round, ending with fastest.

B1 Medicine Ball Transverse Slam

Sets	4	Tempo/Method	FAST
Reps	16 total	Rest Period	60-90 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps	16	16	16	16					
RPE	8	8	9	10					
Weight									

B2 Crab Walk

Sets	4	Tempo/Method	30s forward, 30s backward
Reps	1 minute	Rest Period	30-60 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps									
RPE	8	8	9	10					
Weight									

B3 Butcher Push

Sets	4	Tempo/Method	Maintain walking push 1min
Reps	1 minute	Rest Period	60 seconds

Sets	1	2	3	4	5	6	7	8	9
Reps									
RPE	8	8	9	10					
Weight									

B4 Steady State Cardio

Sets	4	Tempo/Method	Moderate intensity
Reps	3 minutes	Rest Period	2-3 minutes

Sets	1	2	3	4	5	6	7	8	9
Reps									
RPE	8	8	9	10					
Weight									

*Recommended: Gauntlet Stairmaster, ERG Rower