



# Metabolic Training Program Design

## June 2019

### Summer Slimdown Phase 1

#### Pre-Workout Routine - 50-10 Circuit

Station #	Level I	Level II	Level III
1	Crocodile Breathing		
2	Foam Rolling T-Spine		
3	Foam Rolling Lats/Rear Shoulders (Switch Halfway)		
4	Foam Rolling ITB/Quads (Switch Halfway)		
5	Spider-man Lunge (Switch Halfway)		
6	Good Morning		
7	Bodyweight Bootstrapper	KB Bootstrapper	KB Bootstrapper + Goblet Squat
8	Adductor Rocking	Monkey Lunges	Lateral Squats
9	Push-up Pike HOLD	Add Push-up	Add 1-Leg
10	Cross Body Marching	Skipping	Stationary Running: Progress from Low-Level Jog to High Knee Jog

# Workout A

## MMA Circuit

**MMA Circuit:** 40 seconds of work + 2 seconds of rest followed by 1-minute of Active Recovery. Repeat that 6 Minute Cycle three times for a 18 Minute workout.

Week 1: 40-20 Intervals

Week 2: 45-15 Intervals

Week 3: 50-10 Intervals

**The 1 Minute Active Recovery will be as follows:**

- Week 1 - FMS Correctives 1-4
- Week 2 - Core Training: Side Plank L/ Side Plank R/ Hollow Hold
- Week 3 - Cardio Training: Optional Cardio during the rest period (jump rope, jacks, etc.)
- **NOTE:** For new clients/jumpstarters who have not been screened they will perform the Couch Stretch L & R and Band Leg Lowering L & R for their four correctives.

Station #	Exercise Variation	Red Light (Alternative)	Level I	Level II	Level III
1	Split Jacks Variation	Alternating Step Backs	Decrease ROM and Tempo	Split Jacks	Increase ROM and Tempo
2	Toe Touch Push-up Variation	TRX Chest Press	Push-up Pike	Push-up Pike + Toe Touch	Push-up + Toe Touch
3	Iso Squat Variation	TRX Assisted Squat	Iso Prayer Squat	Iso Goblet Squat	
4	TRX Iso Row Variation		Higher Body Angle	TRX Iso Row	Lower Body Angle
5	MB Burpee Variation		MB Slam	MB Slam + Burpee	MB Slam + Burpee Climbers

## Workout B

### MMA Circuit

**MMA Circuit:** 40 seconds of work + 2 seconds of rest followed by 1-minute of Active Recovery. Repeat that 6 Minute Cycle three times for a 18 Minute workout.

Week 1: 40-20 Intervals

Week 2: 45-15 Intervals

Week 3: 50-10 Intervals

**The 1 Minute Active Recovery will be as follows:**

- Week 1 - FMS Correctives 1-4
- Week 2 - Core Training: Side Plank L/ Side Plank R/ Hollow Hold
- Week 3 - Cardio Training: Optional Cardio during the rest period (jump rope, jacks, etc.)
- **NOTE:** For new clients/jumpstarters who have not been screened they will perform the Couch Stretch L & R and Band Leg Lowering L & R for their four correctives.

Station #	Exercise Variation	Red Light (Alternative)	Level I	Level II	Level III
1	Glute Ham Walks Variation		Glute Bridge	Glute Ham Walks	Slower Tempo to Single Leg Hold
2	DB Waiter Walks Variation	DB Farmer Walks	DB Overhead Press	DB Overhead Press + Waiter Walks	Increase Load or Add Pressing While Walking
3	Skater Lunge/Jump Variation	Lateral Squat - Modified ROM	Skater Lunge	Skater Lunge + Skater Jump	Skater Lunge + Skater Jump
4	MB Frog Hops	Unloaded Sumo Deadlift	MB Deadlift	MB Frog Steps	MB Frog Jumps
5	Wall Sprinter Variation	Wall March	5 to 5 Wall Jog to Wall March	5 to 5 Wall High Knee Sprint to Wall March	Wall Sprinter

## Workout C

### MMA Circuit

**MMA Circuit:** 40 seconds of work + 2 seconds of rest followed by 1-minute of Active Recovery. Repeat that 6 Minute Cycle three times for a 18 Minute workout.

Week 1: 40-20 Intervals

Week 2: 45-15 Intervals

Week 3: 50-10 Intervals

**The 1 Minute Active Recovery will be as follows:**

- Week 1 - FMS Correctives 1-4
- Week 2 - Core Training: Side Plank L/ Side Plank R/ Hollow Hold
- Week 3 - Cardio Training: Optional Cardio during the rest period (jump rope, jacks, etc.)
- **NOTE:** For new clients/jumpstarters who have not been screened they will perform the Couch Stretch L & R and Band Leg Lowering L & R for their four correctives.

Station #	Exercise Variation	Red Light (Alternative)	Level I	Level II	Level III
1	KB Hip Hinge To Row	Good Mornings or Bridge Variation	KB Hip Hinge	KB Hip Hinge to Row	Increase Load to Iso Hold At The Top
2	TRX Chest Fly		TRX Chest Fly	Combo TRX Chest Fly + Rollout	Lower Angle
3		Monkey Lunges	TRX Assisted Lateral Lunges	Bodyweight Lateral Lunges	DB Lateral Lunge + Kickbacks
4	Step Runners	Step-ups	Slow Exchanges	Step Runners	Fast Exchanges
5	1-Arm Plank Rotations	TRX Front Plank	2-Arm Front Plank	1-Arm Front Plank (Switch Halfway)	1-Arm Front Plank + Rotation (Switch Halfway)