



Metabolic Training Program Design September 2019

30-Minute EXPRESS System

8 Minutes Prior To The Start of the Workout

- Officially the pre-workout needs to begin at 5 minutes before but allowing yourself a 'bonus' extra couple of minutes will help you have some flexibility to start the workout on time
- Also, it's a good time to make a quick announcement to the group about anything they need to know before starting the pre-workout routine.

Custom Correctives Exercises: During each warm-up there will 3 FMS correctives stretches the group will learn throughout the month with each week having a focus area. However, clients are encouraged to work on their "weak links" from the FMS Screen found in their folder. The following is the weekly focus the group will follow during each bootcamp phase:

Week 1: Hip Mobility (ASLR) Emphasis

Week 2: Shoulder Mobility Emphasis

Week 3: Core Stability Emphasis

** Note: There will be 3 levels of progression for all of the mobility & activation exercises that can be taught weekly each month for jump starters and new members to learn.*

Week 1: Level I Progressions

Week 2: Level II Progressions

Week 3: Level III Progressions

Pre-Workout Routine

30-10 Tissue Quality, Corrective Stretching & Mobility Circuit

	Exercise Variation	Week 1	Week 2	Week 3
1	Spider-man Lunge L			
2	Spider-man Lunge R			
3	Soft Tissue	Foam Roll Triceps/Lats	TB Delts/Pecs L	Pick One
4	Soft Tissue	Foam Roll ITB/Quads	TB Delts/Pecs R	Pick One
5	Soft Tissue	Foam Roll T-Spine	TB Glute/Hip Rotators	Pick One
6	FMS Corrective 1	KB Leg Lowering	Reachbacks L	Dead Bug L/R
7	FMS Corrective 2	Samson Stretch	Reachbacks R	Bird Dog L/R
8	FMS Corrective 3	Stick Windmill	Stick Pass	Pledge Push-up
9	Bootstrapper Variation	Bootstrapper	Bootstrapper Rocking	Bootstrapper To Halo
10	Push-up Pike Variation	Push-up Pike HOLD	Push-up Pike	1-Leg Push-up Pike
11	Lunge Variation L	Split Squat	Reverse Lunge	Swing Lunge
12	Lunge Variation R	Split Squat	Reverse Lunge	Swing Lunge
13	Lateral Squat/Hip-Hinge Variation L	Lateral Squat/Hip Hinge L	Lateral Lunge/Cross Body Hinge L	Add Front Kick
14	Lateral Squat/Hip-Hinge Variation R	Lateral Squat/Hip Hinge R	Lateral Lunge/Cross Body Hinge R	Add Front Kick
15	Side Plank Variation L	Short Lever Side Plank L	Long Lever Side Plank L	Side Plank to Front Plank
16	Side Plank Variation R	Short Lever Side Plank R	Long Lever Side Plank R	Side Plank to Front Plank

Monday Workout A

Workout A: 40-20 Escalating Density Intervals - Perform 40-20 intervals for Week 1, 45 -15 Intervals for Week 2, 50-10 Intervals for Week 3, and 55-5 for Week 4.

Station #	Exercise Variation	Level I	Level II	Level III	Level IV
1	Skater Runner Variation	Skater Steps + Step Runners (3 to 2 Ratio)	Skater Jumps + Step Runners (3 to 2 Ratio)	Skater Touchdowns + Step Runners (3 to 2 Ratio)	Add Step Jumps (Only For VERY High Performers)
2	Roller Plank Variation	Front Plank	Foam Roll Front Plank	Foam Roll Front + Knee Ins	Add Extension
3	Barbell Back Squat Variation	TRX Squat to Prayer Squat to Prisoner Squat	Barbell Back Squat	Add Tempo Progression with 2 -second pause at bottom	Add Tempo & Loading Progression with Pause + Jump
4	MB Hop - Push-up Combo Variation	Pike Push-up Hold to MB Push-up Hold	MB Hop to Push-up (3 to 1 Ratio)	MB Hop to Push-up (2 to 1 Ratio)	Go 1 to 1 Ratio
5	TRX Marching Rows Variation	TRX Standing Low Rows	TRX Seated Low Rows to TRX Horizontal Rows	Add March	Full Horizontal - Legs Straight

Wednesday Workout C

Part I; 15 Minute AMRAP. Perform as many rounds as possible for 12 minutes.

- A. 15 Goblet Squats
- B. 10 Band Presses
- C. 1 Agility Ladder Jacks (lap)
- D. 12 TRX Atomic Crunches
- E. 2 Perfect Chin-ups
- F. 30 MB Russian Twists
- G. Active Recovery (OPTIONAL)

	Exercise Variation	Level I	Level II	Level III	Level IV
1	Goblet Squat Variation	TRX Squat to Prayer Squat	KB Goblet Squat - Heels Elevated	On The Floor	Add Tempo Progression with a :03 Pause at Bottom
2	Band Press Variation	Band Chest Press	Band Overhead Press	Add Loading Progression by Increasing Band Tension	Add Tempo Progression by doing a :03 Lowering
3	Agility Ladder Jacks Variation	Stepping Jacks	Jumping Jacks	Agility Ladder Jacks	
4	TRX Atomic Crunches Variation	Bodyweight Knee Ins	TRX Atomic Knee-Ins	Add Integration Progression by Adding An Atomic Push-up	
5	Chin-ups Variation	TRX Standing Row to TRX Seated Row to TRX Horizontal Row	Band Assisted Chin-ups	Bodyweight Chin-ups	Add Loading Progression with Weighted Chin-ups
6	MB Russian Twists Variation	Bodyweight Russian Twists	MB Russian Twists	Add Stability Progressions with Feet Off The Ground	

Workout B Part II: 20-10 Tabata Finisher: 20 seconds of work and 10 seconds of rest for the following superset.

Running Lunges	TRX Reverse Lunge	Bodyweight Rev. Lunge	Integrate High Knee	Add Speed
Side Plank Variation	Short Lever	Long Lever	Plyo Side Plank	Elevated Plyo

Friday Workout C

Workout C: 40-20 Escalating Density Intervals - *Perform 40-20 intervals for Week 1, 45 -15 Intervals for Week 2, 50-10 Intervals for Week 3, and 55-5 for Week 4.*

Station #	Exercise Variation	Level I	Level II	Level III	Level IV
1	Barbell Lunge Press Combo	TRX Lunge to Prayer Lunge to Prisoner Lunge	Barbell Lunge with :01 Hold at Bottom	Barbell Lunge to Press	Barbell Alternating Get-Ups to Press
2	Elevated Cross Body Knee Ins	TRX Knee Ins to Bodyweight Knee Ins	Feet Elevated Knee Ins	Feet Elevated Cross Body Knee Ins	Add Push-up
3	TRX Lateral Squat Variation	TRX Lateral Squat	TRX 1-Arm Squat	Increase Loading by switching to Cradles Only	Add Tempo Progression with :01 Hold At Bottom
4	KB High Pulls Variation	Plate Elevated Deadlift	Deadlift	Deadlift to High Pull	
5	MB Slam - Runner Combo	MB Slams	MB Slams To Runners		