

November 2019 Metabolic Training Program

2 TO 1 TRAINING

Workout A: 20-10 Tabata Supersets: 20 seconds of work + 10 seconds of rest. 8 rounds followed by a 1-minute recovery and transition time. Four stations. 20 Minutes.

Station #	Exercise Variation	Alternative	Level I	Level II	Level III
1	Bulgarian Split Squats L/R Variation	Single Leg Bridge L/R + Leg/Arm Progressions	TRX Assisted Split Squat	Bodyweight Split Squat	Progress from Bulgarian Split Squat to Adding DB Curl at the Bottom
2	Box Squat Jumps Variation Cross Body Knee Ins Variation	Standing Marches Progressions	Box Squat Hands Elevated Cross Body Knee Ins	Box Squat Jump Floor Cross Body Knee Ins	Weighted Box Squat Jump Feet Elevated Cross Body Knee Ins
3	Band Push Press Variation TRX 1-Arm Row Variation	Push-ups or Band Chest Press Wall Slides	Yellow Band Standing TRX 1- Arm Row	Red Band Lower Angle TRX 1-Arm Row	Black Band to Purple Band Seated TRX 1- Arm Row
4	Landmine Grappler's Twist Variation Landmine Shuffle Touchdown Variation	MB Standing Chops	Slower Tempo & Decrease Loading	Landmine Grappler Landmine Shuffle Touchdown	Higher Tempo & Increase Tempo

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Workout B: 30-15 Metabolic Circuit: 30 seconds of work + 15 seconds rest for the six exercise circuit followed by 60 seconds of recovery. Four cycles. 20 Minutes.

Station #	Exercise Variation	Alternative	Level I	Level II	Level III
1	KB 1-Arm Staggered Deadlift	Back Pain: Bridge or Good Morning	Plate Elevated KB 1-Arm Deadlift	KB 1-Arm Deadlift	KB 1-Arm Staggered Deadlift
2	Band Squat To Row Variation		Red Band	Black Band	Purple Band Or Green Band
3	Jump Rope Variation	Battle Rope Waves	Hollow Body Hops	Jump Rope	Tempo Progression Or Double Time
4	DB Half-Kneeling Overhead Press Variation L/R	Shoulder Pain: TRX Chest Press or Push-up	Loading Regression	Half-Kneel 1-Arm Overhead Press	Loading Progression
5	See Saw Slams Variation	<u>Knee Pain:</u> Step-up or Single Leg Bridge	TRX Reverse Lunge	Reverse Lunge To Reverse Lunge to Slam	See Saw Lunges + Slams
6	Sandbag Drags Variation	Core	Push-up Hold	Core Sandbag Drags	Power Sandbag Drags

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Workout C: 40-20 Metabolic Circuit: 40 seconds of work + 20 seconds of rest. Five stations. Four Cycles. 20 Minutes

Station #	Exercise Variation	Alternative	Level I	Level II	Level III
1	Heels Elevated Straight Leg Marching Bridges Variation	Bodyweight Sumo Deadlift	Glute Bridge	Heels Elevated Straight Leg Bridge	Heels Elevated Marching Bridge To Single Leg Bridge
2	Alligator Push-up Variation	Push	Push-up Hold	Alligator Walks	Alligator Push-ups
3	Goblet Squat to Duck Walk	Knee Pain: KB Sumo or Stiff-Legged Deadlift	TRX Assisted Squat to TRX Duck Walk	Prayer Squat to Duck Walk	Goblet Squat To Duck Walk
4	Bent Over Rows Variation	Back Pain: TRX Row	Lighter Load and Higher Angle	Bent Over Row	Isometric Bent Over Rows
5	Landmine Thrusters Variation		2-Arm Thrusters	1-Arm Thrusters	Loading Progression