



# (Name)

## Day 1

## Day 2

## Day 3

**Focus: Metabolic, 2-1-X Tempo Unless Otherwise Noted, Warmup Sets Do NOT Count as Working Sets, Move With Purpose**

Complete the following:  
:30sec Easy > :30sec Medium  
Rest 2min before moving to next block

Complete the following:  
1min Easy > 1min Medium  
Rest 2min before moving to next block

Complete the following:  
:30sec Easy > 1min Medium  
Rest 2min before moving to next block

Complete the following circuit as fast as possible without sacrificing form of:  
**DB Incline Bench Press**

Complete the following circuit as fast as possible without sacrificing form of:  
**Goblet Squat**

Complete the following circuit as fast as possible without sacrificing form of:  
**1/2 Kneeling DB Overhead Press**

3x15 3x15 2x20 3x20

3x15 3x15 2x20 3x20

3x15 3x15 2x20 3x20

**Clamshell Plank**

3x:6/pos 3x:6/pos 2x:8/pos 3x:8/pos

3x15 3x15 2x20 3x20

**DB Trap Bar Deadlift**

3x15 3x15 2x20 3x20

3x15 3x15 2x20 3x20

**DB Thruster**

3x15 3x15 2x20 3x20

3x15 3x15 2x20 3x20

Complete the following:  
:30sec Easy > :20sec Medium > :10sec Hard  
Rest 2min before moving to next block

Complete the following:  
:30sec Hard > 1min Medium  
Rest 2min before moving to next block

Complete the following:  
1min Easy > 1min Medium > :30sec Hard  
Rest 2min before moving to next block

Complete the following circuit following the time prescriptions of:  
**DB Front to Lateral Raise**

Complete the following circuit following the time prescriptions of:  
**Step Up**

Complete the following circuit following the time prescriptions of:  
**Pushup Negatives**

3x 3x :30on :15off 3x 2x :60on :30off 3x 2x :60on :30off

3x 3x :30on :15off 3x 2x :60on :30off 3x 2x :60on :30off

3x 3x :30on :15off 3x 2x :60on :30off 3x 2x :60on :30off

Vertical Pallof Press \*standing facing rack

Suitcase Carry

Farmer Carry

**Bench Dips**

Barbell Curl

Band Triceps Pressdown

3x 3x :30on :15off 3x 2x :60on :30off 3x 2x :60on :30off

Rotational Med Ball Slam

Band Pullthrough

3x 3x :30on :15off 3x 2x :60on :30off 3x 2x :60on :30off

Complete the following:  
5min MAX calorie burn (score = calis burned)

Complete the following:  
:10sec Hard > :20sec Off

Complete the following:  
:10sec Hard > :20sec Off

Complete the following:  
:10sec Hard > :20sec Off

Complete the following:  
:10sec Hard > :50 Easy

x1 x1 x1 x1

x10 x10 x10 x10

x2 x2 x2 x2

x5 x5 x5 x5

x4 x4 x4 x4

x2 x2 x2 x2

x3 x3 :30on :15off 3x 2x :60on :30off 3x 2x :60on :30off

3x 3x :30on :15off 3x 2x :60on :30off 3x 2x :60on :30off

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