



## **METABOLIC CONDITIONING**

### **DAY ONE**

#### **PREPPING PHASE #1: TISSUE WORK (7 MINUTES)**

- Soleus – 1 X 30 secs per side
- TFL - 1 x 30 secs per side
- Adductor – 1 x 30 secs per side
- Pec Minor 1 x 30 secs per side
- Lat – 1 x 30 secs per side
- Thoracic – 1 x 60 secs

#### **PREPPING PHASE #2: SHORT FOOT (3 MINUTES)**

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

#### **PREPPING PHASE #3: INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)**

- TB - Side Kick-Throughs – 1 x 60 secs alternating sides
- TB - Walking Beast – 1 x 60 secs
- TB -Split Stance Squat - Internal to External Rotation – 1 x 30 secs per side
- TB - Crab walks – 1 x 60 secs (forward and reverse)
- UB -Quadruped Under to Over Reach – 1 x 30 secs per side

#### **PREPPING PHASE #4: MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)**

- MJ Alternating Frontal Plane slams - alternate sides 1 x 30 secs
- Jump squat repeats – 1 x 30 secs (quick)
- Forward Runs – 1 x 30 secs (quick)
- Forward 2 IN 2 OUT – 1 x 30 secs (quick)
- Lateral 2 IN 2 OUT 1 x 30 secs (quick)
- ZIG ZAG 2 IN 2 OUT – 1 x 30 secs (quick)
- SKIPS – 1x 30 secs (quick)
- HIGH knees – 1 x 30 secs (quick)



#### PHASE # 5 TRAINING STAGE (20-40 MINUTES)

|  |                        |
|--|------------------------|
| A1 LATERAL SHUFFLE WITH ADVANCED TONER WARDING | 3-5 X 30 secs per side |
| A2 BROAD JUMPS                                 | 3-5 X 30 secs          |
| A3 DB CROSS BODY PULL/ ROTATE AND PRESS OH     | 3-5 X 30 secs per side |
| A4 MULTI-DIRECTIONAL JUMPS                     | 3-5 X 30 secs          |
| A5 DB HIP THRUST WITH SWING SWITCH             | 3-5 X 30 secs per side |

TEMPO FOR ALL MOVEMENTS ARE : QUICK  
REST PERIOD IS 60-120 SECS AFTER EACH SET

#### PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Vagal Tone Breathing (nervous system switching) Weighted Tummy 4 x 15's(1-2minutes)
- Foam Rolling (10 minutes) – 1 x 60 for Major Muscle groups



## **METABOLIC CONDITIONING**

### **DAY TWO**

#### **PREPPING PHASE #1: TISSUE WORK (7 MINUTES)**

- Soleus – 30 secs per side
- TFL – 30 secs per side
- Adductor – 30 secs per side
- Pec Minor – 30 secs per side
- Lat – 30 secs per side
- Thoracic – 30 secs per side

#### **PREPPING PHASE #2: SHORT FOOT (3 MINUTES)**

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

#### **PREPPING PHASE #3: INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)**

- TB - Walking Beast – 1 x 60 secs
- TB -Split Stance Squat - Internal to External Rotation – 1 x 30 secs per side
- UB -Quadruped Under to Over Reach – 1 x 30 secs per side
- LB - Inline Split Squats - alternate sides – 1 x 30 secs per side
- LB - Crossover Lunge to Curtsy Lunge - alternate sides – 1 x 30 secs per side

#### **PREPPING PHASE #4: MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)**

- Forward Runs – 1 x 30 secs
- Forward 2 IN 2 OUT – 1 x 30 secs
- Lateral 2 IN 2 OUT – 1 x 30 secs
- ZIG ZAG 2 IN 2 OUT – 1 x 30 secs
- Cross-over 2 IN 2 OUT – 1 x 30 secs
- SKIPS – 1 x 30 secs
- HIGH knees – 1 x 30 secs



#### PHASE # 5 TRAINING STAGE (20-40 MINUTES)

|   |                        |
|---|------------------------|
| A1 DB SQUAT TO CURL AND PRESS                       | 3-5 x 60 secs          |
| A2 MB LATERAL SHUFFLE TO REVERSE LUNGE WITH OH LIFT | 3-5 X 60 secs          |
| A3 DB LATERAL LUNGE WITH SWING SHIFT                | 3-5 X 60 secs          |
| A4 OLYPIC PLATE SPLIT SQUAT KAYAKS                  | 3-5 X 30 secs per side |

TEMPO FOR ALL MOVEMENTS ARE : QUICK  
REST PERIOD IS 60-120 SECS AFTER EACH SET

#### PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Stretching: static and mobility based (10 minutes) – All Major Muscle groups
- Foam Rolling (10 minutes) – all Major Muscle groups



## **METABOLIC CONDITIONING**

### **DAY THREE**

#### **PREPPING PHASE #1: TISSUE WORK (7 MINUTES)**

- Lateral Gastroc – 1 x 30 secs per side
- Foot – 1 x 30 secs per side
- TFL - 1 x 30 secs per side
- Adductor – 1 x 30 secs per side
- Lat – 1 x 30 secs per side
- Thoracic – 1 x 30 secs per side

#### **PREPPING PHASE #2: SHORT FOOT (3 MINUTES)**

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

#### **PREPPING PHASE #3: INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)**

- TB - Side Kick-Throughs – 1 x 30 secs
- TB - Walking Beast – 1 x 30 secs
- TB -Split Stance Squat - Internal to External Rotation – 1 x 30 secs per side
- TB - Crab walk – 1 x 30 secs
- LB - Crossover Lunge to Curtsy Lunge – 1 x 30 secs per side

#### **PREPPING PHASE #4: MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)**

- MB MJ squat to throw – 1 x 30 secs
- Standing shot put – 1 x 30 secs per side
- MB rotational throw – 1 x 30 secs per side
- MJ Alternating Frontal Plane slams - alternate sides – 1 x 30 secs
- Jump squat repeats – 1 x 30 secs



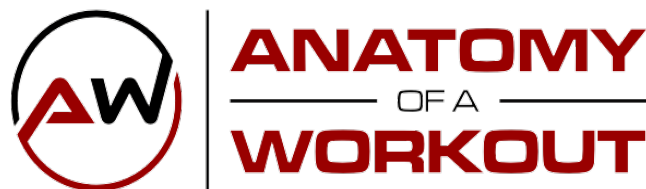
#### PHASE # 5 TRAINING STAGE (20-40 MINUTES)

|  |               |
|--|---------------|
| A1 SLAM BALL SUMO JUMPS                          | 3-5 x 30 secs |
| A2 B/W LATERAL BOUND REPEATS                     | 3-5 X 30 secs |
| A3 BATTLE ROPE LOCOMOTIVE ROWS                   | 3-5 X 30 secs |
| A4 BOSU/ADVANCED TONER JUMP SQUAT TO ROW REPEATS | 3-5 X 30 secs |
| A5 SLAM BALL ROTATIONS WITH DECELERATION         | 3-5 X 30 secs |

TEMPO FOR ALL MOVEMENTS ARE : QUICK  
REST PERIOD IS 60-120 SECS AFTER EACH SET

#### PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Stretching: static and mobility based (10 minutes) – all Major Muscle groups
- Vagal Tone Breathing (nervous system switching) Weighted Tummy 4 x 15's(1-2minutes)



## **METABOLIC CONDITIONING**

### **DAY FOUR**

#### **PREPPING PHASE #1: TISSUE WORK (7 MINUTES)**

- Lateral Gastroc – 1 x 30 secs per side
- Foot – 1 x 30 secs per side
- Soleus – 1 x 30 secs per side
- TFL – 1 x 30 secs per side
- Adductor – 1 x 30 secs per side
- Thoracic – 1 x 30 secs peer side.

#### **PREPPING PHASE #2: SHORT FOOT (3 MINUTES)**

- Foot to CORE Activation -2 rounds per side (each round is 10 secs)
- Foot to CORE Activation: B/W squat to toes Ball heel PT activation 2 x 15 reps

#### **PREPPING PHASE #3: INTEGRATED / DYNAMIC MOVEMENT (5 MINUTES)**

- TB BW Squat to Toes – 1 x 60 secs
- Split Stance Squat - Internal to External Rotation – 1 x 30 secs per side
- UB - Retraction/Protractions – 1 x 30 secs
- LB - Inline Split Squats - alternate sides – 1 x 30 secs per side
- LB - Crossover Lunge to Curtsy Lunge - alternate sides – 1 x 30 secs per side

#### **PREPPING PHASE #4: MAXIMIZING NERVOUS SYSTEM ACTIVATION (5 MINUTES)**

- Lying MB throw – 1 x 30 secs
- Jump squat repeats – 1 x 30 secs
- Forward Runs - 1 x 30 secs
- Forward 2 IN 2 OUT – 1 x 30 secs
- SKIPS – 1 x 30 secs
- HIGH knees – 1 x 30 secs



#### PHASE # 5 TRAINING STAGE (20-40 MINUTES)

|   |                        |
|---|------------------------|
| A1 THE ADVANCED TONER SHUFFLE WITH ROTATION     | 3-5 x 30 secs per side |
| A2 WALL BALL MTN CLIMBERS                       | 3-5 X 30 secs          |
| A3 ADVANCED TONER TRAVELLING JUMP (1,2,3 stick) | 3-5 X 30 secs          |
| A4 TWO FEET HURDLE BOX JUMPS                    | 3-5 X 30 secs          |
| A5 BANDED PERTURBATIONS ( QUICK FEET )          | 3-5 X 30 secs          |
| A6 LADDER DRILLS : JUMP 2 FORWARD 1 BACK        | 3-5 X 30 secs          |

TEMPO FOR ALL MOVEMENTS ARE : QUICK  
REST PERIOD IS 60-120 SECS AFTER EACH SET

#### PHASE #6 RECOVERY AND RESTORATIVE STAGE (10-20 MINUTES)

- Stretching: static and mobility based (10 minutes) – all Major Muscle groups
- Foam Rolling (10 minutes) – all Major Muscle groups