

METABOLIC RESISTANCE TRAINING (MRT)

BODYWEIGHT 1 (From Part 1)		
EXERCISE	REPS	3-4 ROUNDS
Squat Burpee	6-8	
Bear Crawl Forwards and Backwards	6-8	
Break-dancer Push-Up	6-8	
Bird-Dogs	6-8	
Horizontal Push-Up	6-8	
LEVEL: MODERATE		TARGET: FULL BODY

BODYWEIGHT 2		
EXERCISE	REPS	3-4 ROUNDS
Air Squats	6-8	
Ab Walk-Outs	6-8	
Spiderman Push-Ups	6-8	
Rotational Plank	6-8	
Push-Up-Y	6-8	
LEVEL: MODERATE		TARGET: FULL BODY

BARBELL		
EXERCISE	REPS	3-4 ROUNDS
Hang Power Snatch	6-8	
Overhead Squat	6-8	
Push Press	6-8	
Reverse Lunge	6-8	
Goodmorning	6-8	
LEVEL: MODERATE-EXPERIENCED		TARGET: FULL BODY

1 DUMBBELL		
EXERCISE	REPS	3-4 ROUNDS
1-Arm Snatch	6 L/R	
1-Leg RDL	6 L/R	
1-Arm Push-Press	6 L/R	
1-DB Reverse Lunge	6 L/R	
Windmill	6 L/R	
LEVEL: MODERATE-EXPERIENCED		TARGET: FULL BODY

2 DUMBBELLS		
EXERCISE	REPS	3-4 ROUNDS
DB Cleans	6-8	
DB Front Reverse Lunge	6-8	
DB Arnold Press	6-8	
DB Front Squat	6-8	
DB Push Press	6-8	
LEVEL: MODERATE-EXPERIENCED		TARGET: FULL BODY

KETTLEBELL		
EXERCISE	REPS	3-4 ROUNDS
1-Kettlebell High Pull	6 L/R	
1-Arm Kettlebell Swing	6 L/R	
1-Arm Kettlebell Clean	6 L/R	
1-Arm Kettlebell Push Press	6 L/R	
Goblet Squat	6-8	
LEVEL: MODERATE-EXPERIENCED		TARGET: FULL BODY

MRT PROGRAMME 6 – SANDBAG/POWERBAG		
EXERCISE	REPS	3-4 ROUNDS
Suitcase Deadlift	6 L/R	
Hang Power Clean	6-8	
Front Squat	6-8	
Floor Slams	6-8	
Deadlifts	6-8	
LEVEL: MODERATE		TARGET: FULL BODY