

Metabolic Resistance Training – MRT:

Day 29 - Monday

Body Parts: Legs & Arms w/ Upper-Lower Body Abs/Core Combo	Length of set	Round 1	Round 2	Round 3	Rest Between Sets (Seconds)
MRT Circuit					
1a. DB Squat-Curl Combo	30 sec				30
1b. Triceps Bench Dips	30 sec				30
1c. Curls (on one leg)	30 sec				30 / 120
2a. Jumping Lunge	30 sec				30
2b. DB overhead extension	30 sec				30
2c. Burpees	30 sec				30 / 120
3a. Jump Squat	30 sec				30
3b. Triceps DB Kickbacks	30 sec				30
3c. DB Hammer Curl	30 sec				30 / 120
<u>Ab Finishers</u>					
		Round 1	Round 2	Round 3	
4a. Stability Ball Roll Out	30 sec				0
4b. Hip Up	30 sec				0
4c. Plank (choice)	30 sec				60

- Perform 1a, 1b, and 1c for 30 seconds each, resting 30 seconds between each exercise. Complete 3 times each for a total of 3 rounds. After your last (9th) set rest for 2 minutes and move to Tri-Set #2 – Repeat same protocol for 2a, 2b, and 2c, rinse and repeat for Tri-Set #3 (3a, 3b, 3c).
- After you finish 3 sets of 3a, 3b, and 3c, for 30 seconds each with 30 seconds rest (9 sets total), take a 2 minute break and move to your Ab Finishers.
- Ab Finishers: Perform 4a, 4b, and 4c for 30 seconds each, **no rest between exercises**. After performing all 3 ab exercises back to back, rest 60 seconds between rounds and repeat cycle two more times for a total of 3 rounds (9 total sets). End workout.