**Metabolic Conditioning**

**Description**: Metabolic Conditioning is a high-intensity, total body work-out that utilizes all three of the body's energy systems to rev up your metabolism. The three energy systems include ATP, Glycolytic, and Oxidative. These three systems are used during different types of movements—slow, medium, and fast. Every class follows the same format, 10 exercises, 1 minute each, 3 times through. The first time through you get a 15 second break in between each exercise, the second time 10 second break and the third time only a 5 second break. And just when you think the workout is complete, the instructor surprises you with 3, 60-second power moves or metabolic finishers to end the class.

- **Objective 1**: Educate participants on the energy systems of the body and how/when they are used.
- **Objective 2**: Provide a safe and effective workout using functional movements with modifications for all fitness levels.
- **Objective 3**: Provide instructors/trainers with new exercises to keep their clients excited and engaged.

**Equipment Needed:**

**Energy Systems**

- **ATP**
  - Strength-power
  - 0-4 seconds
  - Ex: power lift, high jump, javelin throw, golf swing, tennis serve
- **ATP + PCr**
  - Sustained power
  - 0-9 seconds
  - Ex: sprints, fast breaks, football line play, gymnastics routine
- **ATP + PCr + Lactic Acid (Glycolytic)**
  - Anaerobic power-endurance
  - 0-1.5 minutes
  - Ex: 200-400 meter dash, 100 meter swim
- **Electron Transport-Oxidative Phosphorylation (Oxidative)**
  - Aerobic endurance
  - 3 minutes +
  - Ex: beyond 800 meter run
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Modification</th>
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</table>
| **Dumbbell Single-leg Shoulder Extension** | Hold weights in both arms in a goal post  
-Extend arms forward while bringing one leg from a bent position to backward extension  
**Progression**  
-Increase weight, further extension  
**Regression**  
-Perform without weights, smaller movement |
| **Plyometric Lunges** | Begin in a lunge position  
-Jump up and switch leg position, repeat  
**Progression**  
-Raise arms overhead  
**Regression**  
-Remove jump, perform alternating reverse lunges |
| **Tube Jacks** | Stand on resistance tube, holding one handle in each hand  
-Perform jumping jacks while lifting arms out to side  
**Progression**  
-Extend arms, hop wider  
**Regression**  
-Shorten lever by bending elbows |
| **Tricep Push Up to Reverse Plank** | Push up with elbows narrow close to rib cage  
-Rotate by lifting the arm into a supine position or reverse plank  
-Rotate back to prone position and repeat in opposite direction  
**Progression**  
-Slow on tricep push up and hold reverse plank  
**Regression**  
-Perform tricep push up on knees |
| **Duck Squat** | Perform a squat and pretend you are ducking under a fence  
-Keep weight in the heels, core engaged  
**Progression**  
-Hold weights, squat or “duck” lower  
**Regression**  
-Pretend your fence is not as low! |
| **Right/Left/Up/Up!** | Holding a medicine ball at chest level, press out to the right and left  
-Hop twice in the center while pressing the medicine ball overhead  
**Progression**  
-Add a hop with the push, make up/up an air jack  
**Regression**  
-Tap as you press side to side, tap as you lift medicine ball, keep medicine ball at chest level |
| **Suicide Plank to Push Up** | Perform a plank on hands, walk onto elbows, back to hands, then push up  
**Progression**  
-Maintain proper form with hips down, core engaged  
**Regression**  
-Perform on knees |
| **Side Lunge with Gliders** | Place Glider under one foot  
-Keep opposite foot planted while sliding the Glider out to the side into a side lunge  
-Pull back to standing position  
**Progression**  
-Hold weights, extend leg out further while sinking hips back  
**Regression**  
-Keep side lunge smaller, do not slide out as far |
| **Alternating Knee Runs** | Tap medicine ball to each knee while running in place  
**Progression**  
-Keep arms up the entire time  
**Regression**  
-Perform without medicine ball, tap instead of run |
| **Power Skaters** | Place resistance tube under one foot  
-While holding the material, step into a side lunge while using the obliques to “block” and twist  
-Think “long and lean” while focusing on the core  
**Progression**  
-Use both ends of the tubing to create more resistance  
**Regression**  
-Use only one end of the tubing, making it longer, to create less resistance |
## Metabolic Finishers

<table>
<thead>
<tr>
<th><strong>Push Up + Pull In</strong></th>
<th><strong>Progression</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Place Gliders under both feet</td>
<td></td>
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<tr>
<td>- Perform a push up, then pull knees into chest</td>
<td></td>
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<tr>
<td>- Extend knees back to plank position and repeat</td>
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</tr>
<tr>
<td><strong>Regression</strong></td>
<td></td>
</tr>
<tr>
<td>- Perform push up on knees, pull in one knee at a time</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Mountain Climbers</strong></th>
<th><strong>Progression</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Place Gliders under both feet</td>
<td></td>
</tr>
<tr>
<td>- Alternating knees to chest</td>
<td></td>
</tr>
<tr>
<td><strong>Regression</strong></td>
<td></td>
</tr>
<tr>
<td>- Perform at a faster speed</td>
<td></td>
</tr>
<tr>
<td>- Perform at a slower speed while alternating knees</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Single Leg Burpees</strong></th>
<th><strong>Progression</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Stand on one leg</td>
<td></td>
</tr>
<tr>
<td>- Squat down, hop back into a plank, hop up</td>
<td></td>
</tr>
<tr>
<td>- Perform 30 seconds on each leg</td>
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<tr>
<td><strong>Regression</strong></td>
<td></td>
</tr>
<tr>
<td>- Use both legs to step or hop back into a plank</td>
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</table>
MetCon3

MetCon stands for metabolic conditioning. The 3 represents the three energy systems in the body or types of movement - slow, medium and fast. This high-intensity, total body work-out utilizes all three of the body’s energy systems to rev up your metabolism. Every class follows the same format, 10 exercises, 1 minute each, 3 times through. The first time through you get a 15 second break in between each exercise, the second time 10 second break and the third time only a 5 second break. And just when you think the workout is complete, the instructor surprises you with 3, 60-second power moves or metabolic finishers to end the class. A variety of equipment is utilized in class including ViPRs, Equalizers, Ballast balls, resistance bands, dumbbells, Dynamax balls and medicine balls and much more. Each class will start and end with a foam rolling session to enhance flexibility.

Equipment
BOSU, Bouncy Med Ball, Dumbbells, Barbell with medium-heavy weight

Timing
10 exercises, 1 minute each, first time through 15 second break in between each, second time 10 second break, third time 5 second break.

Sequence
(ex1) upper body strength-pull  (ex2) lower body strength-push  (ex3) cardio power,  (ex4) upper body strength-push  (ex5) lower body strength-push/pull  (ex6) cardio power  (ex7) upper body strength-pull  (ex8) lower body strength-push  (ex9) cardio power  (ex10) core (finisher1)total body (finisher2) total body (finisher3) total body

Exercises

1. Dead lift/Row - in a dead lift stance, row into chest with barbell
2. BOSU Squat/Curtsy Squat - with dumbbells on your shoulders, left foot on BOSU and right foot on the ground, squat and come back up, then curtsy squat. Repeat for 30 seconds, and then switch sides.
3. Right, Left, Up, UP! – with med ball in your hand, step right and reach the med ball laterally like your passing a ball, repeat left, then up above your head twice, option to jump on the second.
4. Push-ups – one hand on a med ball for 30 seconds, then switch sides.
5. Rainbow Lunge w/ Med Ball - lunge right leg forward and left leg back, while reaching the med ball up with two hands, in an arch, as you turn 180 degrees to lunge on the other side. Progress by making the lunge plyometric.
6. Burpees - lifting the BOSU above your head for each one
7. Standing 1 arm rows - standing on the BOSU with left foot, right leg on the floor or suspended behind you, do a single arm row with a dumbbell for 30 seconds, and then switch sides.
8. Side to Side Propulsion Squat on BOSU with Single Dumbbell Transfer – standing with left foot on the BOSU and right foot on the floor and the dumbbell in the left hand, jump to the other side while transferring the dumbbell to the opposite hand. Regression is to hold the dumbbell in both hands with no transfer
9. Skaters with med ball reach – reaching the med ball laterally each time
10. Front Core Stabilization with medicine ball - With dumbbells start with the arms extending overhead (pullover motion) with the hip and ribs engaged and legs at 90 degrees off the floor, knees over hips (dead bug). Progression: alternate legs with heels moving toward the floor. Progression: take both heels to the floor
After you think that the workout is complete, the instructor surprises you with 3 60-second cardio power moves to finish class.

**Metabolic Finishers**

1. **Squat Up-and-overs on BOSU w/ Medball** - start with one foot on BOSU and the other on the ground. Squat down, jump up, and land so that the opposite foot is on the BOSU.
2. **Military crawl planks** - get in plank position on Bosu (on your hands). One arm at a time, move to a forearm plank position, then back up to hands.
3. **Hacky Sack** – standing tall, reach left hand towards the instep of the right foot, alternating sides