



Follow this 20 minute Metabolic Strength workout starting with a Dynamic Warmup and finishing with the stretching sequence. The entire sequence should take you 25-30 minutes.

Set a countdown timer on your phone or watch for ease of use, or you can set up intervals on workout muse which you can download to your iphone for \$2.49 from the itunes store. Then you can play your music with the voice over the top!

If you want to do some cardio after you have finished the circuit, be my guest!

Workout Instructions

- The following dynamic warmup is a circuit.
- A circuit is where you complete each exercise back to back with little or no rest.
- Complete 3 circuits of the following exercises before starting your workout.
- Grab a drink or rest whenever you need it.

Bodyweight Squat

- Descend into a squat position by pushing your hips back and keeping your heels on the ground.
- Once your thighs are parallel with the floor, push back up into a standing position.



8 reps

Spiderman Climb

- Starting in a pushup position, bring one knee towards your elbow and touch your foot on the ground, then extend your leg back to the start position.
- Alternate legs each repetition.



8 reps / side

Jumping Jacks

- Start with your arms by your side and feet together.
- Jump and spread your feet apart as you raise your arms above your head.
- Jump and reverse the movement.



12 reps

Workout Instructions

- Make sure you perform a dynamic warmup before starting this workout.
- The following workout is a circuit.
- A circuit is where you complete each exercise back to back with little or no rest.
- Do as many circuits as you can in 20 minutes.
- Grab a drink or rest whenever you need it.

Crocodile Pushup

- Start in a pushup position but with one hand staggered forward from the other.
- Perform a pushup then walk your other hand forward (and your feet) then perform another pushup.
- Continue to walk opposite hands forward each repetition.



8-12 reps

Bodyweight Reverse Lunge

- From a standing position lunge backwards and drop your back knee towards the floor stopping just short of touching.
- Your front knee should end up above your foot.
- Push back up to the start position.



8 reps / side

Side Plank

- Support your body on your forearm and side of your foot.
- Your elbow should be directly under your shoulder.
- Brace your core, lift your hips so your body is straight and hold for the required time.



30 seconds each side

Aeroplanes

- Stand on one leg with your knee slightly bent and arms out to the side.
- Bend forward from your hips and extend your other leg out behind.
- Once your body is parallel to the ground, return to the start position.



8 reps / side

Bodyweight Row

- Starting in a pushup position, brace your core and row one hand up to the side of your torso, then lower it back down and alternate sides.
- Continue to alternate sides each repetition.



10 reps / side

Run / Stationary Run

- Run approximately 20 metres up and back for a total of 40 metres.
OR
- Run on the spot with high knees and arms for 40 reps each leg.



Stretches

Instructions

- Perform the following stretches post workout.
- Hold each stretch for 20-30 seconds.
- Hold the stretch only to the point of tension (not pain).
- Repeat stretches on especially tight muscle groups.

