

WARM-UP. exercise	TIME. work:rest:work	# of SETS.
ROW + VOMIT	60:30:60	4
KNEE UP & RAISE + MOUNTAIN CLIMBER	60:30:60	2

INTERVALS. exercise	TIME. work:rest	# of SETS.
PULL	20:10	4
WAR MACHINE or PULL UP or RENEGADE ROW		
LUNGE	20:10	4
REV LUNGE or REV w BICEP CURL or TAP TAP LUNGE or SWITCH		

CORE	20:10	4
REV CRUNCH or V-UP or DBL LOWER REV CRUNCH or OBLIQUE V-UP		

PUSH	20:10	4
KNEES or REG or DECLINE or SPIDER		

SQUAT	20:10	4
SUMO w RAISE or SQUAT w HIGH PULL or SQUAT w PRESS		

WEIGHTED CIRCUIT. exercise	TIME. work:rest	# of SETS.
REV LAT PULL	45:15-30	2
STEP UP & SQUAT	45:15-30	2
BENCH DIP	45:15-30	2
SWISS CURL	45:15-30	2
WIDE SUP ROW (or WAR)	45:15-30	2
WALKING LUNGE	45:15-30	2

FINISHER. exercise	PYRAMID. 10 + 20 : 8 + 16 : 6 + 12 : 4 + 8 : 2 + 4.
WALK-OUT (start 5 each side = 10) or PUSH up (start 10)	
SUMO SQUAT w HIGH PULL (start 20) or LEG SIDE TO SIDE SWING. (start 20)	

45 minute Metabolic Resistance Training Fat Blaster #1.