

METCONS THAT BURN!

Not for the faint of hearts. These conditioning workouts are supposed to challenge your **Body, Heart & Mind.**

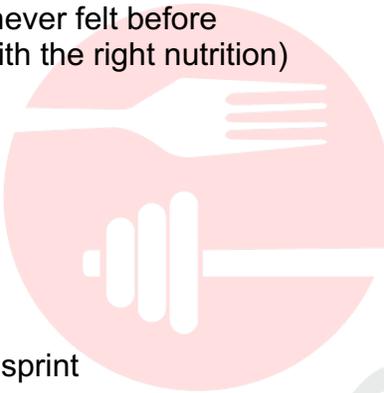
What do these workouts consist of? A combination of weights and cardio that will leave you exhausted and energized at the same time.

Outcomes

- ✓ Feeling good about your DAMN self
- ✓ Feeling muscles you never felt before
- ✓ Loose fat (combined with the right nutrition)

Equipment needed:

- Dumbbells (DB)
- Kettlebells (KB)
- Barbells (BB)
- Rower
- Treadmill or a place to sprint
- **YOUR MUSCLES**



How to use these MetCon workouts:

- As a workout in itself. You can do them 3 times per week, or daily. If you decide to do a different workout each day, for 5 days, then you will have to repeat five workouts for the last week of training.
- As a finisher. If you think you need a little extra after your workout, then give one a try.

Instructions:

- Most of the workouts consist of 2 or 4 movements with a set amount of repetitions (reps). When you read the duration of the workout (20 min), and the line: complete as many sets/rounds as you can in 20 minutes, it means that once you have completed all the repetitions of the exercises, you will start again!

EX: Round 1 / Set 1:

- DL x 10 reps
- Rows x 10 reps
- Military presses x 8 reps
- Overhead squat or back squat x 15 reps

Round 2 / Set 2:

- DL x 10 reps
- Rows x 10 reps
- Military presses x 8 reps
- Overhead squat or back squat x 15 reps

Round 2 / Set 3: complete set above and so on.

Do you see the pattern? You will complete as many sets/rounds as you can in the predetermined amount of time.

If you need clarifications on a movement, look for it online.

If you need clarifications on the instructions, email me at info@elizabethleal.co

Should I use weights? If so, how much?

- Yes, unless you are sprinting, rowing or doing burpees all the exercises are meant to be done using weights. You can use dumbbells, kettlebells or barbells.
- Use a weight that you feel comfortable lifting. If you the workout becomes too easy for you, use a heavier weight.

**NOTE: IF YOU NEED TO REST DURING THE WORKOUTS, THEN REST!
THESE WORKOUTS ARE LUNG BURNERS.
ONCE YOU HAVE RESTED (20 sec, 60 sec) CONTINUE THE WORKOUT.
ONCE TIME IS UP (EX: 20 min), STOP, THE WORKOUT IS DONE.**

Workout #1

Duration: Timed: record the duration of your workout and try to beat it next time.

- Row – 100 meters
- Ball slams – 40 reps
- Row – 100 meters
- Squat and thrust – 20 reps
- Row – 150 meters
- Ball Slams – 40 reps
- Row – 150 meters
- Thrusters – 20 reps
- Finisher: kettlebell swings – 30 reps

Workout #2

Duration: Timed: Record the duration of your workout and try to beat it next time.

- A flight of stairs or set the Stairmaster for 20 seconds going at max speed
- Dumbbells (DB) Rows – 30 reps (choose a challenging weight, if you want drop it and rest, that is fine. But keep going).
- Repeat the 20 sec. sprints on the stairs or Stairmaster
- DB standing reverse flies – 30 reps
- Repeat the 20 sec. sprints on the stairs or Stairmaster
- Snatches – 25 reps
- Reverse lunge, 30 reps each side

Workout #3

Duration: 20 min. Complete as many round as you can in 20 minutes.

- Squats - 10 reps
- Hockey DL (deadlifts) - 10 reps
- Squats - 10 reps
- Unilateral lunge - 10 reps each leg

Workout #4 (Barbell only)

Duration: 20 min. Complete as many round as you can in 20 minutes

- DL - 10 reps
- Rows - 10 reps
- Military presses - 8 reps
- Overheard squat or back squat - 15 reps

Workout #5

(Track workout)

Duration: Timed: record the duration of your workout and try to beat it next time.

- 50 meter sprint
- 75 meter sprint
- 100 meter sprint
- 75 meter sprint
- 50 meter sprint
- 75 meter sprint
- 100 meter sprint
- Frog jumps – 25 jumps

Workout #6

Duration: 20 min. Chain up to 10, both deadlifts and pushups.

This means that you will do: 1 deadlift and 1 pushup, then 2 deadlifts and 2 pushups, and so on until you reach 10 deadlifts and 10 pushups. If you don't reach 10 reps in 20 minutes, that is fine. Don't do more, the workout has ended.

If you do reach 10 reps and still have time remaining, then: a) go back down from 10 reps to 1 rep, b) start over from 1 to 10.

- Deadlifts
- Push ups

Workout #7

Duration: time: record the duration of your workout and try to beat it next time.

- 100-meter row
- Goblet Squats - 40 reps
- 100-meter row
- Goblet squats - 50 reps
- 100-meter row
- 30 front plank with legs raises
- 100-meter row
- Double-arm DB row - 30 reps

Is ok to rest when feeling fatigued, rest when you need and then continue with the workout.

Workout #8

Duration: 20 min. Do as many sets as you can in 20 min.

- Burpees - 15 reps
- Reverse V-ups - 10 reps
- Push ups – 10 x reps
- Bicycle – 15 sec. as fast as you can.

Workout #9

Duration: 25 min. Complete as many round as you can in 25 minutes

- Kettlebell deadlift (hockey) - 8 reps
- Kettlebell swings - 6 reps
- Kettlebell unilateral deadlift - 8 reps each side
- Kettlebell jumping squats - 10 reps

Workout #10

Duration: 20 min. Complete as many round as you can in 20 minutes

- Deadlifts - 6 reps
- Hanging leg raises - 5 reps
- Push ups - 5 reps

Workout #11

Duration: 25 min. Complete as many round as you can in 25 minutes

- Kettlebell swings - 8 reps
- Overhead kettlebell squat - 6 reps
- Reverse lunge - 6 reps each side
- Row - 10 reps

Workout #12

Duration: 25 min. Complete as many round as you can in 25 minutes.

- Bulgarian split squats - 8 reps
- Goblet squats - 10 reps
- Good mornings - 6 reps
- Push ups - 8 reps
- Overhead BB press (posterior) - 8 reps

Workout #13

Duration: 5 sets. Record the duration of your workout and try to beat it next time

- Chin ups (or negative chin-ups/) - 5 reps
- Dips - 10 reps
- Standing bent over fly - 10 reps
- One arm snatches - 10 reps each arm

Workout #14
(At Home Workout)

Duration: 20 min. Do as many sets as you can do.

Burpees - 10 reps
Inch worms - 10 reps
Glute thrusts - 10 reps
Jumping lunges - 10 reps



Duration: 20 min. Complete as many round as you can in 25 minutes

- Rows – 100 meter
- American Kettlebell swings - 10 reps
- Double thruster - 10 reps

Elizabeth
FITNESS + NUTRITION