

## **Metabolic Workouts**

Metabolic workouts can best be described as brief bouts (30-90 sec.) of intense strength training combined with brief bouts on intense cardiovascular training. These workouts are usually done in a circuit with little to no rest in between exercises. When done correctly metabolic workouts produce outstanding results in strength, stamina, and body composition.

At the Training Room we specialize in metabolic workouts. About 99% of our clients train for a half hour, ( not including their warm-up) and in that time we need to give them the most effective workout possible. We at the Training Room feel that metabolic style workouts give are clients more bang for the buck then any other workout we know.

Metabolic workouts can be designed many different ways, but they all have one thing in common and that is a high degree of intensity. Clients that put out the most effort, (according to their abilities) see the best results. Metabolic workouts can be done in a gym, going from one machine to the next with minimal rest in between exercises. They can also be done with minimal equipment using a kettlebell and a pull-up bar, the variations are endless.

Metabolic workouts can be used with beginners to elite athletes, just the level of intensity and the amount of resistance used would be different. At the Training Room we train most of our clients with this system. We start each client off at a low intensity level, and with each consecutive workout we gradually bring up the intensity by either increasing the resistance loads or decreasing the rest period in between exercises, or both! Usually within a month or two our clients can complete a non-stop circuit with little to no rest in between exercises with a high level of intensity.

Here are a few examples of different metabolic workouts. These workouts when done correctly will put you in a world of hurt, but the results are worth it.

### **METABOLIC WORKOUT # 1**

800 meter row or run  
20 swings  
20 dips or push-ups  
20 pull-ups or body weight rows  
20 knee-ups or crunches on a fit ball  
600 meter row  
15 swings  
15 dips or push-ups  
15 pull-ups or body weight rows  
15 knee-ups or crunches

400 meter row  
10 swings 10 dips or push-ups  
10 pull-ups or body weight rows  
10 knee-ups or crunches

1. Try to complete this workout in the fastest time possible, without sacrificing form.
2. Once you can complete this workout with no rest, you need to increase the resistance the next time you do this workout.
3. Choose the exercises that best fit your physical abilities. For example if you can't do pull-ups do body weight rows.

## **METABOLIC WORKOUT #2**

Kettlebell Swings x 30 seconds.  
1 arm medicine ball push-ups or push-ups x30 sec.  
Medicine ball chop x 30 sec.  
Kettlebell snatches x 30 sec.  
Box jumps x 30 sec.  
1 arm row x 30 sec  
1 arm kettlebell clean and press x 30 sec.  
Seated rotational chop with a converta ball or medicine ball  
Double unders with a jump rope x 30 sec

1. Do one side of the body on the first round and the other side on the next round.
2. Do between two and six sets of the circuit.
3. Take 15- 30 seconds off in between exercises.
4. Take one minute of active rest in between circuits.

## **METABOLIC WORKOUT #3**

500 meter row or run  
40 snatches  
500 meter row or run  
30 snatches  
500 meter row or run  
20 snatches  
500 meter row or run  
10 snatches

1. Try to complete this workout in the fastest time possible without sacrificing form.
2. Once you can complete this workout with no rest, you need to either increase the weight for the snatches or decrease your time for the row or run section of the workout.

