

# TRAINING PLAN

## STRENGTH & METABOLIC WORKOUT



Do Each Exercise 1 Time	Beginner		Intermediate		Advanced	
	Exercise	Rest	Exercise	Rest	Exercise	Rest
Chair Squats - <i>With Or Without Weights</i>	:20	:40	:30	:30	:40	:20
Jumping Jacks	:20	:40	:30	:30	:40	:20
Step-Ups On 8" Stair - <i>With Or Without Weights</i>	:20	:40	:30	:30	:40	:20
Speed Squats	:20	:40	:30	:30	:40	:20
Alt Leg Lunges - <i>With Or Without Weights</i>	:20	:40	:30	:30	:40	:20
Mountain Climbers	:20	:40	:30	:30	:40	:20
Heel Raises On 8" Stair - <i>With Or Without Weights</i>	:20	:40	:30	:30	:40	:20
Burpees	:20	:40	:30	:30	:40	:20
Push-Ups	:20	:40	:30	:30	:40	:20
Jumping Jacks	:20	:40	:30	:30	:40	:20
One-Arm Row - <i>With Weighted Container Or Weights</i>	:20	:40	:30	:30	:40	:20
Speed Squats	:20	:40	:30	:30	:40	:20
Shoulder Press - <i>With Weighted Container Or Weights</i>	:20	:40	:30	:30	:40	:20
Mountain Climbers	:20	:40	:30	:30	:40	:20
Bicep Curls - <i>With Weighted Container Or Weights</i>	:20	:40	:30	:30	:40	:20
Burpees	:20	:40	:30	:30	:40	:20
Overhead Tricep Extensions - <i>With Weighted Container Or Weights</i>	:20	:40	:30	:30	:40	:20