

**#FASTPHYSIQUE**

**METABOLIC  
CONDITIONING  
WORKOUTS**

# METCON WORKOUTS OVERVIEW

**#FASTPHYSIQUE** includes metcon (metabolic conditioning) workouts, designed to “accessorize” our heavy lifting days. One of the cornerstone principles of body shape change is getting under some heavy weight, which you have already experienced via your 12-9-6-3-12 protocol. Your body will not respond if not enough demand is placed on it.

Likewise, it also won't respond if not enough volume is achieved, which is why we add the 15-minute body part split circuits.

Finally, we add the fat-burning element, which is, as Jen Sinkler calls it, “lifting weights faster,” or your traditional metcon. We do this during our cardio primers and also our 5-min burnouts. And it's also what these workout days are all about.

## GUIDELINES:

- ✦ The The Metabolic Conditioning (MetCon) Workouts included in #FastPhysique are all **20 minutes or less**.
- ✦ And they are all **stand-alone full-body workouts** (you won't do anything else on these days, just one of these, including your own warm-up and cool-down). However, you can do as much leisure walking as you'd like (not power walking).
- ✦ They are to be performed **Rest-based Training (RBT)** style, which means you rest as much as needed, for as long as needed throughout, but there are no structured rests.
- ✦ I will be asking you to sometimes record rounds/reps (“AMRAP: As Many Rounds as Possible), and other times, you'll be recording the time it takes you to complete a certain amount of volume.
- ✦ Because these are full-body workouts, they're super effective in the fat-burning category, but there's also **a risk that the intensity can catch you off guard** and lead to nausea/dizziness, etc. As always, listen to your body, start out slow and be safe.

## METCON #1 20-MIN AMRAP: "FULL-BLOODY-BODY"

+ **AMRAP** = as many rounds (or reps) as possible

+ **Equipment needed:** 1 set of moderate dumbbells (12-25 lbs)

Perform the following circuit as many times as possible in 20 minutes, and record the # of rounds (+ additional reps, if you don't get a full round at the end):

**6 reps** – Pull-ups (assisted is fine, or jumping)

**8 reps** – Pushups

**10 reps** – Squat/shoulder press with the dumbbells (also called a 'thruster')

**12 reps** – Burpees

**14 reps** – Body-weight squats

## METCON #2 COMPLETE FOR TIME: "SQUAT AND SHOULDER ASSAULT"

+ Record the total time it takes for you to complete

+ **Equipment needed:** Moderate-weight barbell (35-75 lbs) – keep the same weight the whole time

**15 Strict shoulder presses**

**20 Sumo deadlift high-pull (or upright row)**

**25 Front squats**

**30 Deadlifts**

**35 Push presses**

**40 Back squats**

## METCON #3 : 16-MIN CIRCUITS: "METABOLIC CHAIN GANG"

Metabolic chain\*: a handful of exercises strung together to create a base, and in which 1-2 of the moves is "chained up" by a rep each round. Click on YouTube links below for visual  
Equipment: use 1 set of moderate dumbbells (10-25 lbs), you will use the same set the whole time

\*Metabolic Chains are a system created and coined by Metabolic Effect, Inc. ([metaboliceffect.com](http://metaboliceffect.com))

**8-Minute Chain:** Burpee/Pushup/Stand/Curl/Shoulder Press

Watch the movement here - <https://youtu.be/iHt7Dpn4z7s>

**CHAIN UP:** the pushups AND the presses from 1 to 5

When you reach 5 of each, start back over at 1

Continue until you reach 8 minutes

Record # of rounds

**REST 1 MINUTE**

**8-Minute Chain:** Burpee/Pushup/Row/Stand/Bent-over Row/Fly

Watch the movement here - <https://youtu.be/RjNBBRxvZag>

**CHAIN UP:** the bent-over rows from 1 to 5

When you reach 5, start back over at 1

Continue until you reach 8 minutes

Record # of rounds