

INVICTUS

SPORTS PERFORMANCE AND FITNESS

10 Metabolic Conditioning Programs

Bodyweight Only:

1. Circuit Inferno (20 minutes):
 - Burpees: 10 reps
 - Mountain Climbers: 30 seconds
 - Jump Squats: 15 reps
 - Dips: 10 reps
 - Plank: 30 seconds
 - Repeat circuit 3 times with 30 seconds rest between rounds.
2. Tabata Torture (8 minutes):
 - Jump Rope: 8 rounds of 20 seconds work, 10 seconds rest
 - High Knees: 8 rounds of 20 seconds work, 10 seconds rest
 - Lunges: 8 rounds of 20 seconds work (10 each leg), 10 seconds rest
 - Push-ups: 8 rounds of 20 seconds work, 10 seconds rest
3. Animal Flow Frenzy (30 minutes):
 - Bear Crawl: 20 meters
 - Ape Walk: 20 meters
 - Crab Walk: 20 meters
 - Frog Jumps: 20 meters
 - Repeat circuit 3 times with 60 seconds rest between rounds.

Weights:

1. Kettlebell Krusher (25 minutes):
 - Kettlebell Swings: 15 reps
 - Goblet Squats: 12 reps
 - Kettlebell Romanian Deadlifts: 10 reps each leg
 - Kettlebell Floor Press: 8 reps
 - Rest 30 seconds, repeat circuit 3 times.
2. Dumbbell Domination (20 minutes):
 - Dumbbell Renegade Rows: 10 reps each side
 - Dumbbell Thrusters: 12 reps
 - Dumbbell Bulgarian Split Squats: 10 reps each leg
 - Dumbbell Shoulder Press: 8 reps
 - Rest 30 seconds, repeat circuit 3 times.
3. Medicine Ball Mayhem (30 minutes):
 - Medicine Ball Slams: 15 reps
 - Medicine Ball Squats: 12 reps
 - Medicine Ball Russian Twists: 10 reps each side
 - Medicine Ball Push-ups: 8 reps

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- Rest 45 seconds, repeat circuit 2 times.

Combination:

1. HIIT & Run (30 minutes):
 - Sprint 200 meters
 - Bodyweight Lunges: 15 reps each leg
 - Push-ups: 10 reps
 - Rest 30 seconds, repeat for 15 minutes.
 - Cool down with a 10-minute jog.
2. Box Jump Blitz (20 minutes):
 - Box Jump: 10 reps (adjust height for ability)
 - Dumbbell Overhead Press: 8 reps
 - Pull-ups: 5 reps (or assisted pull-ups)
 - Rest 45 seconds, repeat circuit 4 times.
3. Stairway to Shred (20 minutes):
 - Run up stairs for 30 seconds
 - Burpees at the top: 10 reps
 - Walk down stairs slowly
 - Repeat for 10 minutes.
4. Park Challenge (30 minutes):
 - Find a park with various features (benches, monkey bars, hills)
 - Create a circuit using bodyweight exercises and park features (e.g., bench dips, monkey bar pull-ups, hill sprints)
 - Complete circuit for 30 minutes with short rest periods between exercises.

Remember:

- Adjust intensity and duration based on your fitness level.
- Warm-up before each workout and cool down afterwards.
- Listen to your body and take rest days when needed.
- Modify exercises as needed to suit your limitations.
- Have fun and get moving!