



10 METABOLIC CONDITIONING PROGRAMS

NEVER STOP EVOLVING

BODYWEIGHT ONLY

1. CIRCUIT INFERNO (20 MINUTES)

Instructions: Repeat circuit 3 times with 30 seconds rest between rounds.

	REPS/DURATION
Mountain Climbers	30 seconds
Burpees	10 reps
Jump Squats	15 reps
Dips	10 reps
Plank	30 seconds

2. TABATA TORTURE (8 MINUTES)

	WORK	REST	ROUNDS
Jump Rope	20 sec	10 sec	8
High Knees	20 sec	10 sec	8
Lunges (10 each leg)	20 sec	10 sec	8
Push-ups	20 sec	10 sec	8

3. ANIMAL FLOW FRENZY (30 MINUTES)

Instructions: Repeat circuit 3 times with 60 seconds rest between rounds.

	DISTANCE
Bear Crawl	20 meters
Ape Walk	20 meters
Crab Walk	20 meters
Frog Jumps	20 meters

WEIGHTS

1. KETTLEBELL KRUSHER (25 MINUTES)

Instructions: Rest 30 seconds after completing the exercises. Repeat circuit 3 times.

	REPS
Kettlebell Swings	15 reps
Goblet Squats	12 reps
Kettlebell Romanian Deadlifts	10 reps each leg
Kettlebell Floor Press	8 reps

2. DUMBBELL DOMINATION (20 MINUTES)

Instructions: Rest 30 seconds after completing the exercises. Repeat circuit 3 times.

	REPS
Dumbbell Renegade Rows	10 reps each side
Dumbbell Thrusters	12 reps
Dumbbell Bulgarian Split Squats	10 reps each leg
Dumbbell Shoulder Press	8 reps

3. MEDICINE BALL MAYHEM (30 MINUTES)

Instructions: Rest 45 seconds after completing the exercises. Repeat circuit 2 times.

	REPS
Medicine Ball Slams	15 reps
Medicine Ball Squats	12 reps

REPS	
Medicine Ball Russian Twists	10 reps each side
Medicine Ball Push-ups	8 reps

COMBINATION

1. HIIT & RUN (30 MINUTES)

Instructions: Rest 30 seconds between rounds. Repeat circuit for 15 minutes. Cool down with a 10-minute jog.

REPS/DURATION	
Sprint	200 meters
Bodyweight Lunges	15 reps each leg
Push-ups	10 reps

2. BOX JUMP BLITZ (20 MINUTES)

Instructions: Rest 45 seconds after completing the exercises. Repeat circuit 4 times.

	REPS	NOTES
Box Jump	10 reps	Adjust height for ability
Dumbbell Overhead Press	8 reps	
Pull-ups	5 reps	Or assisted pull-ups

3. STAIRWAY TO SHRED (20 MINUTES)

Instructions: Repeat circuit continuously for 10 minutes.

REPS/DURATION	
Run up stairs	30 seconds
Burpees at the top	10 reps
Walk down stairs	Slowly

4. PARK CHALLENGE (30 MINUTES)

Instructions: 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).

DURATION	
Custom Park Circuit	Complete circuit for 30 minutes with short rest periods between exercises.

PROGRAM GUIDELINES & REMINDERS

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

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.