

Jenn Brango

Empowering Fit, Feisty, Females

Metabolic Workout A		
Set your clock for 20 minutes perform AMRAP of these exercises in a circuit		
EXERCISE	WEIGHT	REPS
SQUAT/ROW	15-25LBS	8-10 REPS
LUNGE/BICEP CURL	15-25LBS	8-10 REPS
LUNGE/OVERHEAD PRESS	15-25LBS	8-10 REPS
PLANK/ROW	15-25LBS	8-10 REPS
PICK A WEIGHT THAT HAS YOU SWEATING AND WORKING HARD. TAKE A REST WHEN YOU NEED IT BUT WORK AS HARD AS YOU CAN. BE SURE TO ALWAYS PERFORM EACH EXERCISE WITH QUALITY FORM.		

NOTES and QUE's	
1	Warm-up for 3-5 minutes prior to beginning the 20 minute workout. Do a combination of 10 Jumping Jacks, 10 forward lunges, 10 push-ups, 10 squats, 10 Lateral hops. You want to make sure your joints and muscles are reading for weight bearing exercises.
2	Use a pair of dumbbells that are challenging for 8-10 reps at a fast pace.

Weight Bearing Exercises	
1	SQUAT/ROW - Make sure when squatting keep your heels down and hips pushed back, then lower chest towards the ground while keeping a flat back before rowing.
2	FORWARD LUNGE/BICEP CURL - When lunging forward make sure your front foot stays flat on the ground, then drop your back knee to 90 degrees then curl, return to full upright position after the curl is completed, then lunge with other leg. Keep your spine/back upright during the curl.
3	REVERSE LUNGE/OH PRESS - Step back into your lunge then press arms overhead. Once again keep your spine straight and be sure that your back knee bends to 90 degrees before you press the weights overhead. This may feel unstable that is what makes this combo move so awesome.
4	PLANK w/ ALT ROW - Keep your hips from rotating by squeezing your Glutes (Butt) together and pressing the rowing side hip towards the ground. Be sure that your toes stay in contact with the ground.

<u>Disclaimer</u>
Be sure to consult with your Physician before beginning any exercise or weight-loss program.