

the hour of power

total body workout

This session starts with an easy warm-up, then moves into a strength set where the objective is to challenge yourself with weight while maintaining good technique throughout. You'll finish with a metabolic conditioning circuit which won't take long, but will definitely spike your heart rate as the goal is to complete all 3 rounds as fast as possible. Finish up with some mobility work and you're good to go!

warmup:

10 mins incline walk
20 bodyweight squats and lunges

strength

barbell squats:

2 x 10 moderate, 2 x 10 mod/heavy, 3 x 8 heaviest
1-2 mins rest between sets

barbell bulgarian split squats:

2 x 10 moderate, 2 x 10 mod/heavy, 3 x 8 heaviest
1-2 mins rest between sets

metcon

3 rounds as fast as possible:

100 skips, 16 kettlebell swings, 18 wall balls, 20 walking lunges with #45 plate overhead

cool down stretch + foam roll