

## **Metabolic Group (Fit and Strong)**

### **Beastly Circuit: Complete 6 Rounds**

- Dead Lift x 6
- Hang Clean x 6
- Front Squat x 6
- Push Press x 6
- Bent Over Row x 6
- Romanian Dead Lift x 6
- 3min Cardio (Rowing/Cycling/Shuttles)
- #Rest 45 sec

### **The Grind Circuit: Complete 6 Rounds**

- Mountain Climbers x 12
- KB Floor Press x 8
- KB No Momentum Sit ups x 8
- KB Renegade Row x 5/per side
- KB Shoulder press x 8
- KB Bent over Rows x 8
- Jumping Squat x 12
- KB Alternate Upright Row x 6/per arm
- 20m Shuttles x 4
- #Rest 45 sec