

Metabolic Conditioning Finisher: Level 3

Complete this finisher after your workout up to 2x/week to improve your anaerobic capacity.

INSTRUCTIONS

- 10-min AMRAP (as many rounds as possible) workout
- Perform as many rounds of this circuit as possible within 10 minutes
- Use dumbbells of the same weight for all weighted exercises
- Do not rest between exercises
- Choose resistance that feels challenging but reasonable

DB One-Arm Hang Snatch

- 5 reps each side
- Explosively extend hips as shoulder shrugs
- Catch dumbbell in straight arm above head
- Stand up fully to complete movement
- Complete 5 reps on one side, then switch



BW Diamond Push-up

- 8-10 reps
- Thumbs and forefingers touching
- Bring chest down to touch hands
- Keep body planked throughout
- Do not let back sag



DB Hang Clean

- 8 reps
- Explosively extend hips as shoulders shrug
- Catch dumbbells with bent knees
- Stand up fully to complete movement



DB Front Squat to Push Press

- 10 reps
- Compound movement
- Perform push press immediately after squat
- Maintain form as fatigue sets in

