

Metabolic Conditioning Finisher: Level 4

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

INSTRUCTIONS

- 12-min AMRAP (as many rounds as possible) workout
- Perform as many rounds of this circuit as possible within 12 minutes
- Use dumbbells of the same weight for all weighted exercises
- Do not rest between exercises
- Choose resistance that feels challenging but reasonable

DB Goblet Squat

- 12 reps
- Hug dumbbell to chest
- Push hips back, then bend knees to squat
- Drive through heels to stand up



BW Box Jump

- 8-12 reps
- Explosively extend hips to jump up
- Swing arms forward and up
- Land softly on box
- Step feet down one at a time to reset



DB Curl to Press

- 10 reps
- Compound movement
- Immediately perform one press after curl
- Push head forward as elbows straighten
- Maintain form as fatigue sets up



BW Split Jump

- 6-10 reps each way
- Explode out of deep lunge
- Switch feet mid-air
- Swing arms forward and up each jump
- Immediately begin next rep upon landing

