

Sample Advanced Body Composition Exercise Routine



Cardio Interval - 2x per week

1:1; 2:2; 1:1; 4:4, 2:2; 1:1

Complete each metabolic day as fast as possible - once per week each

Metabolic Day 1

Repeat as fast as possible x 4 sets

- A-1 Row x 1000m
- A-2 Sumo Style dead Lift x 25 - 105lbs
- A-3 Jumping Pullups x 25
- A-4 Run x 400m

Metabolic Day 2

Complete as fast as possible

- A-1 Bike 1 mile
- A-2 25 Knee height box hops

- A-4 25 Turkish Get Ups per arm
- A-5 25 back extensions
- A-6 25 Squat Jumps
- A-7 25 push ups
- A-8 Row 2km

- B-1 Slow easy bike 15 min

Metabolic Day 3

- A-1 Bike 1 Mile
- A-2 75 Squats
- A-3 50 Full Burpies
- A-4 Bike 1 mile
- A-5 50 Squats
- A-6 25 BB Thrusters - 65lbs
- A-7 Bike 1 mile