

METABOLIC RESISTANCE WORKOUT

Repeat the circuit 5 times, resting up to 60 seconds in between each circuit.

Metabolic Resistance Training (MRT) works by heightening the metabolic "cost" of exercise. The goal is to maximize caloric expenditure while also increasing your metabolic rate. And the energy your body expends returning to normal and repairing your body after exercise is heightened too. Both good things when you're trying to reduce body fat and increasing your lean mass.

Total workout time about 35 minutes.

WARM UP

Spend at least 3 minutes easing into the workout with your favorite warm up moves.

EXERCISES

1. Goblet Squat - 25 reps
2. Push up with hand touch - 18 reps
3. Rear lunge with front kick - 15 each leg
4. Plank Up Downs - 8 each arm
5. Chop Squat Jack - 25
6. Side Plank with Reach Under - 10 each side
7. Floor Bridge - 25

Get instructions on these exercises and more great workouts at www.evolvefitnessandcoaching.com