



Metabolic Workout Routine

from [Metabolic Workout That Burns a TON of Calories](#) Blog Post at [BuiltLean.com](#)

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How to Read Workout Sheets

Beginner

(1) Never lifted weights before, (2) sporadically workout, (3) Over a month since last workout

Intermediate

(1) Consistently workout 2-3 days per week, (2) 3+ years lifting experience, (3) comfortable at the gym.

Advanced

(1) Consistently workout 3-5 days per week, (2) 5+ years lifting experience

Workout A

of Sets to complete, depending on exercise level. # of reps to complete.

Workout Parameters

Primary Muscles: Full Body
Equipment: Dumbbells, Barbell, Pull-up Bar, Bench (best completed in gym)
Type: Metabolic Workout
Level: Intermediate/Advanced

Rest periods in seconds are just guidelines. You should go at your own pace, but try to decrease rest between sets over time.

Warm Up

Dynamic Stretch, or Aerobic of your choice for 5-10 mins (Don't burn yourself out! Just get a sweat)

Exercise	Sets	Reps	Set1	Set2	Set3	Rest
Superset #1						
Barbell Squat	2-3	10-15	135/15	135/12	135/10	>15s
DB Bench Press	2-3	10-15	60/15	65/12	65/10	30-45s
Superset #2						
DB Standard Lunge	2-3	10-15	25/15	25/12	25/12	>15s
Lat Pulldown/Pull-up	2-3	10-15	140/15	150/12	150/12	30-45s
Superset #3						
Standing DB Shoulder Press	2-3	10-15	30/15	30/12	30/12	>15s
Exercise Ball Rollout	2-3	10-15	0/15	0/15	0/12	30-45s

Comments

A Superset requires you to complete exercises back to back with little to no rest. For Superset #1, you complete a barbell squat, then right after a DB Bench Press with little to no rest, then rest 30-45 seconds before completing another superset. A Triset is 3 exercises back to back. A Circuit is 3 or more exercise back to back with little or no rest.

You can write comments about the workout at the bottom of the workout sheet. I may list a couple pointers as well in this section.

Fill in actual reps/weight. Many times you will not be able to complete all the reps on every set. That's ok. Just write it down.

Marc's Training Tips

While this is only one page of information, it's VERY important and reflects 15 years of my experience working out along with spending countless hours training people of various ages and exercise levels. Try to really absorb this information so it becomes second nature.

“Active” Rest

Stretch in between sets, drink water, fine tune form, don't just stand around

Focus on Form

It's better to use less weight than more. Don't use momentum.

Quality of Contraction

Concentrate on the quality of the contraction of the muscle being stimulated

Complete Set to Failure

You should not be able to complete any more reps beyond the targeted rep range

Keep up the Pace

Keep your heart rate up, rest less between sets

Remember to Breathe

Breathe in during the negative phase, and out during positive phase of each repetition

Listen to Your Body

If your body doesn't feel right, stop working out. Pay attention to how you feel

Rest and Recover

After a short, intense workout, rest your body for recuperation



Metabolic Workout Routine

Workout Parameters

Primary Muscles: Full Body
Equipment: Dumbbells, Barbell, Bench
Type: Metabolic Workout Routine
Level: Intermediate/Advanced

Warm Up

Dynamic Stretch, or Aerobic of your choice for 5-10 mins (Don't burn yourself out! Just get a sweat)

Exercise	Sets	Reps	Set1	Set2	Set3	Rest
Superset #1			<i>weight/reps</i>	<i>weigh/reps</i>	<i>weight/reps</i>	
Barbell Squat	2-3	10-15				0s
Standing DB Shoulder Press	2-3	10-15				30-45s
Superset #2			<i>weight/reps</i>	<i>weigh/reps</i>	<i>weight/reps</i>	
DB Standard Lunge	2-3	10-15				0s
Incline DB Bench Press	2-3	10-15				30-45s
Superset #3			<i>weight/reps</i>	<i>weigh/reps</i>	<i>weight/reps</i>	
Single Arm DB Rows	2-3	10-15				0s
V-ups	2-3	To Failure				30-45s

Comments

-For each Superset, you are completing the first exercise then as soon as you catch your breath complete the second exercise, then rest 30-45 seconds and repeat. Go at your own pace and consider wearing a heart rate monitor.

-Feel free to add some cardio after the workout if you still have some energy, and/or some extra core/assistance exercises.

About BuiltLean.com

BuiltLean.com is a free resource that helps busy individuals achieve strong, lean, healthy bodies in less time and with less hassle. Topics include:

- Motivation, exercise and nutrition tips that you can apply to your life
- Exclusive interviews with Nutritionists, Fitness Pros, and Health Experts
- Interviews with people who have successfully transformed their bodies
- Discussion about controversial topics in the fitness industry
- Other fitness related topics that will pique your interest

About Marc Perry

Marc is the founder of BuiltLean.com and is CEO of Elite Training Partners, a privately held company based in New York City that develops fitness products and services for busy professionals with demanding lifestyles.

A Yale graduate and former investment analyst, Marc has dedicated his life to helping others improve their health. He is a Certified Strength & Conditioning Specialist (National Strength & Conditioning Association) and a Certified Personal Trainer (American Council on Exercise).

You can connect with Marc on Facebook (www.facebook.com/BuiltLean), or Twitter [marcaperry](https://twitter.com/marcaperry). Press inquiries should be directed to press@elitetrainingpartners.com.



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