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

## Workout A

### Workout Parameters

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

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Set1</th>
<th>Set2</th>
<th>Set3</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Superset #1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barbell Squat</td>
<td>2-3</td>
<td>10-15</td>
<td>135/15</td>
<td>135/12</td>
<td>135/10</td>
<td>&gt;15s</td>
</tr>
<tr>
<td>DB Bench Press</td>
<td>2-3</td>
<td>10-15</td>
<td>60/15</td>
<td>65/12</td>
<td>65/10</td>
<td>30-45s</td>
</tr>
<tr>
<td><strong>Superset #2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DB Standard Lunge</td>
<td>2-3</td>
<td>10-15</td>
<td>25/15</td>
<td>25/12</td>
<td>25/12</td>
<td>&gt;15s</td>
</tr>
<tr>
<td>Lat Pulldown/Pull-up</td>
<td>2-3</td>
<td>10-15</td>
<td>140/15</td>
<td>150/12</td>
<td>150/12</td>
<td>30-45s</td>
</tr>
<tr>
<td><strong>Superset #3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing DB Shoulder Press</td>
<td>2-3</td>
<td>10-15</td>
<td>30/15</td>
<td>30/12</td>
<td>30/12</td>
<td>&gt;15s</td>
</tr>
<tr>
<td>Exercise Ball Rollout</td>
<td>2-3</td>
<td>10-15</td>
<td>0/15</td>
<td>0/15</td>
<td>0/12</td>
<td>30-45s</td>
</tr>
</tbody>
</table>

### 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.

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

- **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.**

- **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.**

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**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
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 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
Breath 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

<table>
<thead>
<tr>
<th>Primary Muscles:</th>
<th>Full Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment:</td>
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</tr>
<tr>
<td>Type:</td>
<td>Metabolic Workout Routine</td>
</tr>
<tr>
<td>Level:</td>
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## Warm Up

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

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<th>Rest</th>
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<tbody>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>Barbell Squat</td>
<td>2-3</td>
<td>10-15</td>
<td></td>
<td></td>
<td></td>
<td>0s</td>
</tr>
<tr>
<td>Standing DB Shoulder Press</td>
<td>2-3</td>
<td>10-15</td>
<td></td>
<td></td>
<td></td>
<td>30-45s</td>
</tr>
<tr>
<td><strong>Superset #2</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DB Standard Lunge</td>
<td>2-3</td>
<td>10-15</td>
<td></td>
<td></td>
<td></td>
<td>0s</td>
</tr>
<tr>
<td>Incline DB Bench Press</td>
<td>2-3</td>
<td>10-15</td>
<td></td>
<td></td>
<td></td>
<td>30-45s</td>
</tr>
<tr>
<td><strong>Superset #3</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single Arm DB Rows</td>
<td>2-3</td>
<td>10-15</td>
<td></td>
<td></td>
<td></td>
<td>0s</td>
</tr>
<tr>
<td>V-ups</td>
<td>2-3</td>
<td>To Failure</td>
<td></td>
<td></td>
<td></td>
<td>30-45s</td>
</tr>
</tbody>
</table>

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

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- 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. Press inquiries should be directed to press@elitetrainingpartners.com.

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