

Tyler English Fitness Systems

Metabolic Group Coaching



Order	lobility, Activation, Movement Pre	Work	Recovery	Sets	Reps	Total Time	Timer	Notes		
	Notes: Ground => Up	30	10sec				30-10	10min		
1	Prone "Y" to "W"	30s	10s							
2	Prone Dynamic Blackburns									
3	Kneeling Adductor Hip Swivel L									
4	Kneeling Adductor Hip Swivel R									
5	Kneeling Adductor Mob L									
6	Kneeling Adductor Mob R									
7	1/2 Kneeling Hip Flexor / Ankle Mob L									
8	L/2 Kneeling Hip Flexor / Ankle Mob R									SE #1
9	Bowler Squat L								METAB	OLIC - A
10	Bowler Squat R									
11	SLDL L									
12	SLDL R									
13	"Y" OH X-Body Reverse Lunge L									
14	"Y" OH X-Body Reverse Lunge R									
15	Band Pull Apart Variation X-Body L									
16	Band Pull Apart Variation X-Body R									
Order	Metabolic and Core Ramp Up	Work	Recovery	Sets	Reps	Regression	Progression	Total Time	Timer	Notes
Order	Notes: Add in RAMP *if needed	50 sec	10 sec	Sets	керѕ	Regression	Progression	5 min	50-10	Notes
-								5 min	20-10	
1	Glute Bridge	50 sec	10 sec	1						-
2	Side Plank R and L		<u> </u>					 		+
3	Scap Push up									
4	Plank to Plank Push up									
5	Plank Jacks									
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Order		Work	Recovery	Sets	Reps	Regression	Progression	Total Time	Timer	Notes
	Notes:	20 sec	10 sec	8				25 min		
1	KB Swings	20 sec	10 sec	8		Hip Hinge / KB RDL	Increase Load			Hip Hinge
	1 Minute Rest & Transition									
2	Ropes	20 sec	10 sec	8		Lighter Rope	Rope Slams			Start Position
	1 Minute Rest & Transition									
3	TRX/JG Atomic Crunch	20 sec	10 sec	8		TRX/JG Plank	RX/JG X-Body Crun	ch		Coach Regres
	1 Minute Rest & Transition									
4	Band Mt Climber	20 sec	10 sec	8		Mt. Climber	Squat Thrust			
	1 Minute Rest & Transition									
5	Valslide Body Saw	20 sec	10 sec	8		Plank	Valslide Pike			Regressions!
	1 Minute Rest & Transition									
Order	Metabolic Finisher A	Work	Recovery	Sets	Reps	Regression	Progression	Total Time	Timer	Notes
	Notes: Choose A or B								15-15	
1	Burpees	15	15	8		Baby Burpee	True Burpee	4 min		
Order	Metabolic Finisher B	Work	Recovery	Sets	Reps	Regression	Progression	Total Time	Timer	Notes
	Notes: Choose A or B								15-15	
1	Band Mt. Climbers	15	15	8		Mt. Climbers	Squat Thrusts	4 min		
	Regeneration									
	SMR									
	Corrective Stretching					İ		†		İ
Notes	Go over Corrective Band Stretchin	na								
. 10103	at the confective band stretchin	-5								



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