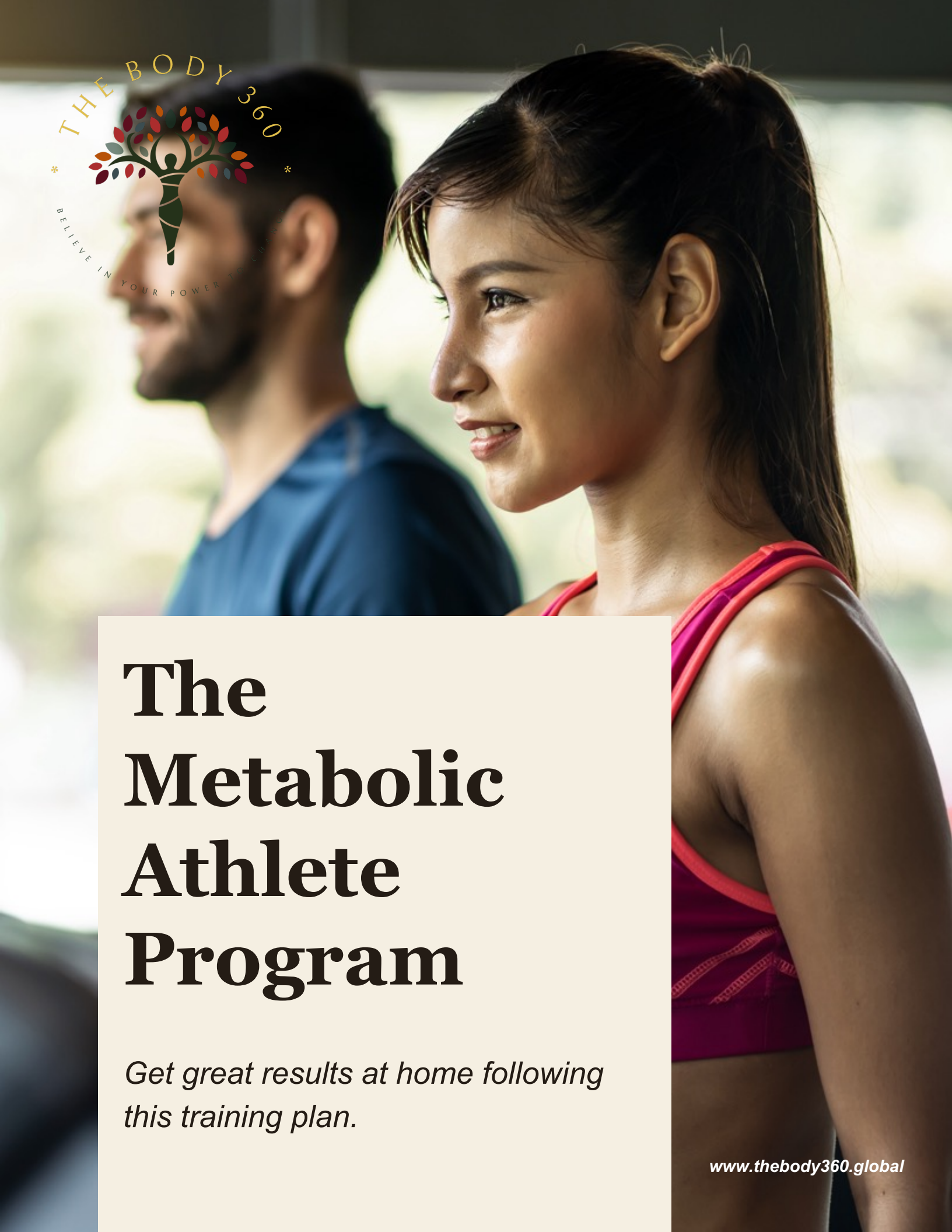

The Metabolic Athlete Program

Get great results at home following this training plan.

www.thebody360.global

Safety Info

All physical activity involves a potential risk of injury. Participants must therefore take all reasonable care during exercise. Participants should seek the advice of their doctor, or equivalent healthcare professional, before beginning any form of exercise, including this plan contained in this program. The exercise movements described herein are safe when performed correctly, with gradual increases in resistance and proper supervision. However, participants must ensure that the equipment and facilities they use are fit for their purpose. You should adhere to the safety guidelines outlined in this program and any required by the equipment manufacturer. I take no responsibility for injury to persons or property consequent upon the advice and information included herein. You are forbidden to share this program via any means.

Welcome to the Metabolic Athlete Program

Build an athletic body with this metabolic fat-blasting workout plan, using only a 10kg dumbbell. Combining strength and high-intensity exercises, if you put in the work, you'll get the results.

The Moves

Learn these moves:

Dumbbell swing	Hold a dumbbell vertically by the handle with two hands. Hold it out in front of you with your feet slightly wider than shoulder-width apart. Bend your knees, allow your body to lean forward, keep your back straight, core braced, and swing the dumbbell between your legs. Explode upwards using your legs and bring your arms up, holding the dumbbell out in front of you until it's just above your head. Lower the dumbbell back between your legs (but not to the floor) and repeat the movement.
Snap jumps	Get into a push-up position with your back and legs straight and your hands beneath your shoulders. Brace your core and keep your body rigid. Push off the ground with your feet, jumping forward toward your hands, so you land in a crouching position. As soon as your feet hit the floor, push off the ground again and extend your legs back into the starting position. Your hands should never leave the ground.
Dumbbell lunge press	Stand in a staggered stance, your right foot in front of your left. Hold a dumbbell in your right hand at shoulder level with your elbow bent. Drop into a lunge, lowering your body until your right knee is bent 90-degrees. Pause, then together stand up and press the weight above your head. Reverse the move and repeat. Switch arms and legs halfway through your set.

The Moves

Single-arm farmer walk	Holding a dumbbell in one hand, let both arms hang naturally at your sides. Pull your shoulders down and back and keep your torso upright. Now walk forward a few steps and backward a few steps. Swap the weight to your opposite hand halfway through the exercise. Too easy? Hold the dumbbell at shoulder level or overhead with a straight arm.
Three-way goblet squat	Grab one end of a dumbbell with both hands and hold it vertically in front of your chest, feet slightly beyond shoulder-width apart. Keep your back neutral as you push your hips back, bend your knees and lower your body until your thighs are lateral to the ground. Pause, then push yourself up to a standing position as you pivot your feet to the right. You're now in a staggered stance facing right. Keeping your torso upright, lower your body until your front knee is bent 90-degrees. Push yourself back to standing as your pivot your feet, so you return to the starting position (middle). Repeat the entire movement, this time pivoting to your left; alternate back-and-forth.
Rotating jump squat	Start by standing tall with a firm core. Bend at the knees and drive your hips back as you lower yourself into a squat position. Jump up while simultaneously rotating your body 180-degree in midair. Land with bent knees and then immediately perform another jump squat and twist back to the starting position. Repeat.

Training Plan

The Plan

There are five workouts to choose from. Each workout takes 5-mins and can be performed individually (one per day) or stacked (all five workouts back-to-back with a 60-second rest between) for a killer session performed three times a week e.g., Monday, Wednesday, and Friday.

Classic 2-minute warm-up
Jumping jacks (30-seconds)
High knee march (30-seconds)
Jumping jacks (30-seconds)
High knee march (30-seconds)

Workout #1
Perform the exercises as a circuit. Do as many repetitions of each as you can in 50-seconds, resting 10-seconds in between.
Dumbbell swing
Snap jumps
Dumbbell lunge press
Single-arm farmer's walk
Three-way goblet squat
Rotating jump squats

Training Plan

Workout #2
Do 60-seconds per exercise, resting 15-seconds between.
Single-arm farmer's walk (weight in left hand)
Dumbbell swing
Single-arm farmer's walk (weight in right hand)
Rotating jump squats

Workout #3
Alternate between exercises 1 and 2, using the heaviest weight you can lift 10-times. (If you can do more, then go heavier.) Complete 6-reps of each move. That's one round. Do as many as you can in 5-minutes, resting as needed.
Dumbbell swing
Snap jumps

Workout #4
Perform the exercises as a circuit. Do as many reps of each exercise as you can in 40-seconds before moving on to the next. After you've done them all, rest for 30-seconds. Repeat.
Snap jumps
Dumbbell swing
Three-way goblet squat

Workout #5
Do 60-seconds per round, resting 15-seconds between rounds.
Sprints: Set two markers 20-meters apart. Sprint from one to the other.
Three-way goblet squat
Lateral shuffle (from one marker to the other.)
Single-arm farmer's walk lunge