

## **Metabolic Inferno**

This is workout 2 in the workout challenge. This workout is completely different than the Warrior 1 workout in a couple of ways. One, the entire workout takes only 25 minutes if you complete all 5 circuits. And two, this workout by design will elevate your heart rate to a higher level than the Warrior 1 workout.

After a good general warm up, you'll set up your area with the 8 randomly selected exercises in the order you drew the exercises. Your timer will be set to 20 seconds of work and 10 seconds of rest. Each circuit will take 4 minutes to complete and then you'll get a 1 minute break before starting again. If 5 circuits seem too much to start, then start with 3 circuits and add one circuit per workout until you have 5 circuits.

Some of these exercises might be foreign to you so maybe incorporate some of these exercises into your warm up to become familiar with them. If you don't have some of these items at your workout facility, like the tire then skip this exercise and draw out another exercise. If you don't have the tire then this will take out the sledge hammer strike on the tire as well.

If you have any questions about the exercises or the technique please contact me for help.

Complete this workout only 2 times per week for 2 weeks. These workouts will need to separate by at least two days. For example if you did this on a Monday you would need to wait until Thursday or Friday to complete the second workout. These workouts are pretty intense so you'll need some rest days. With this workout you'll need to complete at least 3 cardio sessions per week of at least 30 minutes each.

Again if you have any questions about these exercises please contact me for help.