



## Metamorphosis: Intermediate to Advanced Exercise Options

### Block 1: Above the Law

#### Circuit A: 15:00

- Back Squat or Front Squat x 15
- Barbell Bench Press x 15
- Bent Over Row (Barbell or Dumbbell) x 15
- Seated Dumbbell Press or Dumbbell/Kettlebell Push Press x 15
- Row/Ski/Bike (choose 1) x 15 calories or 30 seconds (whichever happens first, but push the pace)

#### Circuit B:

- Deadlift Variation (conventional, rack, romanian, etc) x 15
- Incline Dumbbell or Barbell Press x 15
- Dumbbell Reverse Lunges x 20 (alternating, 10 reps per side)
- Lat Pull Down - Band, Cable, or Inverted Row (if you can do strict pull ups, you're an animal) x 15
- Row/Ski/Bike (choose 1) x 15 calories or 30 seconds (whichever happens first, but push the pace)

### Block 2: Hard to Kill

#### Circuit A

- Back Squat or Front Squat x 10
- Barbell Bench Press x 10
- Bent Over Row (Barbell or Dumbbell) x 10

#### Circuit B

- Deadlift Variation x 10
- Incline Press x 10
- Lat Pull Down or Inverted Row x 10

### **Block 3: Under Siege**

#### **Day A**

- A1) Back Squat or Front Squat 3 x 10 @ 30X1; rest 30s
- A2) Goblet Squat 3 x 15 @ 2020
- A3) Assault Bike 3 x 20s sprint; rest 2:00

- B1) Bent Over Row 3 x 10 @ 30X1
- B2) Banded Lat Pull Down 3 x 15 @ 2020
- B3) Med Ball Slam 3 x 20 as fast as possible; rest 2:00

- C1) Barbell Curl 3 x 10 @ 30X1; rest 30s
- C2) DB Hammer Curl 3 x 12-15 @ 2020; rest 30s
- C3) Banded Bicep Curl 3 x 30s for max reps; rest 2:00

#### **Day B**

- A1) Deadlift Variation 3 x 10 @ 30X1; rest 30s
- A2) Hamstring Bridge 3 x 15 @ 2020; rest 30s
- A3) Russian Swing 3 x 20; rest 2:00

- B1) Bench Press 3 x 10 @ 30X1; rest 30s
- B2) Incline Dumbbell Bench Press 3 x 15 @ 2020; rest 30s
- B3) Explosive Incline Push Up 3 x 20; rest 30s (or clapping push up on floor)

- C1) Skull Crusher 3 x 10 @ 30X1; rest 30s
- C2) DB Overhead Tricep Extension 3 x 15 @ 2020; rest 30s
- C3) Banded Tricep Extension 3 x 30s for max reps; rest 2:00

### **Block 4: Out For Justice**

#### **Day A**

- A1) Back Squat or Front Squat 2:00 for reps; rest 2:00 x 3
- A2) Row or Pull Up 2:00 for reps; rest 2:00 x 3
- B1) KB Walking Lunge 3 x 10e; rest 30s
- B2) Alternating Hooklying Floor Press 3 x 10e; rest 30s
- B3) KB Gorilla Row 3 x 10e; rest 2 min
- C) Optional: Gun Show; 3 x 12-15 tricep extension, bicep curl, delt raise (choose 1 per)

#### **Day B**

- A1) Deadlift Variation 2:00 for reps; rest 2:00 x 3
- A2) Bench Press 2:00 for reps; rest 2:00 x 3
- B1) KB Death March 3 x 10e; rest 30s
- B2) Alternating KB Incline Press 3 x 10e; rest 30s
- B3) Alternating Banded Pull Down 3 x 10e; rest 2 min
- C) Optional: Gun Show: 3 x 12-15 tricep extension, bicep curl, delt raise (choose 1 per)