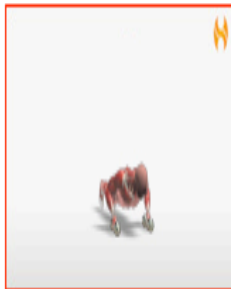




Metabolic Power Pushes

Improve your pushing power and train your heart with this efficient metabolic workout. Perform each exercise one time through to complete one circuit. Then repeat two more times, two-three times per week.

Workout



Renegade Row

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3	20			Fast	15 sec		



Description

- Start in a push up position, gripping a pair of dumbbells.
- Perform one push up.
- At the top pull one dumbbell up to your arm pit.
- Repeat the push up and pull the other arm up.

EQUIPMENT

- No Equipment Needed

ProTip

- In the beginning keep your feet wide for better support.

Mistakes

- Poor posture.
- Not stabilizing your body when one dumbbell is raised.



Push up

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3	20			Fast	15 sec		

Description

- ⌘ In a pushup position, balance on your hands and feet, with feet separated wide.
- ⌘ Keep your head, neck, and body aligned in a straight.
- ⌘ Lower yourself as far as you can by bending your arms.
- ⌘ Push back up to the top.



EQUIPMENT

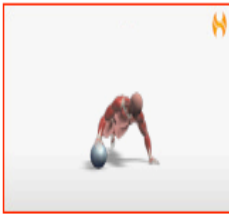
- ⌘ No Equipment Needed

ProTip

- ⌘ Keep your abs and glutes tight

Mistakes

- ⌘ Dropping the head
- ⌘ Letting the body sag, especially the low back
- ⌘ Holding the hips up too high



Explosive Push Up on a Medicine Ball

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
3	10			Explosive	15 sec		

Description

- ⌘ Start in a push up position with one hand on a medicine ball.
- ⌘ Perform a push up and push yourself up, off the ground.
- ⌘ While your hands are in the air, roll the ball to your other hand.
- ⌘ Land with your other hand on the medicine ball.
- ⌘ Repeat.



EQUIPMENT

- ⌘ Medicine Ball

ProTip

- ⌘ Push yourself up as high as possible.

Mistakes

- ⌘ Missing the ball or falling off.
- ⌘ Not "jumping" high enough.