



Metabolic Conditioning Finisher: Level 1 Dumbbell-Only

Complete this finisher after your workout up to 2x/week to improve your anaerobic capacity.

INSTRUCTIONS

- 5-min AMRAP (as many rounds as possible) workout
- Perform as many rounds of this circuit as possible within 5 minutes
- Use the same dumbbell for all exercises
- Do not rest between exercises
- Choose resistance that feels challenging but reasonable

DB One-Arm Hang Snatch

- 5 reps each side
- Explosively extend hips as shoulder shrugs
- Catch dumbbell in straight arm above head
- Stand up fully to complete movement
- Complete 5 reps on one side, then switch



DB Goblet Squat

- 12 reps
- Hug dumbbell to chest
- Push hips back, then bend knees to squat
- Drive through heels to stand up



DB Standing One-Arm Press

- 5 reps each side
- Press dumbbell until elbow is straight
- Keep lower body still
- Complete 5 reps on one side, then switch



DB One-Arm Bent Row

- 8 reps each side
- Hinge until back is parallel to floor
- Keep body still as elbow bends
- Complete 8 reps on one side, then switch

