



## Metabolic Conditioning Finisher Level 3: 14-Min AMRAP

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

### INSTRUCTIONS

- 14-min AMRAP (as many rounds as possible) workout
- Perform as many rounds of this circuit as possible within 14 minutes
- Use dumbbells of the same weight for all weighted exercises
- Do not rest between exercises

#### BW Squat

- 15-20 reps
- Push hips back first, then bend knees deeply
- Keep core tight, torso upright
- Drive through heels to stand up



#### BW Push-up

- 15-20 reps
- Hands wider than shoulder-width apart
- Keep body planked, elbows tucked in
- Lower chest to 1-2 inches above floor
- If too intense, place hands on elevated surface, like a bench



#### BW Single-Leg RDL

- 10 reps each side
- Keep weight in heel of standing leg
- Hinge hips until back is parallel to floor
- Keep back as flat as possible
- Use glutes/hamstrings to stand up



#### Supine Row [Overhand-Grip]

- 8-12 reps
- Keep legs together, body planked
- Pull chest up to touch bar
- Do not use momentum
- If too intense, raise height of bar or place feet on floor

