



Metabolic Conditioning Finisher

Level 3: 16-Min AMRAP

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

INSTRUCTIONS

- 16-min AMRAP (as many rounds as possible) workout
- Perform as many rounds of this circuit as possible within 16 minutes
- Do not rest between exercises
- Work to maintain form as fatigue starts to set in
- Choose resistance that feels challenging but reasonable

Barbell Corner Rotation

- 5 reps to each side
- Use medium-heavy plate
- Keep arms straight, core tight
- Use hips and core to rotate bar



MB V-up

- 10 reps
- Keep arms and legs straight
- Hinge at hips to bring MB to toes
- Keep low back flat on floor



Parallel-Bar Dip

- 8-12 reps
- Keep legs pinned together
- Descend until elbows bend 90 degrees
- Use triceps to straighten arms
- If too intense, substitute BW Bench Dip



Plate Overhead Step-up

- 5-10 reps each side
- Use light-medium plate
- Keep arms straight overhead throughout
- Perform all reps on one side, then switch
- Maintain form as fatigue sets in

