



Metabolic Conditioning Finisher

Level 1: Plate-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 plate for all exercises
- Do not rest between exercises
- Choose resistance that feels challenging but reasonable

Plate Curl to Press

- 8 reps
- Compound movement
- Immediately perform one press after curl
- Press head forward as elbows straighten



Plate Punch

- 8 reps
- Sit low in a squat, then press plate out
- Press plate out until elbows are straight
- Keep core tight, lower body still



Plate Lunge to Twist

- 5 reps each side
- Compound movement
- Hold plate out from body throughout
- Step into lunge then twist over bent knee
- Complete 5 reps to one side, then switch legs



Plate Upright Row

- 8 reps
- Keep plate close to body throughout
- Elbows higher than wrist
- Maintain form as fatigue sets in

