

**MetCon 1 Beginner** Mo, Tu, We, Th, Fr, Sa

This routine combines 6 different exercises with only light jumps - if you are advised not to jump by your trainer, do these stepwise. Refer to your trainer/physio to get the advice on how to start! You can choose to rotate the exercises (circuit with 4-8 rounds), or combine three (4-8 x 3 exc's x 2 tri-sets), two (4-8 x 2 exc's x 3 supersets) or one at a time (4-8 x 1 exc x 6 different forms). The tempo can be increased in time. Maybe test your endurance before and after with a swim/bike/walk xK test? And of course you could also do body measurements?

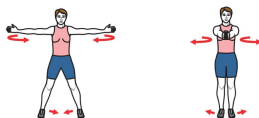
**1 : Alternated Knee Pull Under Plank Position**



- In plank position, pull your knees under your body alternately. Keep abs tight and head up.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

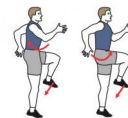
**2 : Seal Jumping Jack**



- Arms parallel to the ground and legs apart. Close the arms by bringing them in front of you while closing your legs, and this, while jumping like a jumping jack. Keep your head up, your abs taut and your back straight.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

**3 : High Knees On Spot**



- Keep your back straight, head up and abs tight. Move your arms, front hand at shoulder height, elbows at 90 degrees. Working on the front part of your feet.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

**4 : Toe Touch Squat Jack**



- Go down in squat by touching the front part of the feet and go back up in "Jumping Jack".

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

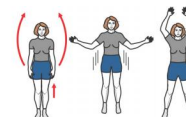
**5 : Warm-up / Kick-back**



- Hopping on the spot, bring your heels toward your buttocks alternately.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

**6 : Jump And Jack**



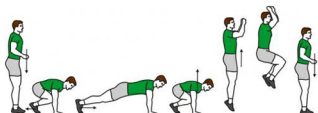
- Jump on the spot by opening and closing the legs and arms simultaneously. Working on the front part of your feet and keep your head up.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

## MetCon 2 Intermediate Mo, Tu, We, Th, Fr, Sa

This routine can be started after the first and done in the same method of circuit, super/giantsets with 4-8 rounds/sets of 6-2x3-3x2-6x1 exercises. Refer to your trainer/physio to get the advice on how to start! The tempo can be increased in time. Maybe pre- & posttest your endurance with a xK run/bike/swim/row? And of course you could also do body measurements?

### 1 : Burpees



- Keep back straight, abs tight and head up  
- Hips straight - Head over feet - Working arms elbow 90°

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

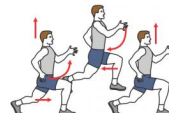
### 2 : Seal Jumping Jack



- Arms parallel to the ground and legs apart. Close the arms by bringing them in front of you while closing your legs, and this, while jumping like a jumping jack. Keep your head up, your abs taut and your back straight.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

### 3 : Quick Split Jump



- Keep your back straight, abs tight and head up. Keep your arms on each side of the body. Jump alternating the position of the legs in the air and using the arms like a runner. Back into the starting position.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

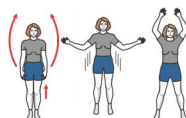
### 4 : Toe Touch Squat Jack



- Go down in squat by touching the front part of the feet and go back up in "Jumping Jack".

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

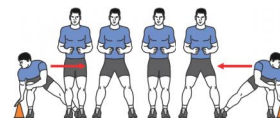
### 5 : Jump And Jack



- Jump on the spot by opening and closing the legs and arms simultaneously. Working on the front part of your feet and keep your head up.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

### 6 : Shuffle Between 2 cones



- Shuffle from one cone to the other. Touch the cones with your hand every time. Move in a straight line between the cones.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

### MetCon 3 Advanced **Mo, Tu, We, Th, Fr, Sa**

This routine can be started after the second. Lots of jumps, change of levels and even direction. It's done in the same method of circuit, super/giantsets with 4-8 rounds/sets of 6-2x3-3x2-6x1 excercises. Refer to your trainer/physio to get the advice on how to start! The tempo can be increased in time. Maybe test your endurance pre- and post in a xxK run/row/swim to see the results? And of course you could also do body measurements?

#### 1 : Burpees



- Keep back straight, abs tight and head up  
- Hips straight - Head over feet - Working arms elbow 90°

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

#### 2 : Jumps Up On 1 Foot



- On one foot, jump up. Keep your head up above the foot and abs tight. Work on the front part of the foot.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

#### 3 : Straight Jump / Wide Stance



- Keep head up. Head over feet.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

#### 4 : Hand Clap Push-Ups



- Keep back and hip straight, abs tight.  
Push dynamically on the box and clap your hands together before landing on the box.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

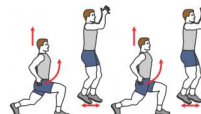
#### 5 : Crawl Push-up And Up



- On all fours on your feet and hands, knees not touching the ground, do push-ups dynamically to find yourself on your feet while keeping an angle of about 90 ° at the knees and hips. Keep your back straight and abs tight.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10

#### 6 : Split Jump Arms Action



- Keep your back straight, abs tight and head up. Keep your arms on each side of the body. Jump alternating the position of the legs and using your arms.

Week	Sets	Duration	recovery
1	4	00:20	00:10
2	6	00:20	00:10
3	8	00:20	00:10
4	10	00:20	00:10
5	12	00:20	00:10