



MASTER your BODY Program! 8-Move Barbell MET!



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What the MET??



MET (*Metabolic Enhancement Training*) are **movements done quickly**, one after another, with speed, explosiveness and weight! (That's the difference between MET and plyometrics)

MET deepens your training, increases strength, enhances your weight training program, and is an awesome fat burner. PLUS it adds to shaping and toning the body!

With MET, we hit your lovely muscles in a variety of planes (rotating, front, side to side, up, down!) so flexibility is enhanced, and joints are warmed up thoroughly!

You can use MET for a warm up, or string a bunch together for a whole day's worth of at home training!

MET moves take time to master (you will likely slow down on the up-lift as you move through the reps, this is normal). Your goal is to progress through, so as you master them, you can up the reps, shorten the rest time, up the weight...this is how we PROGRESS!

There may be weight suggestions on the MET moves but start light (it's deceptive!). Learn the moves first, then increase weight. It's normal to have the weights move slower in the last few reps, but do NOT lessen the weight on that set!) Stick with it!

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Thank you!



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8 Move Barbell MET

Grab a Barbell—25, 35 or 45 lb bar, a pair of 2.5, 5 and 10 lb plates (if you have them) and dig into this whole body MET workout, for tone, strength, conditioning and fat melting! For round 1, use the bar only and do 10-15 reps. Then add weight in 2nd and 3rd round (or increase to a heavier bar). You will need to decrease the reps as you go heavier, and that's ok. Speed and little rest is what is important here.

[VIDEO LINK](#)

Aim for 30-45 minutes a workout.

Warm up with Diagonals...5 minutes.....

	<u>1st round</u>	<u>2nd round</u>	<u>3rd round</u>
1) Deadlift	bar only	10/side	20+/side
2) Clean n Press		bar only	bar only
3) Bent over Rows		5/side	7.5-10/side
4) Side to Side Arcs (for core)		bar only	bar only
5) One arm Lumberjacks		5/side	7.5-10/side
6) Chest Press (flat or incline)		5/side	7.5-10/side
7) Squat and Press		5/side	5/side
8) Barbell Curls		5/side	5+/side

Throw some skipping in, if you're up for it! At the end of each circuit..! 50-100 turns each.