



# METABOLIC WORKOUT



@MOVE\_COACHING

## CIRCUIT Round one:

5 minute high intensity cardio  
(*run, treadmill, stair master or  
cross trainer* )

### INTO

20 x kettlebell swings  
20 x reverse lunges  
10 x push ups  
15 x weighted squat  
10 x overhead press

## CIRCUIT Round two:

5 minute high intensity  
cardio (run, treadmill, stair  
master or cross trainer )

### INTO

12 x bent over row  
10 x reverse flye  
12 x bicep curl  
10 x squat jumps  
10 x weighted sit up

REPEAT ABOVE X 2.

TOTAL CARDIO TIME = 20 MINUTES

\*can use kettlebell or dumbbell on every exercise  
Don't forget to tag, share and let me know  
how you get on!

M. x

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ONLINE COACHING

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