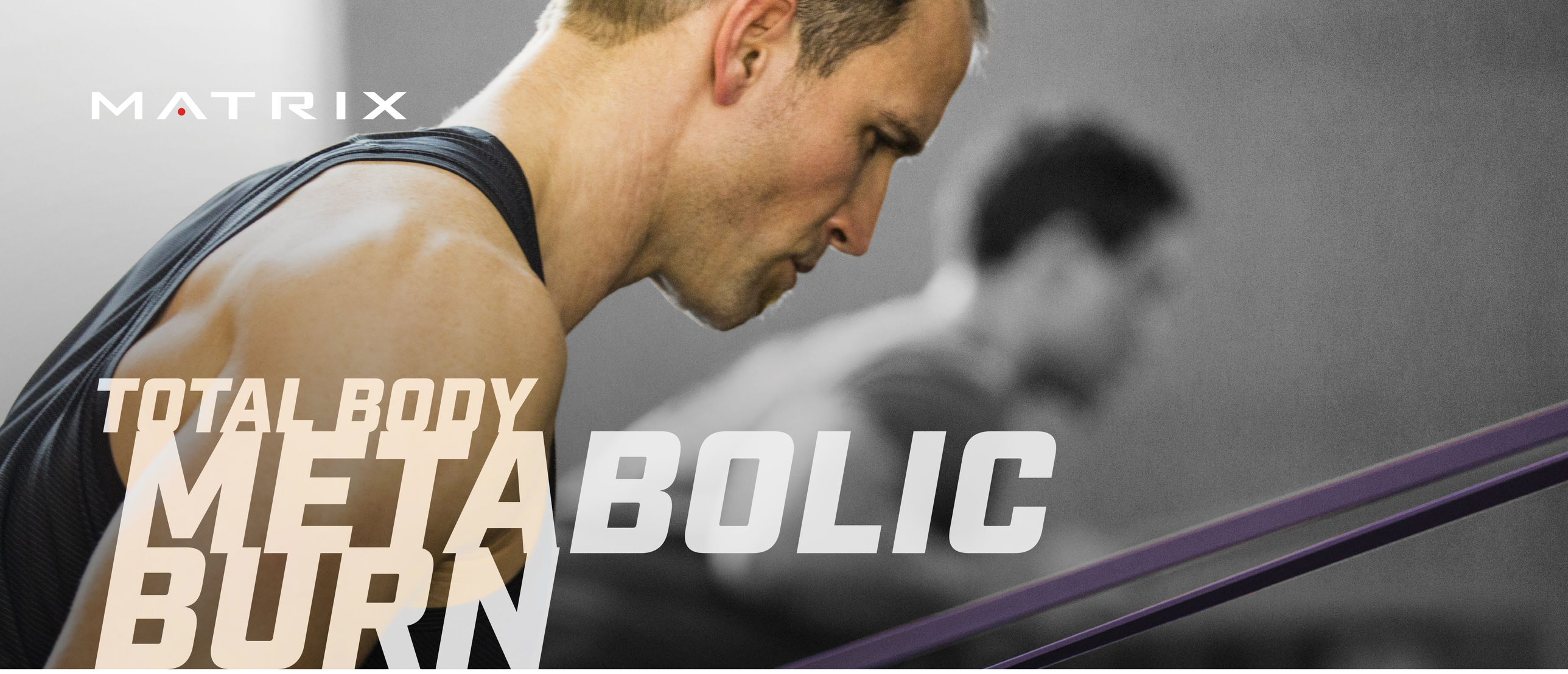


MATRIX

TOTAL BODY METABOLIC BURN

STEPS

Step 1 – Dynamic warm-up

Step 2 – Perform each circuit

Step 3 – Repeat each circuit 2x

TOOLS USED*

Combines single joint exercises, compound movements and power-based movements with minimal rest to increase overall caloric burn, generate power and build bone density.

- BODYWEIGHT
- KETTLEBELL
- MEDICINE BALL
- SUSPENSION STRAPS

CIRCUIT 1	REPS	TOOLS
Deadlift	15	
Row	15	
Farmer Carry	15	
CIRCUIT 2	**REPS**	**TOOLS**
TRX Single Leg Squat (L) to (R)	15	
Chest Press to Rollout	15	
Burpee with Crossover	15	
CIRCUIT 3	**REPS**	**TOOLS**
Alternating Curtsy Lunge	15	
Pullover	15	
Swings	15	
CIRCUIT 4	**REPS**	**TOOLS**
Front Squat	15	
Pull Up	15	
TRX Swimmer's Pull	15	
CIRCUIT 5	**REPS**	**TOOLS**
Flutter Kicks (Back)	20	
Around the World Plank	20	
Seated Russian Twist	20	

Focus on Stability & Mobility

* Start with lighter weights and progress to heavier weights as you get stronger. Your muscles should be fatigued by the last rep of each set. Also use slow, controlled movements, brace through the core and avoid any movements that cause pain.

SAFETY DISCLAIMER

All participants should consult their physician before undertaking any fitness program. If at any time while exercising the participant experiences dizziness, pain, shortness of breath, nausea or feels faint, he or she must stop immediately.