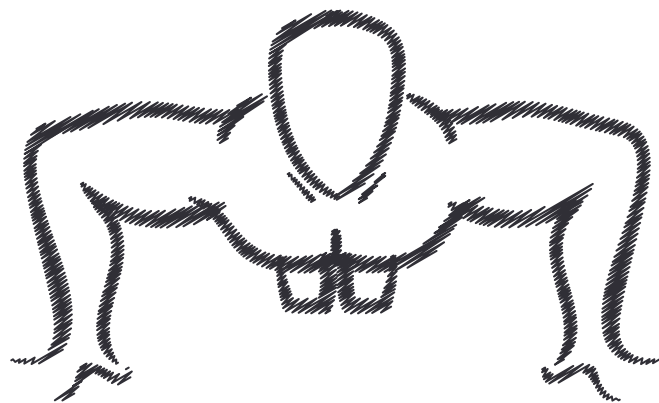




## Metabolic Conditioning

Repeat for 8 total rounds:  
8 reps overhead press  
8 reps squats  
8 reps bent over row  
8 deadlift (Romanian or straight leg)

Optional:  
8 hammer curls and/or  
8 push-ups



Notes:

- No rest between exercises
- Rest 30-45 seconds between rounds
- Begin with a strict overhead press and then switch to a push press once you fatigue (use a bounce from your legs to drive the weight up)
- Use a lighter weight for overhead press. Load heavier for lower body/row.
- Curls: If the weight is too heavy, use the hip to drive the weight up. Focus on a slow deficit/decline.

For all exercises: Remember to tuck in your tail bone and bring your belly button into the spine. Always keep your shoulders pulled down (depressed) and back (retracted) for proper form.

\*Use 8 small objects like a paper clip to track your rounds.\*

Weight recommendations:  
20lb and 25lb or  
25lb and 30lb



CHRISTINA BECERRA

FULFILLMENT & WISDOM