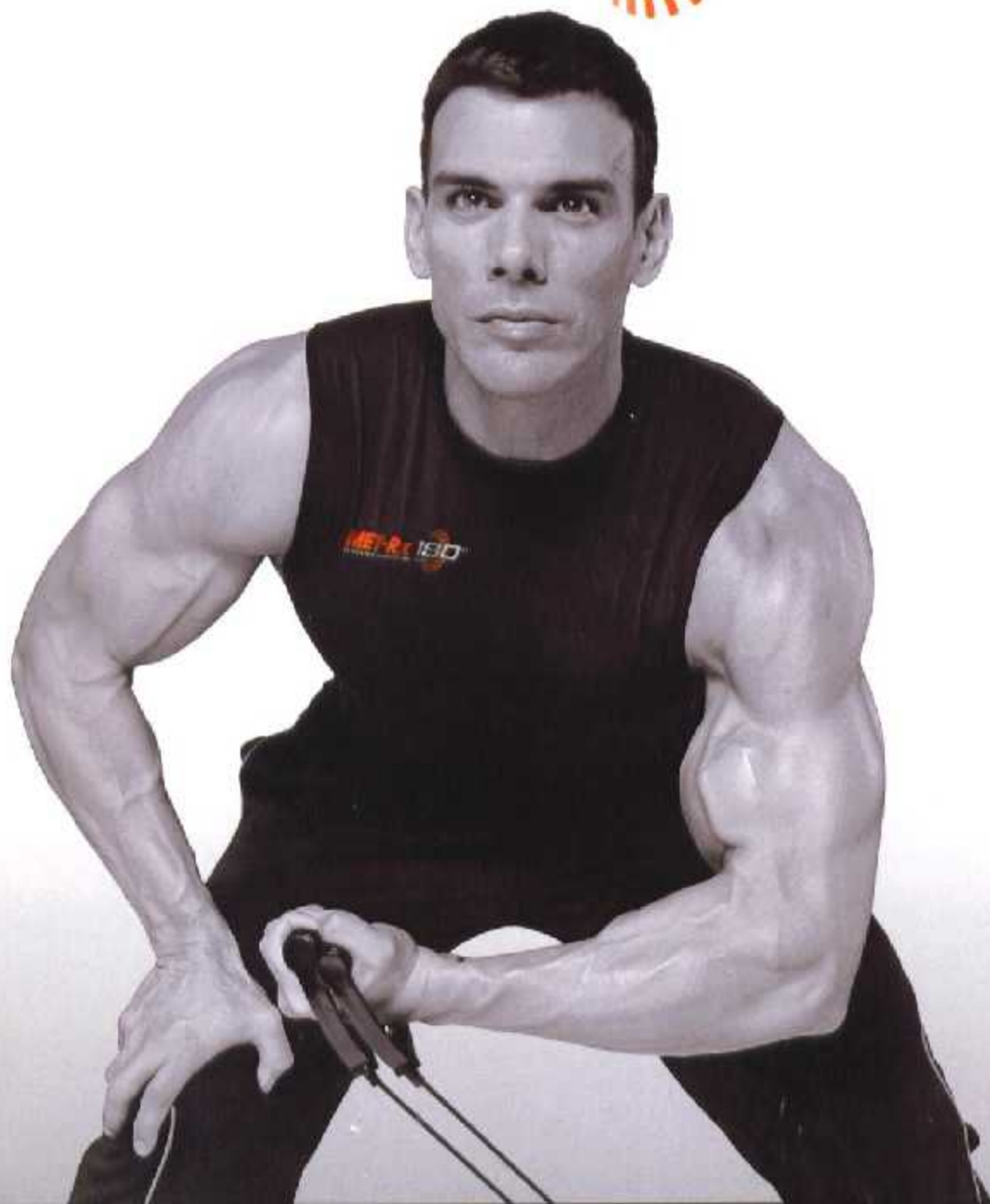


MET-Rx 180°
TRANSFORMING EVERY BODY™



90-DAY **WORKOUT TRACKER**



WELCOME TO THE MET-Rx 180 90-DAY WORKOUT TRACKER.

CONGRATULATIONS ON BECOMING PART OF TEAM MET-Rx 180! The book that you just opened is no ordinary book. Think of it as an instrumental part of your 90-Day transformation. Every workout that you're asked to complete over the next 90 days is in this book. We took the guesswork out of trying to figure out what workout you should be doing on any given day. You will notice a recurring theme with the cardiovascular workouts in that we give you the heart rate formula on every cardio page. That is to remind you that it's necessary to be working at a certain level of intensity for your cardio days. Use it as motivation to keep up the pace during those workouts. All the exercises in each of the resistance workouts are laid out in this book so that all you have to do is record your personal stats; this will help increase your chances of a successful transformation. Inputting all of your information and reconfirming your goals will help provide a record of accomplishments over time as well as allowing you to steadily evaluate your progress. It will also increase awareness of your behavior and will be a constant reminder of what you will have to do from an exercise standpoint to achieve your 90-day transformation. Throughout this book, you will also come across *MET-Rx 180* products available at www.MYMETRX.com. Check out the site and take a look at how these products can easily fit into your daily fitness and nutrition regimen to help maximize your results. Last but not least, this book will help motivate you to keep that promise you made to yourself to become a fitter version of you!

PROMISES

MAKING PROMISES IS EASY. Turning promises into realities can be another story. In fact, it's quite a familiar tale.

Are you someone who promised yourself at the end of last year that you would approach the next 12 months by eating better and exercising? All of a sudden, months have flown by and there are no results. The same face stares back at you in the mirror and those jeans still don't exactly zip up like they used to. You usher in the brand new year by vowing (again) that, "This will be the year where it's different." You will finally focus on...you. Year after year, we make the same vows to exercise and eat better, but those goals never seem to come to fruition.

Forget about the reasons why it has never worked in the past. Dismiss all the excuses. That stops today. This time it really is going to be different because you're going to complete the *MET-Rx 180* 90-Day Program and give it a 100 percent effort. If you're really serious about making positive changes in your life then we want you to make the commitment right now... before you even turn the page. We're going to ask you to do more than just make a verbal promise to do better. Your words come with good intentions. While your mind is certainly capable of many fantastic things, it's still not a notebook. Promises and goals that just float around in your brain can drift in and out of your consciousness. They can "sound good" one day and then be pushed to the back of your mental line-up of things to do the next.

If your fitness goal is just a nice idea that's drifting around in your head, it can easily become eclipsed by life's realities including bills, driving the kids to soccer, and this little thing called your demanding job. Perhaps you've heard of the expression, "In one ear and out the other?"

This time will be different because you're going to put your thoughts on paper and write down your goals. The simple, but powerful act of writing them down will make them real, verifiable, and impossible to ignore or forget. It will be there in black and white – a commitment that you made to yourself that's undeniable and unbreakable. If you are ready to do that, turn the page!



WELCOME ABOARD!

NOW, WE ARE GOING TO TAKE IT ONE STEP FURTHER. Once you have your goals set for the MET-Rx 180 90-Day transformation, we want you to sign a contract. Yes, it's time to make it official with a contract! If you're really dedicated to making your personal transformation then you should be willing to sign your name and commit yourself on paper. The time is now.

This contract is to help keep you accountable to the MET-Rx 180 Exercise and Nutrition Program. You are not in this alone as you have the full support of the MET-Rx 180. Once you sign below, you become a necessary and welcome a team member.

Are you ready to make a commitment and become a MET-Rx 180 Team member? If the answer is yes, then we want to be the first ones to issue you a hearty welcome.

Fill out the contract below. Your transformation begins today!

MET-Rx 180™ HEALTHY LIFESTYLE CONTRACT

I _____ ENTER INTO THIS CONTRACT ON THIS _____ DAY OF _____,
_____ TO HELP IMPROVE THE WAY I LOOK AND FEEL. I PLAN TO MAKE A COMMITMENT
TO THE MET-Rx 180 PROGRAM AND WILL CONSISTENTLY FOLLOW THE EXERCISE AND
NUTRITION PROGRAM OVER THE NEXT 90 DAYS.

My personal fitness goals are: _____

Describe what you don't like about the way you look and feel. _____

If I don't execute this agreement, my consequences will be: _____

Explain why you will finally and forever achieve your goals: _____

It's time to take responsibility for creating the body you have always desired. It's attainable with a little hard teamwork. Remember, you are not out there alone, but are flanked by the best fitness support system and the most dedicated team members. If you are truly ready to transform your body then sign the contract and we will begin our work on the brand new you.

BEFORE PHOTOS

THE MET-Rx 180 90-DAY TRACKER IS A GREAT PLACE TO KEEP BEFORE PHOTOS OF YOURSELF.

Your first mission is to make two sets of your "before" photos. Put one copy here to help keep you motivated on a daily basis. It's true that your getting started commitment is strong, but you're human, too. There will be days when you open up this book to begin a workout and your desire to exercise will wane.

That's when your before photos will prove invaluable as a spark to ignite the workout fire.

Make it a regular practice to take 30 seconds to gaze hard at the photo. Remind yourself that you don't want to look like this version of you anymore and you must take steps in the right direction to make real changes.

THE NEXT STEP IS TO FOCUS ON THE FUTURE.

Remind yourself that there is a fitter and healthier version of you just waiting to make a debut. The before photo will reconfirm why you started this program and help get you into the gym to complete your transformation.

You will also need to provide before images for the *Fitness Guide*. Please don't choose one or the other, as both are equally important to motivating and inspiring you throughout your 90-day journey. Please find the guidelines to taking pictures in the *Fitness Guide*.

These tools are your fitness arsenals. The more things you have at your disposal to help, the better your chances are for success.

What stands between you and your healthy lifestyle? It's starting a plan and then sticking to it. Use these before photos to help keep you on the right path. You can also go to MYMETRX.com for additional support.

REMEMBER YOU ARE PART OF THE MET-Rx 180 TEAM NOW.



**BEFORE
PHOTO
HERE**



180 You can do this online!
Log into your page at MYMETRX.com

WEIGH THE BENEFITS

The following information is also featured in the **Fitness Guide**, but because this will be the book you rely on the most, it's also included here as a daily reminder.

Remember one of the keys to living a healthy lifestyle is motivation. Today you are going to weigh yourself. Many people are afraid of the scale, but it's truly the one legitimate way to get a proper indication of your progress.

Weigh yourself with no clothing on. Do it first thing in the morning on an empty stomach. This will give you the most accurate possible reading. When you drink water or eat food before you get on a scale, you will weigh more. If you weigh yourself in the morning and then at night, you can easily see a two to four pound difference that can work against you in the motivation department.

The key is to accurately weigh yourself the same way each time in order to see what's working – and what might need a few adjustments.

NOW STEP ON THE SCALE

People who weigh themselves frequently will drive themselves nuts. You should only weigh yourself a maximum of once a week on the same day. First thing Monday morning is always the best as this will give you the most accurate account of your weight and also keep you on track during the weekends when many of us let things "slide just a bit."

Remember that scales don't tell the entire story. There may come a point in your program where you're losing inches instead of pounds. This happens because your body might be gaining lean muscle mass at the same time as you are dropping body fat. That's why your weight can stay the same on the scale from one week to the next. If you're following the program then you should see some scale movement the following week.

Body composition change won't show up on a scale. However, don't use that as an excuse for not losing weight, which is

maybe your goal. At the same time, building lean mass will take some time.

Your body is unique. It won't take long to learn how you lose body fat and gain lean muscle.

The scale is just one of the tools you will need for your program. There is also a mental component to this program, which is why you should want you to write down how you feel about yourself every 30 days. The next step is to write down the reasons you want to change your lifestyle.

If you face a setback or start to lose motivation just go back and refer to these pages. It will help firmly plant your feet again on your path to a healthier you.

Make it a regular practice to flip through the book for reminders on when to weigh yourself and remember to input the information here:

DAY 1 WEIGHT: _____
HOW DO YOU FEEL ABOUT YOURSELF:

REASONS YOU WANT TO CHANGE:

DAY 30 WEIGHT: _____
HOW DO YOU FEEL ABOUT YOURSELF:

REASONS YOU WANT TO CHANGE:

DAY 60 WEIGHT: _____
HOW DO YOU FEEL ABOUT YOURSELF:

REASONS YOU WANT TO CHANGE:

DAY 90 WEIGHT: _____
HOW DO YOU FEEL ABOUT YOURSELF:

REASONS YOUR GOING TO CONTINUE FOR THE NEXT 90 DAYS:



BODY MEASUREMENTS

IT'S TIME TO TAKE YOUR MEASUREMENTS, WHICH IS A SIMPLE TASK. Use your *MET-Rx 180* measuring device to measure your neck, chest, arms, hips, waist, quadriceps, and calves.

Be as honest as possible. For instance, don't try and suck in your stomach or add a little bit to your arms and chest. Remember: You're only cheating yourself.

Record all of your measurements in this 90-Day Tracker and date it. (You will also be asked to input this info in the **Fitness Guide**. Look in the *Fitness Guide* for instructions on how to measure each body part correctly.)

Your task every month is to retake the measurements of the same body parts and then compare them to last month. This will tell you if you're on the right track.

Body measurements are a great indicator when keeping track of the amount of success you will achieve from this program. They're also a great motivator, as the inches seem to melt away.

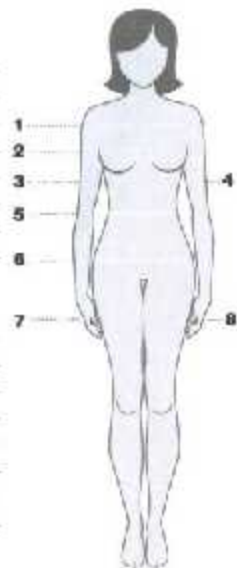
Look throughout the book for reminders on when to input your body measurements and record the information here:



HOW TO RECORD YOUR MEASUREMENTS: YOU WILL BE MEASURING EIGHT SPECIFIC AREAS OF YOUR BODY.

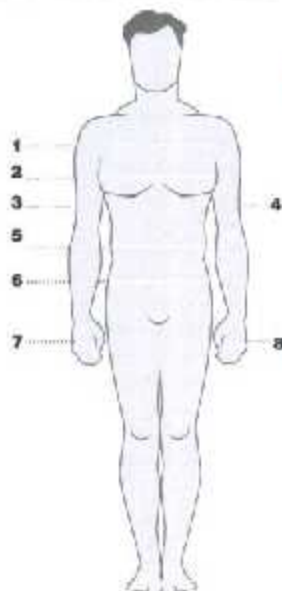
DAY 1

1. UPPER CHEST _____
2. CHEST _____
3. RIGHT ARM _____
4. LEFT ARM _____
5. WAIST _____
6. HIPS _____
7. RIGHT THIGH _____
8. LEFT THIGH _____



DAY 30

1. UPPER CHEST _____
2. CHEST _____
3. RIGHT ARM _____
4. LEFT ARM _____
5. WAIST _____
6. HIPS _____
7. RIGHT THIGH _____
8. LEFT THIGH _____



DAY 60

1. UPPER CHEST _____
2. CHEST _____
3. RIGHT ARM _____
4. LEFT ARM _____
5. WAIST _____
6. HIPS _____
7. RIGHT THIGH _____
8. LEFT THIGH _____

DAY 90

1. UPPER CHEST _____
2. CHEST _____
3. RIGHT ARM _____
4. LEFT ARM _____
5. WAIST _____
6. HIPS _____
7. RIGHT THIGH _____
8. LEFT THIGH _____



You can do this online!
 Log into your page at MYMETRX.com

BODY FAT TESTING

IT'S IMPORTANT THAT YOU KNOW HOW MUCH BODY FAT YOU ARE CARRYING AROUND. To that end, there are a couple of options in testing your body fat including underwater and hydrostatic weighing. However, the cheapest and most practical way to test (and the most accurate) is to use a pair of skin calipers.

Body fat calipers measure skin folds to calculate how much subcutaneous fat (fat under the skin) a person is carrying. The calipers work by giving you an estimation of body fat by skin fold thickness measurement. Measurements can used from three to nine different anatomical sites around the body.

Now is a good time to grab your *MET-Rx 180* Clip Fat Measuring Device. Carefully read the instruction booklet that comes with the device before you start measuring. You want to make sure that the reading is as accurate as possible. It's important here to be exact, so when you compare different readings down the road, you'll show a legitimate difference. You don't want a measurement that was affected by a previous bad measurement.

These measurements will work along with the scale and body measurements to help determine how you are doing on your program. You should do a body fat test once a month and, of course, at the end of the 90-Day Program.

Body fat testing can be one of the most helpful and informative tools in your arsenal. Let's say you don't see a change in weight on the scale, but your body fat percentage is decreasing. This means you're moving in the right direction. If your body fat is increasing and your weight is dropping on the scale then you're losing muscle. If you only used a scale and didn't test your body fat then it would be impossible to know this valuable information.

BODY FAT MEASUREMENTS:

(Input your information here)

DAY 1:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

DAY 60:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

DAY 30:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

DAY 90:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____





THE MET-Rx 180™ – CHECK LIST

WE WANT YOU TO SUCCEED. Nothing would make us happier than helping you reach your personal transformation after just 90 days. Our job is to do everything we can to help make your transformation a reality.

A quick reminder: You have to help yourself. The *MET-Rx 180 Transforming Every Body Program* is not just a workout; it is a lifestyle. The program will not work if you do not follow all of the steps.

If you choose not to follow the *MET-Rx 180* nutritional program and you eat unhealthy and fatty foods then you shouldn't expect a great transformation. If you skip workouts or don't give a 100 percent effort then

don't expect a great transformation. It's not advisable to skip the body measurements or body fat tests. Halfway through the program, you might find yourself uncertain if you're making strides or not. This will cause your motivation to wane!

This will also keep you from being a fitter and healthier version of you and we don't want that to happen (again)! That's why we included this checklist in the book.

Please go through the checklist and complete every step before you start the *MET-Rx 180 Program*. You should have gone through all of the steps in the *MET-Rx 180 Fitness Guide*, but if you haven't, we included a reminder of what you need to do before you start:

MET-Rx 180 CHECK LIST:Did you?....

- 1. Read through all of the *MET-Rx 180* materials? This includes the *MET-Rx 180* nutrition book, fitness guide, product catalog and all instruction manuals?
- 2. Consult with your doctor regarding both the exercise and nutritional program? Were you able to get his or her consent?
- 3. Sign Your *MET-Rx 180* Healthy Lifestyle Contract?
- 4. Take your "Before Photo"
- 5. Weigh yourself properly?
- 6. Take all your body measurements?
- 7. Test your Body Fat?
- 8. Go food shopping and buy all the necessary items to start your nutritional program?
- 9. Find an area in your home that has enough room to do your workouts without any obstructions?
- 10. Watch the introduction DVD?



WORKOUT SCHEDULE

If you have completed all of the above steps then you are fully committed to making a lifestyle change and you're ready to start the *MET-Rx 180* Workout Program.

The next six pages of this book contain your 90-day workout schedule. The schedule has been put inside a 90-day calendar that is broken down into three, 30-day phases. It is extremely easy to follow. Each day of the calendar will instruct you on what workouts you should follow along with the DVD that features that instruction.

90-DAY WORKOUT SCHEDULE: (3 – 30 Day Workout Phases)

CONDITIONING PHASE: Days 1-30

SHAPING PHASE: Days 31-60 **DEFINITION PHASE:** Days 61-90

Over the next 90 days, you're going to be on a fantastic journey. Follow the calendar and do the best you can.

Remember that you are only competing against yourself. Strive for continued progress and not perfection. Before you turn the page, we just want to say, "Congratulations." You are on your way to a healthier and fitter you!

DAYS 1-30

CONDITIONING PHASE

CONDITIONING PHASE		
1 DVD 3: Conditioning Workout (1) DVD 11: Stretch and Refresh	2 DVD 9: Cardio Tactics (1)	3 DVD 3: Conditioning Workout (2)
8 DVD 3: Conditioning Workout (1) DVD 11: Stretch and Refresh	9 DVD 9: Cardio Tactics (1) DVD 11: Stretch and Refresh	10 DVD 3: Conditioning Workout (2)
15 DVD 3: Conditioning Workout (1)) DVD 11: Stretch and Refresh	16 DVD 9: Cardio Tactics (1) DVD 11: Stretch and Refresh	17 DVD 3: Conditioning Workout (2)
22 DVD 3: Conditioning Workout (1) DVD 11: Stretch and Refresh	23 DVD 9: Cardio Tactics (1) DVD 11: Stretch and Refresh	24 DVD 3: Conditioning Workout (2))
29 DVD 3: Conditioning Workout (1) DVD 11: Stretch and Refresh	30 DVD 9: Cardio Tactics (1) DVD 11: Stretch and Refresh	

<p style="text-align: right;">4</p> <p>DVD 4: Conditioning Workout (3)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">5</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">6</p> <p>REST</p>	<p style="text-align: right;">7</p> <p>REST</p>
<p style="text-align: right;">11</p> <p>DVD 4: Conditioning Workout (3)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">12</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">13</p> <p>DVD 10: Kickboxing Workout</p>	<p style="text-align: right;">14</p> <p>REST</p>
<p style="text-align: right;">18</p> <p>DVD 4: Conditioning Workout (3)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">19</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">20</p> <p>DVD 10: Kickboxing Workout</p>	<p style="text-align: right;">21</p> <p>REST</p>
<p style="text-align: right;">25</p> <p>DVD 4: Conditioning Workout (3)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">26</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">27</p> <p>DVD 10: Kickboxing Workout</p>	<p style="text-align: right;">28</p> <p>REST</p>

NOTES: _____



SHAPING PHASE

<p>31</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>32</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>33</p> <p>DVD 6: Shaping Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>
<p>38</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>39</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>40</p> <p>DVD 6: Shaping Workout (2) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>
<p>45</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>46</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>47</p> <p>DVD 6: Shaping Workout (2) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>
<p>52</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>53</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>54</p> <p>DVD 6: Shaping Workout (2) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>
<p>59</p> <p>DVD 5: Shaping Phase (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>60</p> <p>DVD 5: Shaping Phase (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	

<p>34</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>35</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>36</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>37</p> <p>REST</p>
<p>41</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>42</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>43</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>44</p> <p>REST</p>
<p>48</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>49</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>50</p> <p>DVD 9: Cardio Tactics (2) Advanced</p> <p>DVD 11: Stretch and Refresh</p>	<p>51</p> <p>REST</p>
<p>55</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>56</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>57</p> <p>DVD 9: Cardio Tactics (2) Advanced</p> <p>DVD 11: Stretch and Refresh</p>	<p>58</p> <p>REST</p>

NOTES:



DEFINITION PHASE

61	62	63
<p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p>	<p>DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>DVD 8: Definition Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>
68	69	70
<p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p>	<p>DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>DVD 8: Definition Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>
75	76	77
<p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 9: Cardio Tactics (2)</p>	<p>DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>DVD 8: Definition Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>
82	83	84
<p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 9: Cardio Tactics (2)</p>	<p>DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>DVD 8: Definition Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>
89	90	
<p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 9: Cardio Tactics (2)</p>	<p>DVD 12: Advanced Abdominals</p> <p>DVD 9: Cardio Tactics (2)</p>	

<p>64</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>65</p> <p>DVD 7: Definition Workout (1) Shoulders/ Triceps/Abdominals</p> <p>DVD: 9 Cardio Tactics (1)</p>	<p>66</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD: 9 Cardio Tactics (2) Advanced</p>	<p>67</p> <p>REST</p>
<p>71</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>72</p> <p>DVD 7: Definition Workout (1) Shoulders/ Triceps/Abdominals</p> <p>DVD: 9 Cardio Tactics (1)</p>	<p>73</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD: 9 Cardio Tactics (2) Advanced</p>	<p>74</p> <p>REST</p>
<p>78</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>79</p> <p>DVD 7: Definition Workout (1) Shoulders/ Triceps/Abdominals</p> <p>DVD: 9 Cardio Tactics (1)</p>	<p>80</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD: 9 Cardio Tactics (2) Advanced</p>	<p>81</p> <p>REST</p>
<p>85</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>86</p> <p>DVD 7: Definition Workout (1) Shoulders/ Triceps/Abdominals</p> <p>DVD: 9 Cardio Tactics (1)</p>	<p>87</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD: 9 Cardio Tactics (2) Advanced</p>	<p>88</p> <p>REST</p>

NOTES: _____



DAY 1



You can do this online!

CONDITIONING WORKOUT 1



WARM UP

1. Neck Rolls
2. Backward Arm Circles
3. Overhead (stretch)
4. Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Pushup [12 reps] [] reps
2. **BACK:** Two Arm Dumbbell Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Standing Clean and Press [12 reps] [] reps [] weight
4. **TRICEPS:** Standing Triceps Extensions [12 reps] [] reps [] weight
5. **BICEPS:** Standing Alternating Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Partial Stiff Leg Dead Lifts halfway down [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise - toes straight [20 reps] [] reps [] weight
9. **ABS:** Crunch - knees up [15 reps] [] reps
10. **ABS:** Lying Leg Raise on Floor [15 reps] [] reps
11. **ABS:** Standing Twists No Weight - hands interlocked [15 reps] [] reps

SET TWO

1. **CHEST:** Flat Press Off Floor [12 reps] [] reps [] weight
2. **BACK:** Reverse Dumbbell Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Side Lateral Raise - two-arms [12 reps] [] reps [] weight
4. **TRICEPS:** Floor Dips [12 reps] [] reps [] weight
5. **BICEPS:** Hammer Curls - two-arms at a time [12 reps] [] reps [] weight
6. **LEGS:** Lunges [12 reps] [] reps [] weight
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise - toes out [20 reps] [] reps [] weight
9. **ABS:** Butterfly Crunch [15 reps] [] reps
10. **ABS:** Knee Tucks off Floor [15 reps] [] reps
11. **ABS:** Bicycles [15 reps] [] reps

SET THREE

1. **CHEST:** Flat Fly [12 reps] [] reps [] weight
2. **BACK:** Shrug [12 reps] [] reps [] weight
3. **SHOULDERS:** Upright Row [12 reps] [] reps [] weight
4. **TRICEPS:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
5. **BICEPS:** Concentration Curl [12 reps] [] reps [] weight
6. **LEGS:** Wide Leg (plié) Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Standing Stiff Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise - toes in [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Scissor Kicks [15 reps] [] reps
11. **ABS:** Sitting Twists [15 reps] [] reps

CONDITIONING PHASE



BLOCK TWO: MET-Rx COMBO 6

1. FLAT PRESS [12 reps]	[____]	[____]	[____]	[____]
CROSSOVER [12 reps]	[____]	[____]	[____]	[____]
2. DEAD LIFT [12 reps]	[____]	[____]	[____]	[____]
BENT OVER FLY [12 reps]	[____]	[____]	[____]	[____]
3. SHOULDER PRESS [12 reps]	[____]	[____]	[____]	[____]
FRONT RAISE [12 reps]	[____]	[____]	[____]	[____]
4. TWO ARM TRICEPS KICK BACK [12 reps]	[____]	[____]	[____]	[____]
TWO ARM CURL [12 reps]	[____]	[____]	[____]	[____]
5. SQUAT [12 reps]	[____]	[____]	[____]	[____]
LYING LEG CURL [12 reps]	[____]	[____]	[____]	[____]
6. KNEE TUCKS [15 reps]	[____]	[____]	[____]	[____]
BICYCLES [15 reps]	[____]	[____]	[____]	[____]



BLOCK THREE: MET-Rx MINUTE

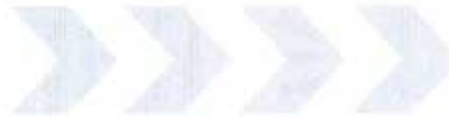
LOWER BODY RESISTANCE CHALLENGE

SQUAT - do as many as you can in 60 seconds [____] reps



COOL DOWN

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Standing Chest Stretch
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 2

CARDIO TACTICS I

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.

Follow the 90-day schedule accordingly.

Phase 1: It is recommended that you do 20 to 30 minutes for each cardio session that is allocated on the 90-day schedule for the first 30 days.

Phase 2: It is recommended that you do 35 to 45 minutes for each cardio session that is allocated on the 90-day schedule for days 31-60.

Phase 3: It is recommended that you do 50 to 60 minutes for each cardio session that is allocated on the 90-day schedule for days 61-90.

Exercise greater than 60 minutes can start to have a negative effect on your recovery after exercise. It is always best to progress in your intensity (increased % of heart rate) over increasing the duration or time of your Aerobic.

WARM UP



1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** - Diagonal chop low to high R
13. **BONUS CORE** - Diagonal chop low to high L



DAY 3

CONDITIONING WORKOUT 2



WARM UP

1. Neck Rolls
2. Arm Circles Forward
3. Good Mornings
4. Quick Half Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps] [] reps [] weight
2. **BACK:** One Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps] [] reps [] weight
4. **TRICEPS:** Lying Triceps Extension (ball) [12 reps] [] reps [] weight
5. **BICEPS:** Standing Alternating Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat - narrow [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Hamstring Push on Floor [12 reps] [] reps [] weight
8. **CALVES:** Seated Calf Raise (ball) - toes straight [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunch (ball) [15 reps] [] reps

SET TWO

1. **CHEST:** Incline Fly Ball [12 reps] [] reps [] weight
2. **BACK:** Reverse Two Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Upright Row [12 reps] [] reps [] weight
4. **TRICEPS:** Floor Dips [12 reps] [] reps [] weight
5. **BICEPS:** Seated Concentration Curl (ball) [12 reps] [] reps [] weight
6. **LEGS:** One Legged Squat (ball) [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Seated Calf Raise (ball) - toes out [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) - arms overhead [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunch (ball) [15 reps] [] reps

SET THREE

1. **CHEST:** Flat Press (ball) [12 reps] [] reps [] weight
2. **BACK:** Pullovers (ball) [12 reps] [] reps [] weight
3. **SHOULDERS:** Standing Two Arm Front Raise [12 reps] [] reps [] weight
4. **TRICEPS:** Standing Triceps Kickback [12 reps] [] reps [] weight
5. **BICEPS:** Seated Hammer Curl (ball) [12 reps] [] reps [] weight
6. **LEGS:** Wide Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Calf Bumouts (ball) [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunches On Floor [15 reps] [] reps



BLOCK TWO: MET-Rx COMBO 6

- | | | |
|--|----------|------------|
| 1. INCLINE CHEST PRESS (ball) [12 reps] | [] reps | [] weight |
| CROSSOVER [12 reps] | [] reps | [] weight |
| 2. DEAD LIFT [12 reps] | [] reps | [] weight |
| BENT OVER FLY [12 reps] | [] reps | [] weight |
| 3. CLEAN AND PRESS [12 reps] | [] reps | [] weight |
| STANDING TWO ARM FRONT RAISES [12 reps] | [] reps | [] weight |
| 4. STANDING TRICEPS EXTENSION [12 reps] | [] reps | [] weight |
| STANDING TWO ARM BICEP CURL [12 reps] | [] reps | [] weight |
| 5. LUNGE [12 reps] | [] reps | [] weight |
| LYING LEG CURL [12 reps] | [] reps | [] weight |
| 6. BUTTERFLY CRUNCH [15 reps] | [] reps | |
| SCISSOR KICK [15 reps] | [] reps | |



BLOCK THREE: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

PUSH UP - do as many as you can in 60 seconds [] reps

COOL DOWN

1. Cobra Stretch
2. Child's Pose
3. Lying Hamstring Stretch
4. Standing Chest Stretch
5. Standing Shoulder Stretch
6. Standing Triceps Stretch



NOTES:

DAY 4

CONDITIONING WORKOUT **3**



WARM UP

1. Neck Rolls
2. Arm Circles Forward
3. Arms Overhead, Waist, Toe Touch
4. Jog in Place
5. Butt Kicks

BLOCK ONE: **THE MET-Rx CIRCUIT**

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps] [] reps [] weight
2. **BACK:** One Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [12 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps

SET TWO

1. **CHEST:** Incline Press (ball) [10 reps] [] reps [] weight
2. **BACK:** One Arm Row [10 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [10 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [10 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [10 reps] [] reps [] weight
6. **LEGS:** Squat [10 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [10 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps

SET THREE

1. **CHEST:** Incline Press (ball) [8 reps] [] reps [] weight
2. **BACK:** One Arm Row [8 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [8 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [8 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [8 reps] [] reps [] weight
6. **LEGS:** Squat [8 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [8 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps



BLOCK TWO: MET-Rx COMBO 6

- | | | | |
|--|-------|----------|------------------------|
| 1. PUSH UP [12 reps] | | [____] | reps] |
| CROSSOVER [12 reps] | | [____] | reps] [____] weight] |
| 2. DEAD LIFT [12 reps] | | [____] | reps] [____] weight] |
| BENT OVER FLY [12 reps] | | [____] | reps] [____] weight] |
| 3. UPRIGHT ROW [12 reps] | | [____] | reps] [____] weight] |
| STANDING TWO ARM FRONT RAISE [12 reps] | | [____] | reps] [____] weight] |
| 4. ONE ARM REVERSE TRICEPS KICK BACK [12 reps] | | [____] | reps] [____] weight] |
| STANDING HAMMER CURL [12 reps] | | [____] | reps] [____] weight] |
| 5. LUNGE [12 reps] | | [____] | reps] [____] weight] |
| LYING LEG CURL [12 reps] | | [____] | reps] [____] weight] |
| 6. CRUNCH [15 reps] | | [____] | reps] [____] weight] |
| SCISSOR KICK [15 reps] | | [____] | reps] [____] weight] |



BLOCK THREE: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUST - do as many as you can in 60 seconds..... [____] reps]

COOL DOWN

1. Standing Chest Stretch
2. Standing Shoulder Stretch
3. Standing Triceps Stretch
4. Standing Quad Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 5



Reminder:
You can do
this online!

CARDIO TACTICS 1

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 80 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** -
Diagonal chop low to high R
13. **BONUS CORE** -
Diagonal chop low to high L



DAY 6

REST DAY



REST DAYS ARE CRUCIAL TO YOUR SUCCESS. It's a way to get the proper physical rest your body needs as well as a day to reflect. This is a perfect time to reconfirm your goals and write down any negative or positive thoughts you had this week regarding your training program. Writing down this information will help strengthen your motivation and resolve for your 90-Day journey. It's crucial to deal with your emotions, hopes, achievements, and fears here. You can't move forward and correct the things that aren't working unless you address them.

Think of this page as a place you can "vent." **MAKE SURE YOU FILL IN THIS PAGE** -- and please don't skip it! It will help you get mentally prepared for your next training session.

I. RECONFIRM YOUR OVERALL GOAL HERE IN WRITING:

II. DO YOU FEEL LIKE YOU ARE DOING EVERYTHING YOU CAN TO MAKE YOUR TRANSFORMATION HAPPEN? WHAT CAN YOU DO BETTER?

III. THIS PAST WEEK HAS MADE ME FEEL?



IV. I AM GOING TO MAKE A PROMISE THAT MY NEXT WORKOUT WILL BE THE BEST ONE YET BECAUSE...

V. GENERAL COMMENTS:

FEATURED PRODUCT:

WWW.MYMETRX.COM

Visit **MYMETRX.com** to purchase products designed to help you maximize your results.



DAY 8

CONDITIONING WORKOUT 1



WARM UP

1. Neck Rolls
2. Backward Arm Circles
3. Overhead (stretch)
4. Squats
5. Jog in Place
5. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Pushup [12 reps] [___] reps
2. **BACK:** Two Arm Dumbbell Row [12 reps] [___] reps [___] weight
3. **SHOULDERS:** Standing Clean and Press [12 reps] [___] reps [___] weight
4. **TRICEPS:** Standing Triceps Extensions [12 reps] [___] reps [___] weight
5. **BICEPS:** Standing Alternating Curl [12 reps] [___] reps [___] weight
6. **LEGS:** Squat [12 reps] [___] reps [___] weight
7. **HAMSTRINGS:** Partial Stiff Leg Dead Lifts halfway down [12 reps] [___] reps [___] weight
8. **CALVES:** Standing Calf Raise - toes straight [20 reps] [___] reps [___] weight
9. **ABS:** Crunch - knees up [15 reps] [___] reps
10. **ABS:** Lying Leg Raise on Floor [15 reps] [___] reps
11. **ABS:** Standing Twists No Weight - hands interlocked [15 reps] [___] reps

SET TWO

1. **CHEST:** Flat Press Off Floor [12 reps] [___] reps [___] weight
2. **BACK:** Reverse Dumbbell Row [12 reps] [___] reps [___] weight
3. **SHOULDERS:** Side Lateral Raise - two-arms [12 reps] [___] reps [___] weight
4. **TRICEPS:** Floor Dips [12 reps] [___] reps [___] weight
5. **BICEPS:** Hammer Curls - two-arms at a time [12 reps] [___] reps [___] weight
6. **LEGS:** Lunges [12 reps] [___] reps [___] weight
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps] [___] reps [___] weight
8. **CALVES:** Standing Calf Raise - toes out [20 reps] [___] reps [___] weight
9. **ABS:** Butterfly Crunch [15 reps] [___] reps
10. **ABS:** Knee Tucks off Floor [15 reps] [___] reps
11. **ABS:** Bicycles [15 reps] [___] reps

SET THREE

1. **CHEST:** Flat Fly [12 reps] [___] reps [___] weight
2. **BACK:** Shrug [12 reps] [___] reps [___] weight
3. **SHOULDERS:** Upright Row [12 reps] [___] reps [___] weight
4. **TRICEPS:** Standing One Arm Triceps Extension [12 reps] [___] reps [___] weight
5. **BICEPS:** Concentration Curl [12 reps] [___] reps [___] weight
6. **LEGS:** Wide Leg (plié) Squat [12 reps] [___] reps [___] weight
7. **HAMSTRINGS:** Standing Stiff Legged Dead Lift [12 reps] [___] reps [___] weight
8. **CALVES:** Standing Calf Raise - toes in [20 reps] [___] reps [___] weight
9. **ABS:** Crunch [15 reps] [___] reps
10. **ABS:** Scissor Kicks [15 reps] [___] reps
11. **ABS:** Sitting Twists [15 reps] [___] reps



BLOCK TWO: MET-Rx COMBO 6

- | | | | |
|---|-------|----------|------------|
| 1. FLAT PRESS [12 reps] | | [] reps | [] weight |
| CROSSOVER [12 reps] | | [] reps | [] weight |
| 2. DEAD LIFT [12 reps] | | [] reps | [] weight |
| BENT OVER FLY [12 reps] | | [] reps | [] weight |
| 3. SHOULDER PRESS [12 reps] | | [] reps | [] weight |
| FRONT RAISE [12 reps] | | [] reps | [] weight |
| 4. TWO ARM TRICEPS KICK BACK [12 reps] | | [] reps | [] weight |
| TWO ARM CURL [12 reps] | | [] reps | [] weight |
| 5. SQUAT [12 reps] | | [] reps | [] weight |
| LYING LEG CURL [12 reps] | | [] reps | [] weight |
| 6. KNEE TUCKS [15 reps] | | [] reps | [] weight |
| BICYCLES [15 reps] | | [] reps | [] weight |



BLOCK THREE: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

- SQUAT** - do as many as you can in 60 seconds [] reps
- LAST WEEK** [] reps

COOL DOWN

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Standing Chest Stretch
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|------------------------------------|--------------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 9

CARDIO TACTICS 1

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** - Diagonal chop low to high R
13. **BONUS CORE** - Diagonal chop low to high L





COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 10



Reminder:
You can do
this online!

CONDITIONING WORKOUT 2



WARM UP

1. Neck Rolls
2. Arm Circles Forward
3. Good Mornings
4. Quick Half Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps] [] reps [] weight
2. **BACK:** One Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps] [] reps [] weight
4. **TRICEPS:** Lying Triceps Extension (ball) [12 reps] [] reps [] weight
5. **BICEPS:** Standing Alternating Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat - narrow [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Hamstring Push on Floor [12 reps] [] reps [] weight
8. **CALVES:** Seated Calf Raise (ball) - toes straight [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunch (ball) [15 reps] [] reps

SET TWO

1. **CHEST:** Incline Fly Ball [12 reps] [] reps [] weight
2. **BACK:** Reverse Two Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Upright Row [12 reps] [] reps [] weight
4. **TRICEPS:** Floor Dips [12 reps] [] reps [] weight
5. **BICEPS:** Seated Concentration Curl (ball) [12 reps] [] reps [] weight
6. **LEGS:** One Legged Squat (ball) [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Seated Calf Raise (ball) - toes out [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) - arms overhead [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunch (ball) [15 reps] [] reps

SET THREE

1. **CHEST:** Flat Press (ball) [12 reps] [] reps [] weight
2. **BACK:** Pullovers (ball) [12 reps] [] reps [] weight
3. **SHOULDERS:** Standing Two Arm Front Raise [12 reps] [] reps [] weight
4. **TRICEPS:** Standing Triceps Kickback [12 reps] [] reps [] weight
5. **BICEPS:** Seated Hammer Curl (ball) [12 reps] [] reps [] weight
6. **LEGS:** Wide Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Calf Burnouts (ball) [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunches On Floor [15 reps] [] reps



BLOCK TWO: MET-Rx COMBO 6

1. INCLINE CHEST PRESS (ball) [12 reps].....	[] reps	[] weight
CROSSOVER [12 reps]	[] reps	[] weight
2. DEAD LIFT [12 reps]	[] reps	[] weight
BENT OVER FLY [12 reps]	[] reps	[] weight
3. CLEAN AND PRESS [12 reps]	[] reps	[] weight
STANDING TWO ARM FRONT RAISES [12 reps].....	[] reps	[] weight
4. STANDING TRICEPS EXTENSION [12 reps].....	[] reps	[] weight
STANDING TWO ARM BICEP CURL [12 reps]	[] reps	[] weight
5. LUNGE [12 reps]	[] reps	[] weight
LYING LEG CURL [12 reps].....	[] reps	[] weight
6. BUTTERFLY CRUNCH [15 reps]	[] reps	
SCISSOR KICK [15 reps]	[] reps	



BLOCK THREE: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

PUSH UP - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

COOL DOWN

1. Cobra Stretch
2. Child's Pose
3. Lying Hamstring Stretch
4. Standing Chest Stretch
5. Standing Shoulder Stretch
6. Standing Triceps Stretch



Reminder:
 Track your
 results online!

NOTES: _____

DAY 11

CONDITIONING WORKOUT 3



WARM UP

1. Neck Rolls
2. Arm Circles Forward
3. Arms Overhead, Waist, Toe Touch
4. Jog in Place
5. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps] [] reps [] weight
2. **BACK:** One Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [12 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps

SET TWO

1. **CHEST:** Incline Press (ball) [10 reps] [] reps [] weight
2. **BACK:** One Arm Row [10 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [10 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [10 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [10 reps] [] reps [] weight
6. **LEGS:** Squat [10 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [10 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps

SET THREE

1. **CHEST:** Incline Press (ball) [8 reps] [] reps [] weight
2. **BACK:** One Arm Row [8 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [8 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [8 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [8 reps] [] reps [] weight
6. **LEGS:** Squat [8 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [8 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps



BLOCK TWO: MET-Rx COMBO 6

1. PUSH UP [12 reps]	[] reps	
CROSSOVER [12 reps]	[] reps	[] weight
2. DEAD LIFT [12 reps]	[] reps	[] weight
BENT OVER FLY [12 reps]	[] reps	[] weight
3. UPRIGHT ROW [12 reps]	[] reps	[] weight
STANDING TWO ARM FRONT RAISE [12 reps]	[] reps	[] weight
4. ONE ARM REVERSE TRICEPS KICK BACK [12 reps]	[] reps	[] weight
STANDING HAMMER CURL [12 reps]	[] reps	[] weight
5. LUNGE [12 reps]	[] reps	[] weight
LYING LEG CURL [12 reps]	[] reps	[] weight
6. CRUNCH [15 reps]	[] reps	[] weight
SCISSOR KICK [15 reps]	[] reps	[] weight



BLOCK THREE: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUST - do as many as you

can in 60 seconds..... [] reps

LAST WEEK [] reps

COOL DOWN

1. Standing Chest Stretch
2. Standing Shoulder Stretch
3. Standing Triceps Stretch
4. Standing Quad Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 12

CARDIO TACTICS I

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 160 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.

WARM UP



1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST



CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. BONUS CORE - Diagonal chop low to high R
13. BONUS CORE - Diagonal chop low to high L



COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



STRETCH AND REFRESH WORKOUT



- | | |
|---|--|
| <ol style="list-style-type: none"> 1. MOUNTAIN 2. SPINE TWIST 3. QUADRICEP STRETCHES 4. STANDING ONE LEG STRETCH 5. LUNGE STRETCH 6. FIERCE POSE 7. DANCER POSE 8. LIGHT BACK BEND 9. TREE POSE 10. RAG DOLL - LEFT - RIGHT 11. STANDING FORWARD BEND 12. TOUCH DOWNS | <ol style="list-style-type: none"> 13. PLIE SQUAT 14. DOWNWARD DOG 15. LYING COBRA WITH LEG LIFT 16. BOW POSE 17. CHILD'S POSE 18. FIXED FIRM POSE 19. LYING LEG CROSSOVER 20. BRIDGE 21. INNER THIGH STRETCH 22. SITTING STRETCH 23. COME UP ON KNEES 24. MEDITATION ON KNEES |
|---|--|

NOTES:

DAY 13

KICKBOXING

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Gut
18. Switches



CIRCUIT 2 KICKS AND PUNCHES



10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L

COOL DOWN

5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side



NOTES:

DAY 14

REST DAY



REMINDER: REST DAYS ARE CRUCIAL TO YOUR SUCCESS. Your muscles actually grow while you sleep. Rest is as important to exercise and nutrition when you are transforming your body.

I. RECONFIRM YOUR GOALS: _____

II. WHAT AM I MOST PROUD OF FROM MY LAST WORKOUT? _____

III. NOW THAT I'M ON THE ROAD TO MY DREAM BODY, I AM MOST EXCITED FOR...



IV. I DO NOT WANT TO GIVE UP BECAUSE... _____

V. GENERAL COMMENTS: _____

FEATURED PRODUCT:



WWW.MYMETRX.COM

The **MET-Rx 180 Trulean Meal Replacement Shake** is a healthy meal or a delicious snack. It's simply balanced nutrition is designed to fit easily into your new active lifestyle. It provides just about everything you need to support lean muscle and complement an active lifestyle.

Here's what's in it... slow absorbing proteins to keep your muscles nourished during your day... 3 grams of L-Glutamine, an important amino acid for exercise support... and over 20 essential vitamins and minerals. You can make it with water, milk, soy milk or even almond milk. We recommend that you incorporate the **MET-Rx 180 Trulean Meal Replacement Shake** to help you stick to your nutrition program, even on your busiest days.

DAY 15



Reminder:
You can do
this online!



CONDITIONING WORKOUT 1

WARM UP

1. Neck Rolls
2. Backward Arm Circles
3. Overhead (stretch)
4. Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Pushup [12 reps] [___] reps
2. **BACK:** Two Arm Dumbbell Row [12 reps] [___] reps [___] weight
3. **SHOULDERS:** Standing Clean and Press [12 reps] [___] reps [___] weight
4. **TRICEPS:** Standing Triceps Extensions [12 reps] [___] reps [___] weight
5. **BICEPS:** Standing Alternating Curl [12 reps] [___] reps [___] weight
6. **LEGS:** Squat [12 reps] [___] reps [___] weight
7. **HAMSTRINGS:** Partial Stiff Leg Dead Lifts halfway down [12 reps] [___] reps [___] weight
8. **CALVES:** Standing Calf Raise - toes straight [20 reps] [___] reps [___] weight
9. **ABS:** Crunch - knees up [15 reps] [___] reps
10. **ABS:** Lying Leg Raise on Floor [15 reps] [___] reps
11. **ABS:** Standing Twists No Weight - hands interlocked [15 reps] [___] reps

SET TWO

1. **CHEST:** Flat Press Off Floor [12 reps] [___] reps [___] weight
2. **BACK:** Reverse Dumbbell Row [12 reps] [___] reps [___] weight
3. **SHOULDERS:** Side Lateral Raise - two-arms [12 reps] [___] reps [___] weight
4. **TRICEPS:** Floor Dips [12 reps] [___] reps [___] weight
5. **BICEPS:** Hammer Curls - two-arms at a time [12 reps] [___] reps [___] weight
6. **LEGS:** Lunges [12 reps] [___] reps [___] weight
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps] [___] reps [___] weight
8. **CALVES:** Standing Calf Raise - toes out [20 reps] [___] reps [___] weight
9. **ABS:** Butterfly Crunch [15 reps] [___] reps
10. **ABS:** Knee Tucks off Floor [15 reps] [___] reps
11. **ABS:** Bicycles [15 reps] [___] reps

SET THREE

1. **CHEST:** Flat Fly [12 reps] [___] reps [___] weight
2. **BACK:** Shrug [12 reps] [___] reps [___] weight
3. **SHOULDERS:** Upright Row [12 reps] [___] reps [___] weight
4. **TRICEPS:** Standing One Arm Triceps Extension [12 reps] [___] reps [___] weight
5. **BICEPS:** Concentration Curl [12 reps] [___] reps [___] weight
6. **LEGS:** Wide Leg (pié) Squat [12 reps] [___] reps [___] weight
7. **HAMSTRINGS:** Standing Stiff Legged Dead Lift [12 reps] [___] reps [___] weight
8. **CALVES:** Standing Calf Raise - toes in [20 reps] [___] reps [___] weight
9. **ABS:** Crunch [15 reps] [___] reps
10. **ABS:** Scissor Kicks [15 reps] [___] reps
11. **ABS:** Sitting Twists [15 reps] [___] reps



BLOCK TWO: **MET-Rx COMBO 6**

1. FLAT PRESS [12 reps]	[____]	[____]
CROSSOVER [12 reps]	[____]	[____]
2. DEAD LIFT [12 reps]	[____]	[____]
BENT OVER FLY [12 reps]	[____]	[____]
3. SHOULDER PRESS [12 reps]	[____]	[____]
FRONT RAISE [12 reps]	[____]	[____]
4. TWO ARM TRICEPS KICK BACK [12 reps]	[____]	[____]
TWO ARM CURL [12 reps]	[____]	[____]
5. SQUAT [12 reps]	[____]	[____]
LYING LEG CURL [12 reps]	[____]	[____]
6. KNEE TUCKS [15 reps]	[____]	[____]
BICYCLES [15 reps]	[____]	[____]



BLOCK THREE: **MET-Rx MINUTE**

LOWER BODY RESISTANCE CHALLENGE

SQUAT - do as many as you can in 60 seconds [____] reps
LAST WEEK [____] reps

COOL DOWN

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Standing Chest Stretch
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



Reminder:
Track your
results online!

STRETCH AND REFRESH WORKOUT



- | | |
|------------------------------------|--------------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 16

CARDIO TACTICS 1

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET- Rx 160 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** -
Diagonal chop low to high R
13. **BONUS CORE** -
Diagonal chop low to high L





COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 17

CONDITIONING WORKOUT 2



WARM UP

1. Neck Rolls
2. Arm Circles Forward
3. Good Mornings
4. Quick Half Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps] [] reps [] weight
2. **BACK:** One Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps] [] reps [] weight
4. **TRICEPS:** Lying Triceps Extension (ball) [12 reps] [] reps [] weight
5. **BICEPS:** Standing Alternating Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat - narrow [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Hamstring Push on Floor [12 reps] [] reps [] weight
8. **CALVES:** Seated Calf Raise (ball) - toes straight [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunch (ball) [15 reps] [] reps

SET TWO

1. **CHEST:** Incline Fly Ball [12 reps] [] reps [] weight
2. **BACK:** Reverse Two Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Upright Row [12 reps] [] reps [] weight
4. **TRICEPS:** Floor Dips [12 reps] [] reps [] weight
5. **BICEPS:** Seated Concentration Curl (ball) [12 reps] [] reps [] weight
6. **LEGS:** One Legged Squat (ball) [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Seated Calf Raise (ball) - toes out [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) - arms overhead [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunch (ball) [15 reps] [] reps

SET THREE

1. **CHEST:** Flat Press (ball) [12 reps] [] reps [] weight
2. **BACK:** Pullovers (ball) [12 reps] [] reps [] weight
3. **SHOULDERS:** Standing Two Arm Front Raise [12 reps] [] reps [] weight
4. **TRICEPS:** Standing Triceps Kickback [12 reps] [] reps [] weight
5. **BICEPS:** Seated Hammer Curl (ball) [12 reps] [] reps [] weight
6. **LEGS:** Wide Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Calf Burnouts (ball) [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunches On Floor [15 reps] [] reps



BLOCK TWO: MET-Rx COMBO 6

- | | | |
|--|----------|------------|
| 1. INCLINE CHEST PRESS (ball) [12 reps] | [] reps | [] weight |
| CROSSOVER [12 reps] | [] reps | [] weight |
| 2. DEAD LIFT [12 reps] | [] reps | [] weight |
| BENT OVER FLY [12 reps] | [] reps | [] weight |
| 3. CLEAN AND PRESS [12 reps] | [] reps | [] weight |
| STANDING TWO ARM FRONT RAISES [12 reps] | [] reps | [] weight |
| 4. STANDING TRICEPS EXTENSION [12 reps] | [] reps | [] weight |
| STANDING TWO ARM BICEP CURL [12 reps] | [] reps | [] weight |
| 5. LUNGE [12 reps] | [] reps | [] weight |
| LYING LEG CURL [12 reps] | [] reps | [] weight |
| 6. BUTTERFLY CRUNCH [15 reps] | [] reps | |
| SCISSOR KICK [15 reps] | [] reps | |



BLOCK THREE: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

PUSH UP - do as many as you can in 60 seconds [] reps

COOL DOWN

1. Cobra Stretch
2. Child's Pose
3. Lying Hamstring Stretch
4. Standing Chest Stretch
5. Standing Shoulder Stretch
6. Standing Triceps Stretch



NOTES:

DAY 18

CONDITIONING WORKOUT **E**



WARM UP

1. Neck Rolls
2. Arm Circles Forward
3. Arms Overhead, Waist, Toe Touch
4. Jog in Place
5. Butt Kicks

BLOCK ONE: **THE MET-Rx CIRCUIT**

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps] [] reps [] weight
2. **BACK:** One Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [12 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps

SET TWO

1. **CHEST:** Incline Press (ball) [10 reps] [] reps [] weight
2. **BACK:** One Arm Row [10 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [10 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [10 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [10 reps] [] reps [] weight
6. **LEGS:** Squat [10 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [10 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps

SET THREE

1. **CHEST:** Incline Press (ball) [8 reps] [] reps [] weight
2. **BACK:** One Arm Row [8 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [8 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [8 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [8 reps] [] reps [] weight
6. **LEGS:** Squat [8 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [8 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps



BLOCK TWO: MET-Rx COMBO 6

- | | | | |
|--|-------|----------|------------|
| 1. PUSH UP [12 reps] | | [] reps | |
| CROSSOVER [12 reps] | | [] reps | [] weight |
| 2. DEAD LIFT [12 reps] | | [] reps | [] weight |
| BENT OVER FLY [12 reps] | | [] reps | [] weight |
| 3. UPRIGHT ROW [12 reps] | | [] reps | [] weight |
| STANDING TWO ARM FRONT RAISE [12 reps] | | [] reps | [] weight |
| 4. ONE ARM REVERSE TRICEPS KICK BACK [12 reps] | | [] reps | [] weight |
| STANDING HAMMER CURL [12 reps] | | [] reps | [] weight |
| 5. LUNGE [12 reps] | | [] reps | [] weight |
| LYING LEG CURL [12 reps] | | [] reps | [] weight |
| 6. CRUNCH [15 reps] | | [] reps | [] weight |
| SCISSOR KICK [15 reps] | | [] reps | [] weight |



BLOCK THREE: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

- SQUAT THRUST - do as many as you can in 60 seconds..... [] reps
- LAST WEEK [] reps

COOL DOWN

1. Standing Chest Stretch
2. Standing Shoulder Stretch
3. Standing Triceps Stretch
4. Standing Quad Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANGER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 19

CARDIO TACTICS I

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** - Diagonal chop low to high R
13. **BONUS CORE** - Diagonal chop low to high L





COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
8. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



STRETCH AND REFRESH WORKOUT

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. MOUNTAIN 2. SPINE TWIST 3. QUADRICEP STRETCHES 4. STANDING ONE LEG STRETCH 5. LUNGE STRETCH 6. FIERCE POSE 7. DANCER POSE 8. LIGHT BACK BEND 9. TREE POSE 10. RAG DOLL - LEFT - RIGHT 11. STANDING FORWARD BEND 12. TOUCH DOWNS | <ol style="list-style-type: none"> 13. PLIE SQUAT 14. DOWNWARD DOG 15. LYING COBRA WITH LEG LIFT 16. BOW POSE 17. CHILD'S POSE 18. FIXED FIRM POSE 19. LYING LEG CROSSOVER 20. BRIDGE 21. INNER THIGH STRETCH 22. SITTING STRETCH 23. COME UP ON KNEES 24. MEDITATION ON KNEES |
|---|--|



NOTES:

DAY 20



Reminder:
You can do
this online!

KICKBOXING

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches



CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

- | | |
|-------------------------|--------------------------|
| 1. Front Kicks R | 7. Side Kick R |
| 2. Front Kicks L | 8. Side Kick L |
| 3. Knee Pull Obliques R | 9. Jab, Cross, Kick R |
| 4. Knee Pull Obliques L | 10. Jab, Cross, Kick L |
| 5. Round House Kick R | 11. Elbow, Elbow, Knee R |
| 6. Round House Kick L | 12. Elbow, Elbow, Knee L |



Reminder:
 Track your
 results online!

COOL DOWN

5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side



NOTES:

DAY 21

REST DAY



REST DAYS ARE CRUCIAL TO YOUR SUCCESS. Stay positive even on days you are not working out. Never underestimate the power of positive thinking.

I. RECONFIRM YOUR GOALS:

II. THIS PAST WEEK HAS MADE ME FEEL...

III. THIS UPCOMING WORKOUT IS GOING TO BE MY BEST YET BECAUSE...



IV. WHAT DO YOU LOVE MOST ABOUT THIS PROGRAM? _____

V. GENERAL COMMENTS: _____

FEATURED PRODUCT: _____



WWW.MYMETRX.COM

The **MET-Rx 180 RECOVERY DRINK** is designed to be the perfect complement to your *MET-Rx 180 Workout Program* because it can be difficult... sometimes near impossible to get the nutrition you need from meals alone. We strongly believe that no workout is ever complete without the proper supplementation of nutrients to help rebuild and replenish your body after a workout. First, you need carbohydrates to help replenish muscle glycogen levels that can be depleted during your workouts.* Next is a high quality protein containing essential amino acids, to support lean muscle and strength. You're also going to need additional vitamins and minerals for carbohydrate and nutrient metabolism... and finally, electrolytes, which are important for rehydration after exercise... If you want maximum results from your workout, you need to remember that exercise is only a piece of the puzzle. Your muscles are hungry after a workout and need the proper nutrients in order to help your body build lean muscle!

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DAY 22

CONDITIONING WORKOUT 1



WARM UP

1. Neck Rolls
2. Backward Arm Circles
3. Overhead (stretch)
4. Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Pushup [12 reps] [] reps
2. **BACK:** Two Arm Dumbbell Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Standing Clean and Press [12 reps] [] reps [] weight
4. **TRICEPS:** Standing Triceps Extensions [12 reps] [] reps [] weight
5. **BICEPS:** Standing Alternating Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Partial Stiff Leg Dead Lifts halfway down [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise - toes straight [20 reps] [] reps [] weight
9. **ABS:** Crunch - knees up [15 reps] [] reps
10. **ABS:** Lying Leg Raise on Floor [15 reps] [] reps
11. **ABS:** Standing Twists No Weight - hands interlocked [15 reps] [] reps

SET TWO

1. **CHEST:** Flat Press Off Floor [12 reps] [] reps [] weight
2. **BACK:** Reverse Dumbbell Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Side Lateral Raise - two-arms [12 reps] [] reps [] weight
4. **TRICEPS:** Floor Dips [12 reps] [] reps [] weight
5. **BICEPS:** Hammer Curls - two-arms at a time [12 reps] [] reps [] weight
6. **LEGS:** Lunges [12 reps] [] reps [] weight
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise - toes out [20 reps] [] reps [] weight
9. **ABS:** Butterfly Crunch [15 reps] [] reps
10. **ABS:** Knee Tucks off Floor [15 reps] [] reps
11. **ABS:** Bicycles [15 reps] [] reps

SET THREE

1. **CHEST:** Flat Fly [12 reps] [] reps [] weight
2. **BACK:** Shrug [12 reps] [] reps [] weight
3. **SHOULDERS:** Upright Row [12 reps] [] reps [] weight
4. **TRICEPS:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
5. **BICEPS:** Concentration Curl [12 reps] [] reps [] weight
6. **LEGS:** Wide Leg (plié) Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Standing Stiff Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise - toes in [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Scissor Kicks [15 reps] [] reps
11. **ABS:** Sitting Twists [15 reps] [] reps



BLOCK TWO: MET-Rx COMBO 6

1. FLAT PRESS [12 reps]	[.....] reps	[.....] weight
CROSSOVER [12 reps]	[.....] reps	[.....] weight
2. DEAD LIFT [12 reps]	[.....] reps	[.....] weight
BENT OVER FLY [12 reps]	[.....] reps	[.....] weight
3. SHOULDER PRESS [12 reps]	[.....] reps	[.....] weight
FRONT RAISE [12 reps]	[.....] reps	[.....] weight
4. TWO ARM TRICEPS KICK BACK [12 reps]	[.....] reps	[.....] weight
TWO ARM CURL [12 reps]	[.....] reps	[.....] weight
5. SQUAT [12 reps]	[.....] reps	[.....] weight
LYING LEG CURL [12 reps]	[.....] reps	[.....] weight
6. KNEE TUCKS [15 reps]	[.....] reps	[.....] weight
BICYCLES [15 reps]	[.....] reps	[.....] weight



BLOCK THREE: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

SQUAT - do as many as you can in 60 seconds..... [.....] reps

LAST WEEK [.....] reps

COOL DOWN

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Standing Chest Stretch
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 23

CARDIO TACTICS 1

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** - Diagonal chop low to high R
13. **BONUS CORE** - Diagonal chop low to high L





COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 24

CONDITIONING WORKOUT 2



WARM UP

1. Neck Rolls
2. Arm Circles Forward
3. Good Mornings
4. Quick Half Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps] [] reps [] weight
2. **BACK:** One Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps] [] reps [] weight
4. **TRICEPS:** Lying Triceps Extension (ball) [12 reps] [] reps [] weight
5. **BICEPS:** Standing Alternating Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat - narrow [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Hamstring Push on Floor [12 reps] [] reps [] weight
8. **CALVES:** Seated Calf Raise (ball) - toes straight [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunch (ball) [15 reps] [] reps

SET TWO

1. **CHEST:** Incline Fly Ball [12 reps] [] reps [] weight
2. **BACK:** Reversed Two Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Upright Row [12 reps] [] reps [] weight
4. **TRICEPS:** Floor Dips [12 reps] [] reps [] weight
5. **BICEPS:** Seated Concentration Curl (ball) [12 reps] [] reps [] weight
6. **LEGS:** One Legged Squat (ball) [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Seated Calf Raise (ball) - toes out [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) - arms overhead [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunch (ball) [15 reps] [] reps

SET THREE

1. **CHEST:** Flat Press (ball) [12 reps] [] reps [] weight
2. **BACK:** Pullovers (ball) [12 reps] [] reps [] weight
3. **SHOULDERS:** Standing Two Arm Front Raise [12 reps] [] reps [] weight
4. **TRICEPS:** Standing Triceps Kickback [12 reps] [] reps [] weight
5. **BICEPS:** Seated Hammer Curl (ball) [12 reps] [] reps [] weight
6. **LEGS:** Wide Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Calf Bumcuts (ball) [20 reps] [] reps [] weight
9. **ABS:** Crunch (ball) [15 reps] [] reps
10. **ABS:** Lying Leg Raise (ball) [15 reps] [] reps
11. **ABS:** Twisting Crunches On Floor [15 reps] [] reps



BLOCK TWO: MET-Rx COMBO 6

- 1. **INCLINE CHEST PRESS** (ball) [12 reps] [___] reps [___] weight
- CROSSOVER** [12 reps] [___] reps [___] weight
- 2. **DEAD LIFT** [12 reps] [___] reps [___] weight
- BENT OVER FLY** [12 reps] [___] reps [___] weight
- 3. **CLEAN AND PRESS** [12 reps] [___] reps [___] weight
- STANDING TWO ARM FRONT RAISES** [12 reps] [___] reps [___] weight
- 4. **STANDING TRICEPS EXTENSION** [12 reps] [___] reps [___] weight
- STANDING TWO ARM BICEP CURL** [12 reps] [___] reps [___] weight
- 5. **LUNGE** [12 reps] [___] reps [___] weight
- LYING LEG CURL** [12 reps] [___] reps [___] weight
- 6. **BUTTERFLY CRUNCH** [15 reps] [___] reps
- SCISSOR KICK** [15 reps] [___] reps



BLOCK THREE: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

PUSH UP - do as many as you can in 60 seconds [___] reps

COOL DOWN

- 1. Cobra Stretch
- 2. Child's Pose
- 3. Lying Hamstring Stretch
- 4. Standing Chest Stretch
- 5. Standing Shoulder Stretch
- 6. Standing Triceps Stretch



NOTES:

DAY 25



Reminder:
You can do
this online!



CONDITIONING WORKOUT 3

WARM UP

1. Neck Rolls
2. Arm Circles Forward
3. Arms Overhead, Waist, Toe Touch
4. Jog in Place
5. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps] [] reps [] weight
2. **BACK:** One Arm Row [12 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [12 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [12 reps] [] reps [] weight
6. **LEGS:** Squat [12 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [12 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps

SET TWO

1. **CHEST:** Incline Press (ball) [10 reps] [] reps [] weight
2. **BACK:** One Arm Row [10 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [10 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [10 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [10 reps] [] reps [] weight
6. **LEGS:** Squat [10 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [10 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps

SET THREE

1. **CHEST:** Incline Press (ball) [8 reps] [] reps [] weight
2. **BACK:** One Arm Row [8 reps] [] reps [] weight
3. **SHOULDERS:** Seated Shoulder Press (ball) [8 reps] [] reps [] weight
4. **TRICEPS:** Seated Triceps Extensions (ball) [8 reps] [] reps [] weight
5. **BICEPS:** Standing Two Arm Bicep Curl [8 reps] [] reps [] weight
6. **LEGS:** Squat [8 reps] [] reps [] weight
7. **HAMSTRINGS:** Stiff Legged Dead Lift [8 reps] [] reps [] weight
8. **CALVES:** Standing Calf Raise [20 reps] [] reps [] weight
9. **ABS:** Crunch [15 reps] [] reps
10. **ABS:** Lying Leg Raise [15 reps] [] reps
11. **ABS:** Standing Twists [15 reps] [] reps



BLOCK TWO: MET-Rx COMBO 6

- | | | | |
|--|-------|----------|------------|
| 1. PUSH UP [12 reps] | | [] reps | |
| CROSSOVER [12 reps] | | [] reps | [] weight |
| 2. DEAD LIFT [12 reps] | | [] reps | [] weight |
| BENT OVER FLY [12 reps] | | [] reps | [] weight |
| 3. UPRIGHT ROW [12 reps] | | [] reps | [] weight |
| STANDING TWO ARM FRONT RAISE [12 reps] | | [] reps | [] weight |
| 4. ONE ARM REVERSE TRICEPS KICK BACK [12 reps] | | [] reps | [] weight |
| STANDING HAMMER CURL [12 reps] | | [] reps | [] weight |
| 5. LUNGE [12 reps] | | [] reps | [] weight |
| LYING LEG CURL [12 reps] | | [] reps | [] weight |
| 6. CRUNCH [15 reps] | | [] reps | [] weight |
| SCISSOR KICK [15 reps] | | [] reps | [] weight |



BLOCK THREE: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUST - do as many as you can in 60 seconds..... [] reps

LAST WEEK [] reps



Reminder:
Track your results online!

COOL DOWN

1. Standing Chest Stretch
2. Standing Shoulder Stretch
3. Standing Triceps Stretch
4. Standing Quad Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 26

CARDIO TACTICS I

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. BONUS CORE -
Diagonal chop low to high R
13. BONUS CORE -
Diagonal chop low to high L





COOL DOWN

5 MINUTES

1. March In Place
2. Breathe In Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



STRETCH AND REFRESH WORKOUT



- | | |
|---|--|
| <ol style="list-style-type: none"> 1. MOUNTAIN 2. SPINE TWIST 3. QUADRICEP STRETCHES 4. STANDING ONE LEG STRETCH 5. LUNGE STRETCH 6. FIERCE POSE 7. DANCER POSE 8. LIGHT BACK BEND 9. TREE POSE 10. RAG DOLL - LEFT - RIGHT 11. STANDING FORWARD BEND 12. TOUCH DOWNS | <ol style="list-style-type: none"> 13. PLIE SQUAT 14. DOWNWARD DOG 15. LYING COBRA WITH LEG LIFT 16. BOW POSE 17. CHILD'S POSE 18. FIXED FIRM POSE 19. LYING LEG CROSSOVER 20. BRIDGE 21. INNER THIGH STRETCH 22. SITTING STRETCH 23. COME UP ON KNEES 24. MEDITATION ON KNEES |
|---|--|

NOTES:

DAY 27

KICKBOXING

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 80 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Fix 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X

CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches





CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

- | | |
|--------------------------|---------------------------|
| 1. Front Kicks R. | 7. Side Kick R. |
| 2. Front Kicks L. | 8. Side Kick L. |
| 3. Knee Pull Obliques R. | 9. Jab, Cross, Kick R. |
| 4. Knee Pull Obliques L. | 10. Jab, Cross, Kick L. |
| 5. Round House Kick R. | 11. Elbow, Elbow, Knee R. |
| 6. Round House Kick L. | 12. Elbow, Elbow, Knee L. |

COOL DOWN

5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side



NOTES:

DAY 28

REST DAY



REST DAYS ARE CRUCIAL TO YOUR SUCCESS. Rest is crucial to recovery and preventing injuries.

I. WHAT HAVE YOU LEARNED ABOUT YOURSELF WHILE ON THIS JOURNEY? _____

II. WHAT IS YOUR MANTRA FOR THE NEXT WEEK? _____

III. LAST WEEKS WORKOUTS MADE ME FEEL... _____



IV. I PROMISE MYSELF I WILL MAKE MY NEXT WORKOUT THE BEST BECAUSE...

V. GENERAL COMMENTS:

FEATURED PRODUCT:



WWW.MYMETRX.COM

Just because you are working out doesn't mean temptation goes away... that's why at MET-Rx, our goal was to make something really good for you... not only really good for you, but really great tasting and something you'll look forward to. A perfect fit for the MET-Rx 180 Program and to enhance your transformation, the **MET-Rx 180 High Protein Bars** are the a great between-meal snack that can help you work towards your goals with up to 20 grams of muscle sustaining proteins... and 3 grams of sugar or less... and like I said, they taste great, really great. With flavors like Chocolate Deluxe, Chocolate Peanut Butter and Chewy Chocolate Chip, **MET-Rx 180 High Protein Bars** high protein bars are going to make you do a one eighty if you think a protein bar can't be delicious. What you put into your body helps determine what you get out of your body. It's a theme you will notice developing as you make your transformation with the MET-Rx 180 Program. Support your sweet tooth and transformation goal with the **MET-Rx 180** protein bar... it's a really delicious way to overcome some of your harder nutrition and diet obstacles.

DAY 29

CONDITIONING WORKOUT 1



WARM UP

1. Neck Rolls
2. Backward Arm Circles
3. Overhead (stretch)
4. Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Pushup [12 reps] [____] reps
2. **BACK:** Two Arm Dumbbell Row [12 reps] [____] reps [____] weight
3. **SHOULDERS:** Standing Clean and Press [12 reps] [____] reps [____] weight
4. **TRICEPS:** Standing Triceps Extensions [12 reps] [____] reps [____] weight
5. **BICEPS:** Standing Alternating Curl [12 reps] [____] reps [____] weight
6. **LEGS:** Squat [12 reps] [____] reps [____] weight
7. **HAMSTRINGS:** Partial Stiff Leg Dead Lifts halfway down [12 reps] [____] reps [____] weight
8. **CALVES:** Standing Calf Raise - toes straight [20 reps] [____] reps [____] weight
9. **ABS:** Crunch - knees up [15 reps] [____] reps
10. **ABS:** Lying Leg Raise on Floor [15 reps] [____] reps
11. **ABS:** Standing Twists No Weight - hands interlocked [15 reps] [____] reps

SET TWO

1. **CHEST:** Flat Press Off Floor [12 reps] [____] reps [____] weight
2. **BACK:** Reverse Dumbbell Row [12 reps] [____] reps [____] weight
3. **SHOULDERS:** Side Lateral Raise - two-arms [12 reps] [____] reps [____] weight
4. **TRICEPS:** Floor Dips [12 reps] [____] reps [____] weight
5. **BICEPS:** Hammer Curls - two-arms at a time [12 reps] [____] reps [____] weight
6. **LEGS:** Lunges [12 reps] [____] reps [____] weight
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps] [____] reps [____] weight
8. **CALVES:** Standing Calf Raise - toes out [20 reps] [____] reps [____] weight
9. **ABS:** Butterfly Crunch [15 reps] [____] reps
10. **ABS:** Knee Tucks off Floor [15 reps] [____] reps
11. **ABS:** Bicycles [15 reps] [____] reps

SET THREE

1. **CHEST:** Flat Fly [12 reps] [____] reps [____] weight
2. **BACK:** Shrug [12 reps] [____] reps [____] weight
3. **SHOULDERS:** Upright Row [12 reps] [____] reps [____] weight
4. **TRICEPS:** Standing One Arm Triceps Extension [12 reps] [____] reps [____] weight
5. **BICEPS:** Concentration Curl [12 reps] [____] reps [____] weight
6. **LEGS:** Wide Leg (plié) Squat [12 reps] [____] reps [____] weight
7. **HAMSTRINGS:** Standing Stiff Legged Dead Lift [12 reps] [____] reps [____] weight
8. **CALVES:** Standing Calf Raise - toes in [20 reps] [____] reps [____] weight
9. **ABS:** Crunch [15 reps] [____] reps
10. **ABS:** Scissor Kicks [15 reps] [____] reps
11. **ABS:** Sitting Twists [15 reps] [____] reps



BLOCK TWO: MET-Rx COMBO 6

1. FLAT PRESS [12 reps]	[____]	reps	[____]	weight
CROSSOVER [12 reps]	[____]	reps	[____]	weight
2. DEAD LIFT [12 reps]	[____]	reps	[____]	weight
BENT OVER FLY [12 reps]	[____]	reps	[____]	weight
3. SHOULDER PRESS [12 reps]	[____]	reps	[____]	weight
FRONT RAISE [12 reps]	[____]	reps	[____]	weight
4. TWO ARM TRICEPS KICK BACK [12 reps]	[____]	reps	[____]	weight
TWO ARM CURL [12 reps]	[____]	reps	[____]	weight
5. SQUAT [12 reps]	[____]	reps	[____]	weight
LYING LEG CURL [12 reps]	[____]	reps	[____]	weight
6. KNEE TUCKS [15 reps]	[____]	reps	[____]	weight
BICYCLES [15 reps]	[____]	reps	[____]	weight



BLOCK THREE: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

SQUAT - do as many as you can in 60 seconds [____] reps
LAST WEEK [____] reps

COOL DOWN

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Standing Chest Stretch
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|------------------------------------|--------------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 30



Reminder:
You can do
this online!

CARDIO TACTICS 1

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3-Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. BONUS CORE -
Diagonal chop low to high R
13. BONUS CORE -
Diagonal chop low to high L





COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



Reminder:
 Track your
 results online!

STRETCH AND REFRESH WORKOUT



- | | |
|---|--|
| <ol style="list-style-type: none"> 1. MOUNTAIN 2. SPINE TWIST 3. QUADRICEP STRETCHES 4. STANDING ONE LEG STRETCH 5. LUNGE STRETCH 6. FIERCE POSE 7. DANCER POSE 8. LIGHT BACK BEND 9. TREE POSE 10. RAG DOLL - LEFT - RIGHT 11. STANDING FORWARD BEND 12. TOUCH DOWNS | <ol style="list-style-type: none"> 13. PLIE SQUAT 14. DOWNWARD DOG 15. LYING COBRA WITH LEG LIFT 16. BOW POSE 17. CHILD'S POSE 18. FIXED FIRM POSE 19. LYING LEG CROSSOVER 20. BRIDGE 21. INNER THIGH STRETCH 22. SITTING STRETCH 23. COME UP ON KNEES 24. MEDITATION ON KNEES |
|---|--|

WEIGH DAY:

DAY 31

SHAPING WORKOUT 1 SHOULDERS / TRICEPS / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
2. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
3. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **UPRIGHT ROW** [12 reps] [] reps [] weight
UPRIGHT ROW [10 reps] [] reps [] weight
UPRIGHT ROW [8 reps] [] reps [] weight
2. **STANDING LATERAL RAISE** [12 reps] [] reps [] weight
STANDING LATERAL RAISE [10 reps] [] reps [] weight
STANDING LATERAL RAISE [8 reps] [] reps [] weight
3. **STANDING TWO ARM FRONT RAISE** [12 reps] [] reps [] weight
STANDING TWO ARM FRONT RAISE [10 reps] [] reps [] weight
STANDING TWO ARM FRONT RAISE [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight
2. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight



BLOCK FOUR: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUSTS - do as many as you can in 60 seconds [] reps

LAST WEEK [] reps

BLOCK FIVE: SMALL BODY-PART - TRICEPS POWER PYRAMID

- 1A. **SEATED TRICEPS EXTENSION** (ball) [12 reps] [] reps [] weight
- 1B. **SEATED TRICEPS EXTENSION** (ball) [10 reps] [] reps [] weight
- 1C. **SEATED TRICEPS EXTENSION** (ball) [8 reps] [] reps [] weight
- 2A. **LYING TRICEPS EXTENSION** (ball) [12 reps] [] reps [] weight
- 2B. **LYING TRICEPS EXTENSION** (ball) [10 reps] [] reps [] weight
- 2C. **LYING TRICEPS EXTENSION** (ball) [8 reps] [] reps [] weight

SHAPING PHASE



- 3A. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Standing One Arm Triceps Kick Back [12 reps] [] reps [] weight
- 3B. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Standing One Arm Triceps Kick Back [12 reps] [] reps [] weight
- 3C. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Standing One Arm Triceps Kick Back [12 reps] [] reps [] weight

BLOCK SIX: **ABDOMINALS**

- 1. CRUNCH** (ball) [15 reps] [] reps
LYING LEG RAISE (ball) [15 reps] [] reps
BICYCLES [15 reps] [] reps
PLANK - hold for 30 seconds
- 2. CRUNCH** (ball) [15 reps] [] reps
LYING LEG RAISE (ball) [15 reps] [] reps
BICYCLES [15 reps] [] reps
PLANK - hold for 30 seconds
- 3. CRUNCH** (ball) [15 reps] [] reps
LYING LEG RAISE (ball) [15 reps] [] reps
BICYCLES [15 reps] [] reps
PLANKS - hold for 60 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Alternating Swimmers
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

DAY 32

SHAPING WORKOUT 2 BACK / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [] reps
2. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [] reps
3. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [] reps

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. BENT OVER TWO ARM ROW [12 reps] [] reps [] weight
 BENT OVER TWO ARM ROW [10 reps] [] reps [] weight
 BENT OVER TWO ARM ROW [8 reps] [] reps [] weight
2. ONE ARM REVERSE ROW [12 reps] [] reps [] weight
 ONE ARM REVERSE ROW [10 reps] [] reps [] weight
 ONE ARM REVERSE ROW [8 reps] [] reps [] weight
3. DEAD LIFT [12 reps] [] reps [] weight
 DEAD LIFT [10 reps] [] reps [] weight
 DEAD LIFT [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. SUPER-SET: Cobra [12 reps] [] reps [] weight
 Shrug [12 reps] [] reps [] weight
2. SUPER-SET: Cobra [12 reps] [] reps [] weight
 Shrug [12 reps] [] reps [] weight

BLOCK FOUR: MET-Rx BACK-TO-BACK CHALLENGE 2

LOWERBACK

1. SUPER-SET: Hyperextension [12 reps] [] reps [] weight
 Good Mornings [12 reps] [] reps [] weight
2. SUPER-SET: Cobra [12 reps] [] reps [] weight
 Good Mornings [12 reps] [] reps [] weight



BLOCK FIVE: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH-UP - do as many as you can in 60 seconds... [] reps
 LAST WEEK [] reps

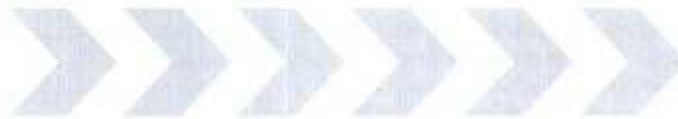


BLOCK SIX: **ABDOMINALS**

1. **CRUNCH** - arms extended overhead [15 reps] [] reps
CRUNCH - arms extended overhead [15 reps] [] reps
CRUNCH - arms extended overhead [15 reps] [] reps
2. **KNEE TUCKS** [15 reps] [] reps
KNEE TUCKS [15 reps] [] reps
KNEE TUCKS [15 reps] [] reps
3. **STANDING TWISTS** [15 reps] [] reps
STANDING TWISTS [15 reps] [] reps
STANDING TWISTS [15 reps] [] reps
4. **PLANK** - hold for 60 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Cat / Cow
4. Lying Knees to Chest (back stretch)
5. Legs Spread (back stretch)



CARDIO TACTICS 1

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

- | | |
|------------------|-----------------------|
| 1. Jumping Jacks | 7. Butt Kicks |
| 2. Cross Overs | 8. Touchdown |
| 3. 3 Step Reach | 9. Some In and Out |
| 4. Sprints | 10. Squat Thrusts |
| 5. Steam Engine | 11. Mountain Climbers |
| 6. Lunge Twist | 12. ACTIVE REST |

CIRCUIT 2

10 MINUTES

- | | |
|--------------------------------------|--|
| 1. Jumping Jacks (30 secs) | 8. Touchdown |
| 2. Cross Overs (30 secs) | 9. Some In and Out |
| 3. 3 Step Reach (1 min) | 10. Squat Thrusts |
| 4. Sprints (1 min) | 11. Mountain Climbers |
| 5. Steam Engine - Knee Lifts (1 min) | 12. BONUS CORE - Diagonal chop low to high R |
| 6. Lunge Twist (1 min) | 13. BONUS CORE - Diagonal chop low to high L |
| 7. Butt Kicks (1 min) | |

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasped together overhead, prep head back, reach for back of toes - REPEAT

DAY 33

SHAPING WORKOUT **3** QUADS / HAMSTRINGS / GLUTES / CALVES



WARM UP

1. Neck Rolls
2. Arms Over Head, Waist, Toe Touch (Touchdown)
3. Ankle Rotation
4. Quick Half Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: **MET-Rx PRE-EXHAUST METHOD**

1. **SQUATS** (with weight) - as many as you can in 30 seconds [___] reps [___] weight
2. **SQUATS** (with weight) - as many as you can in 30 seconds [___] reps [___] weight
3. **SQUATS** (with weight) - as many as you can in 30 seconds [___] reps [___] weight

BLOCK TWO: **MET-Rx POWER PYRAMID METHOD**

1. **LUNGES** [12 reps] [___] reps [___] weight
LUNGES [10 reps] [___] reps [___] weight
LUNGES [8 reps] [___] reps [___] weight
2. **SUMO (PLIÉ) SQUAT** [12 reps] [___] reps [___] weight
SUMO (PLIÉ) SQUAT [10 reps] [___] reps [___] weight
SUMO (PLIÉ) SQUAT [8 reps] [___] reps [___] weight
3. **STIFF LEG DEAD LIFT** [12 reps] [___] reps [___] weight
STIFF LEG DEAD LIFT [10 reps] [___] reps [___] weight
STIFF LEG DEAD LIFT [8 reps] [___] reps [___] weight

BLOCK THREE: **MET-Rx BACK-TO-BACK CHALLENGE**

1. **SUPER-SET:** Lying Leg Curl [12 reps] [___] reps [___] weight
One Leg Dead Lift [12 reps] [___] reps [___] weight
2. **SUPER-SET:** Lying Leg Curl [12 reps] [___] reps [___] weight
One Leg Dead Lift [12 reps] [___] reps [___] weight

BLOCK FOUR: **MET-Rx BACK-TO-BACK CHALLENGE 2**

NO WEIGHT

1. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [___] reps
Leg Kick Back - on hands and knees [12 reps] [___] reps
2. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [___] reps
Leg Kick Back - (on hands and knees) [12 reps] [___] reps

BLOCK FIVE: **SMALL BODY-PART - CALVES**

1. **SUPER-SET:** Seated Calf Raise (ball) [20 reps] [___] reps [___] weight
Standing Calf Raise [20 reps] [___] reps [___] weight
2. **SUPER-SET:** Seated Calf Raise (ball) [20 reps] [___] reps [___] weight
Standing Calf Raise [20 reps] [___] reps [___] weight
3. **SUPER-SET:** Seated Calf Raise (ball) [20 reps] [___] reps [___] weight
Standing Calf Raise [20 reps] [___] reps [___] weight



BLOCK SIX: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

Add weight for increased intensity.

SQUATS - do as many as you can in 60 seconds: [] reps [] weight

LAST WEEK [] reps [] weight

COOL DOWN

1. Cobra
2. Standing Quad Stretch
3. Standing Hamstring Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 34

SHAPING WORKOUT 4 CHEST / BICEPS / ABDOMINALS



WARM UP

1. Arm Crosses In Front
2. Forward Arm Circles
3. Torso Twists
4. Jog In Place
5. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **PUSH-UPS** - as many as you can in 30 seconds [] reps
2. **PUSH-UPS** - as many as you can in 30 seconds [] reps
3. **PUSH-UPS** - as many as you can in 30 seconds [] reps

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **INCLINE PRESS** (ball) [12 reps] [] reps [] weight
INCLINE PRESS (ball) [10 reps] [] reps [] weight
INCLINE PRESS (ball) [8 reps] [] reps [] weight
2. **FLAT PRESS** (ball) [12 reps] [] reps [] weight
FLAT PRESS (ball) [10 reps] [] reps [] weight
FLAT PRESS (ball) [8 reps] [] reps [] weight
3. **INCLINE FLY** (ball) [12 reps] [] reps [] weight
INCLINE FLY (ball) [10 reps] [] reps [] weight
INCLINE FLY (ball) [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Flat Fly (ball) [12 reps] [] reps [] weight
Crossover (ball) [12 reps] [] reps [] weight
2. **SUPER-SET:** Flat Fly (ball) [12 reps] [] reps [] weight
Crossover (ball) [12 reps] [] reps [] weight



BLOCK FOUR: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH-UPS** - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

BLOCK FIVE: SMALL BODY-PART BICEPS

1. **STANDING ALTERNATING CURL** [12 reps] [] reps [] weight
STANDING ALTERNATING CURL [10 reps] [] reps [] weight
STANDING ALTERNATING CURL [8 reps] [] reps [] weight
2. **STANDING HAMMER CURL** [12 reps] [] reps [] weight
STANDING HAMMER CURL [10 reps] [] reps [] weight
STANDING HAMMER CURL [8 reps] [] reps [] weight
- 3A. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
- 3B. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
- 3C. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight



BLOCK SIX: **ABDOMINALS**

- 1. BUTTERFLY CRUNCH** [15 reps] [___] reps
REVERSE CRUNCH (ball) [15 reps] [___] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [___] reps
PLANK - hold it for 30 seconds
- 2. BUTTERFLY CRUNCH** [15 reps] [___] reps
REVERSE CRUNCH (ball) [15 reps] [___] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [___] reps
PLANK - hold it for 30 seconds
- 3. BUTTERFLY CRUNCH** [15 reps] [___] reps
REVERSE CRUNCH (ball) [15 reps] [___] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [___] reps
PLANK - hold it for 30 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Back Bend
4. Standing Chest Stretch
5. Standing Bicep Stretch



CARDIO TACTICS 1

Aerobic conditioning is the least form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to reach a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180° Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

- | | |
|------------------|-----------------------|
| 1. Jumping Jacks | 7. Butt Kicks |
| 2. Cross Overs | 8. Touchdown |
| 3. 3 Step Reach | 9. Sumo In and Out |
| 4. Sprints | 10. Squat Thrusts |
| 5. Steam Engine | 11. Mountain Climbers |
| 6. Lunge Twist | 12. ACTIVE REST |

CIRCUIT 2

10 MINUTES

- | | |
|--------------------------------------|--|
| 1. Jumping Jacks [30 secs] | 8. Touchdown |
| 2. Cross Overs [30 secs] | 9. Sumo In and Out |
| 3. 3 Step Reach [1 min] | 10. Squat Thrusts |
| 4. Sprints [1 min] | 11. Mountain Climbers |
| 5. Steam Engine - Knee Lifts [1 min] | 12. BONUS CORE - Diagonal chop low to high R |
| 6. Lunge Twist [1 min] | 13. BONUS CORE - Diagonal chop low to high L |
| 7. Butt Kicks [1 min] | |

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back reach for back of foot - REPEAT

DAY 35



Reminder:
You can do
this online!

KICKBOXING

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Fix 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches



Reminder:
Track your
results online!

CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

- | | |
|-------------------------|--------------------------|
| 1. Front Kicks R | 7. Side Kick R |
| 2. Front Kicks L | 8. Side Kick L |
| 3. Knee Pull Obliques R | 9. Jab, Cross, Kick R |
| 4. Knee Pull Obliques L | 10. Jab, Cross, Kick L |
| 5. Round House Kick R | 11. Elbow, Elbow, Knee R |
| 6. Round House Kick L | 12. Elbow, Elbow, Knee L |



COOL DOWN

5 MINUTES

1. March In Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

STRETCH AND REFRESH WORKOUT

- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |



DAY 36

CARDIO TACTICS 1

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.

Follow the 90-day schedule accordingly.

Phase 1: It is recommended that you do 20 to 30 minutes for each cardio session that is allocated on the 90-day schedule for the first 30 days.

Phase 2: It is recommended that you do 35 to 45 minutes for each cardio session that is allocated on the 90-day schedule for days 31-60.

Phase 3: It is recommended that you do 50 to 60 minutes for each cardio session that is allocated on the 90-day schedule for days 61-90.

Exercise greater than 60 minutes can start to have a negative effect on your recovery after exercise. It is always best to progress in your intensity (increased % of heart rate) over increasing the duration or time of your Aerobic.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** - Diagonal chop low to high R
13. **BONUS CORE** - Diagonal chop low to high L





COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES: _____



COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:



IV. I'M CONTINUING ON THIS JOURNEY BECAUSE... _____

V. GENERAL COMMENTS: _____

FEATURED PRODUCT:



WWW.MYMETRX.COM

As part of your transformation process consider upgrading from a regular multivitamin to the **MET-Rx 180 Men's or Women's Active Multi Packs**. An elite vitamin formula and complete micro-nutrient system designed to assist with your transformation, these all inclusive packs deliver formulas that help support and maintain heart, immune and circulatory health...and even help support energy metabolism.* Plus, each pack is enhanced with Omega fatty acids for circulatory health.

The MET-Rx 180 Women's Active Multi Pack is additionally bolstered with Calcium and Magnesium to reinforce bone strength; plus targeted nutrients to help with the **MET-Rx 180** transformation.

The MET-Rx 180 Men's Active Multi Pack features an added amino acid blend plus specialized nutrients for the additional support men need to help transform their bodies. These little packs have the best of everything and give you a worry free, hassle free way to meet or exceed your new nutrition requirements. With The MET-Rx 180 Active Multi Packs you can count on being properly nourished and ready to achieve maximum results in your **MET-Rx 180** workout.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DAY 38

SHAPING WORKOUT 1 SHOULDERS / TRICEPS / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
2. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
3. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **UPRIGHT ROW** [12 reps] [] reps [] weight
UPRIGHT ROW [10 reps] [] reps [] weight
UPRIGHT ROW [8 reps] [] reps [] weight
2. **STANDING LATERAL RAISE** [12 reps] [] reps [] weight
STANDING LATERAL RAISE [10 reps] [] reps [] weight
STANDING LATERAL RAISE [8 reps] [] reps [] weight
3. **STANDING TWO ARM FRONT RAISE** [12 reps] [] reps [] weight
STANDING TWO ARM FRONT RAISE [10 reps] [] reps [] weight
STANDING TWO ARM FRONT RAISE [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [] reps [] weight
 Standing One Arm Lateral Raise [12 reps] [] reps [] weight
2. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [] reps [] weight
 Standing One Arm Lateral Raise [12 reps] [] reps [] weight



BLOCK FOUR: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUSTS- do as many as you can in 60 seconds [] reps

LAST WEEK [] reps

BLOCK FIVE: SMALL BODY-PART - TRICEPS POWER PYRAMID

- 1A. **SEATED TRICEPS EXTENSION** (ball) [12 reps] [] reps [] weight
- 1B. **SEATED TRICEPS EXTENSION** (ball) [10 reps] [] reps [] weight
- 1C. **SEATED TRICEPS EXTENSION** (ball) [8 reps] [] reps [] weight
- 2A. **LYING TRICEPS EXTENSION** (ball) [12 reps] [] reps [] weight
- 2B. **LYING TRICEPS EXTENSION** (ball) [10 reps] [] reps [] weight
- 2C. **LYING TRICEPS EXTENSION** (ball) [8 reps] [] reps [] weight



- 3A. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Standing One Arm Triceps Kick Back [12 reps] [] reps [] weight
- 3B. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Standing One Arm Triceps Kick Back [12 reps] [] reps [] weight
- 3C. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Standing One Arm Triceps Kick Back [12 reps] [] reps [] weight

BLOCK SIX: **ABDOMINALS**

- 1. CRUNCH** (ball) [15 reps] [] reps
LYING LEG RAISE (ball) [15 reps] [] reps
BICYCLES [15 reps] [] reps
PLANK - hold for 30 seconds
- 2. CRUNCH** (ball) [15 reps] [] reps
LYING LEG RAISE (ball) [15 reps] [] reps
BICYCLES [15 reps] [] reps
PLANK - hold for 30 seconds
- 3. CRUNCH** (ball) [15 reps] [] reps
LYING LEG RAISE (ball) [15 reps] [] reps
BICYCLES [15 reps] [] reps
PLANKS - hold for 60 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Alternating Swimmers
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



STRETCH AND REFRESH WORKOUT

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. MOUNTAIN 2. SPINE TWIST 3. QUADRICEP STRETCHES 4. STANDING ONE LEG STRETCH 5. LUNGE STRETCH 6. FIERCE POSE 7. DANCER POSE 8. LIGHT BACK BEND 9. TREE POSE 10. RAG DOLL - LEFT - RIGHT 11. STANDING FORWARD BEND 12. TOUCH DOWNS | <ol style="list-style-type: none"> 13. PLIE SQUAT 14. DOWNWARD DOG 15. LYING COBRA WITH LEG LIFT 16. BOW POSE 17. CHILD'S POSE 18. FIXED FIRM POSE 19. LYING LEG CROSSOVER 20. BRIDGE 21. INNER THIGH STRETCH 22. SITTING STRETCH 23. COME UP ON KNEES 24. MEDITATION ON KNEES |
|---|--|



DAY 39

SHAPING WORKOUT **2** BACK / ABDOMINALS



WARM UP

- | | |
|------------------|--------------------------------------|
| 1. Neck Rolls | 4. Arms Overhead, Waist, Toe Touches |
| 2. Arm Crosses | 5. Torso Rotations |
| 3. Good Mornings | |

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds ... [____] reps
2. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds ... [____] reps
3. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds ... [____] reps

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. BENT OVER TWO ARM ROW [12 reps] [____] reps [____] weight
 BENT OVER TWO ARM ROW [10 reps] [____] reps [____] weight
 BENT OVER TWO ARM ROW [8 reps] [____] reps [____] weight
2. ONE ARM REVERSE ROW [12 reps] [____] reps [____] weight
 ONE ARM REVERSE ROW [10 reps] [____] reps [____] weight
 ONE ARM REVERSE ROW [8 reps] [____] reps [____] weight
3. DEAD LIFT [12 reps] [____] reps [____] weight
 DEAD LIFT [10 reps] [____] reps [____] weight
 DEAD LIFT [8 reps] [____] reps [____] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. SUPER-SET: Cobra [12 reps] [____] reps [____] weight
 Shrug [12 reps] [____] reps [____] weight
2. SUPER-SET: Cobra [12 reps] [____] reps [____] weight
 Shrug [12 reps] [____] reps [____] weight

BLOCK FOUR: MET-Rx BACK-TO-BACK CHALLENGE 2

LOWERBACK

1. SUPER-SET: Hyperextension [12 reps] [____] reps [____] weight
 Good Mornings [12 reps] [____] reps [____] weight
2. SUPER-SET: Cobra [12 reps] [____] reps [____] weight
 Good Mornings [12 reps] [____] reps [____] weight



BLOCK FIVE: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH-UP - do as many as you can in 60 seconds [____] reps
 LAST WEEK [____] reps



BLOCK SIX: **ABDOMINALS**

1. **CRUNCH** - arms extended overhead (15 reps)..... [] reps
CRUNCH - arms extended overhead (15 reps)..... [] reps
CRUNCH - arms extended overhead (15 reps)..... [] reps
2. **KNEE TUCKS** (15 reps) [] reps
KNEE TUCKS (15 reps)..... [] reps
KNEE TUCKS (15 reps)..... [] reps
3. **STANDING TWISTS** (15 reps) [] reps
STANDING TWISTS (15 reps)..... [] reps
STANDING TWISTS (15 reps)..... [] reps
4. **PLANK** - hold for 60 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Cat / Cow
4. Lying Knees to Chest (back stretch)
5. Legs Spread (back stretch)



CARDIO TACTICS 1

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

- | | |
|------------------|-----------------------|
| 1. Jumping Jacks | 7. Butt Kicks |
| 2. Cross Overs | 8. Touchdown |
| 3. 3 Step Reach | 9. Sumo In and Out |
| 4. Sprints | 10. Squat Thrusts |
| 5. Steam Engine | 11. Mountain Climbers |
| 6. Lunge Twist | 12. ACTIVE REST |

CIRCUIT 2

10 MINUTES

- | | |
|--|---|
| 1. Jumping Jacks [30 secs] | 8. Touchdown |
| 2. Cross Overs [30 secs] | 9. Sumo In and Out |
| 3. 3 Step Reach [1 min] | 10. Squat Thrusts |
| 4. Sprints [1 min] | 11. Mountain Climbers |
| 5. Steam Engine - Knee Lifts - [1 min] | 12. BONUS CORE - Diagonal chop low to high R |
| 6. Lunge Twist [1 min] | 13. BONUS CORE - Diagonal chop low to high L |
| 7. Butt Kicks [1 min] | |

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT

DAY 40



Reminder:
You can do
this online!

SHAPING WORKOUT **3** QUADS / HAMSTRINGS / GLUTES / CALVES



WARM UP

1. Neck Rolls
2. Arms Over Head, Waist, Toe Touch (Touchdown)
3. Ankle Rotation
4. Quick Half Squats
5. Jog In Place
6. Butt Kicks

BLOCK ONE: **MET-Rx PRE-EXHAUST METHOD**

1. **SQUATS** (with weight) - as many as you can in 30 seconds.....[___] reps [___] weight
2. **SQUATS** (with weight) - as many as you can in 30 seconds.....[___] reps [___] weight
3. **SQUATS** (with weight) - as many as you can in 30 seconds.....[___] reps [___] weight

BLOCK TWO: **MET-Rx POWER PYRAMID METHOD**

1. **LUNGES** [12 reps] [___] reps [___] weight
LUNGES [10 reps] [___] reps [___] weight
LUNGES [8 reps] [___] reps [___] weight
2. **SUMO (PLIÉ) SQUAT** [12 reps] [___] reps [___] weight
SUMO (PLIÉ) SQUAT [10 reps] [___] reps [___] weight
SUMO (PLIÉ) SQUAT [8 reps] [___] reps [___] weight
3. **STIFF LEG DEAD LIFT** [12 reps] [___] reps [___] weight
STIFF LEG DEAD LIFT [10 reps] [___] reps [___] weight
STIFF LEG DEAD LIFT [8 reps] [___] reps [___] weight

BLOCK THREE: **MET-Rx BACK-TO-BACK CHALLENGE**

1. **SUPER-SET:** Lying Leg Curl [12 reps] [___] reps [___] weight
One Leg Dead Lift [12 reps] [___] reps [___] weight
2. **SUPER-SET:** Lying Leg Curl [12 reps] [___] reps [___] weight
One Leg Dead Lift [12 reps] [___] reps [___] weight

BLOCK FOUR: **MET-Rx BACK-TO-BACK CHALLENGE 2**

NO WEIGHT

1. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [___] reps
Leg Kick Back - on hands and knees [12 reps] [___] reps
2. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [___] reps
Leg Kick Back - (on hands and knees) [12 reps] [___] reps

BLOCK FIVE: **SMALL BODY-PART - CALVES**

1. **SUPER-SET:** Seated Calf Raise (ball) [20 reps] [___] reps [___] weight
Standing Calf Raise [20 reps] [___] reps [___] weight
2. **SUPER-SET:** Seated Calf Raise (ball) [20 reps] [___] reps [___] weight
Standing Calf Raise [20 reps] [___] reps [___] weight
3. **SUPER-SET:** Seated Calf Raise (ball) [20 reps] [___] reps [___] weight
Standing Calf Raise [20 reps] [___] reps [___] weight



BLOCK SIX: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

Add weight for increased intensity.

SQUATS - do as many as you can in 60 seconds [___] reps [___] weight

LAST WEEK [___] reps [___] weight



*Reminder:
Track your
results online!*

COOL DOWN

1. Cobra
2. Standing Quad Stretch
3. Standing Hamstring Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 41

SHAPING WORKOUT 4 CHEST / BICEPS / ABDOMINALS



WARM UP

1. Arm Crosses In Front
2. Forward Arm Circles
3. Torso Twists
4. Jog In Place
5. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **PUSH-UPS** - as many as you can in 30 seconds [] reps
2. **PUSH-UPS** - as many as you can in 30 seconds [] reps
3. **PUSH-UPS** - as many as you can in 30 seconds [] reps

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **INCLINE PRESS** (ball) [12 reps] [] reps [] weight
INCLINE PRESS (ball) [10 reps] [] reps [] weight
INCLINE PRESS (ball) [8 reps] [] reps [] weight
2. **FLAT PRESS** (ball) [12 reps] [] reps [] weight
FLAT PRESS (ball) [10 reps] [] reps [] weight
FLAT PRESS (ball) [8 reps] [] reps [] weight
3. **INCLINE FLY** (ball) [12 reps] [] reps [] weight
INCLINE FLY (ball) [10 reps] [] reps [] weight
INCLINE FLY (ball) [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Flat Fly (ball) [12 reps] [] reps [] weight
Crossover (ball) [12 reps] [] reps [] weight
2. **SUPER-SET:** Flat Fly (ball) [12 reps] [] reps [] weight
Crossover (ball) [12 reps] [] reps [] weight



BLOCK FOUR: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH-UPS** - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

BLOCK FIVE: SMALL BODY-PART BICEPS

1. **STANDING ALTERNATING CURL** [12 reps] [] reps [] weight
STANDING ALTERNATING CURL [10 reps] [] reps [] weight
STANDING ALTERNATING CURL [8 reps] [] reps [] weight
2. **STANDING HAMMER CURL** [12 reps] [] reps [] weight
STANDING HAMMER CURL [10 reps] [] reps [] weight
STANDING HAMMER CURL [8 reps] [] reps [] weight
- 3A. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
- 3B. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
- 3C. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight



BLOCK SIX: ABDOMINALS

1. **BUTTERFLY CRUNCH** [15 reps] [] reps
REVERSE CRUNCH (ball) [15 reps] [] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [] reps
PLANK - hold it for 30 seconds
2. **BUTTERFLY CRUNCH** [15 reps] [] reps
REVERSE CRUNCH (ball) [15 reps] [] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [] reps
PLANK - hold it for 30 seconds
3. **BUTTERFLY CRUNCH** [15 reps] [] reps
REVERSE CRUNCH (ball) [15 reps] [] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [] reps
PLANK - hold it for 30 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Back Bend
4. Standing Chest Stretch
5. Standing Bicep Stretch



CARDIO TACTICS 1

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 80 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to attain a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

- | | |
|------------------|-----------------------|
| 1. Jumping Jacks | 7. Butt Kicks |
| 2. Cross Overs | 8. Touchdown |
| 3. 3 Step Reach | 9. Sumo In and Out |
| 4. Sprints | 10. Squat Thrusts |
| 5. Steam Engine | 11. Mountain Climbers |
| 6. Lunge Twist | 12. ACTIVE REST |

CIRCUIT 2

10 MINUTES

- | | |
|--------------------------------------|---|
| 1. Jumping Jacks (30 secs) | 8. Touchdown |
| 2. Cross Overs (30 secs) | 9. Sumo In and Out |
| 3. 3 Step Reach (1 min) | 10. Squat Thrusts |
| 4. Sprints (1 min) | 11. Mountain Climbers |
| 5. Steam Engine - Knee Lifts (1 min) | 12. BONUS CORE - Diagonal chop low to high R |
| 6. Lunge Twist (1 min) | 13. BONUS CORE - Diagonal chop low to high L |
| 7. Butt Kicks (1 min) | |

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT

DAY 42

KICKBOXING

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches



CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

- | | |
|-------------------------|--------------------------|
| 1. Front Kick R | 7. Side Kick R |
| 2. Front Kick L | 8. Side Kick L |
| 3. Knee Pull Obliques R | 9. Jab, Cross, Kick R |
| 4. Knee Pull Obliques L | 10. Jab, Cross, Kick L |
| 5. Round House Kick R | 11. Elbow, Elbow, Knee R |
| 6. Round House Kick L | 12. Elbow, Elbow, Knee L |



COOL DOWN

5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 43

CARDIO TACTICS I

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
8. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** -
Diagonal chop low to high R
13. **BONUS CORE** -
Diagonal chop low to high L





COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 44

REST DAY



REST DAYS ARE CRUCIAL TO YOUR SUCCESS. Planning a vacation is a great way to make use of a rest day, and taking a vacation is a great way to show off your new beach ready body.

I. RECONFIRM YOUR GOALS:

II. IF YOU COULD GO ANYWHERE TO SHOW OFF YOUR NEW LOOK, WHERE WOULD IT BE AND WHY?

III. AFTER I COMPLETE THIS JOURNEY, I'M GOING TO CONTINUE WITH THIS HEALTHY LIFESTYLE BECAUSE...



IV. GENERAL COMMENTS:

FEATURED PRODUCT:

WWW.MYMETRX.COM

You should always keep track of your heartrate during and after a workout. Visit **MYMETRX.COM** for more information.



DAY 45



Reminder:
You can do
this online!

SHAPING WORKOUT 1 SHOULDERS / TRICEPS / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [____ reps] [____ weight]
2. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [____ reps] [____ weight]
3. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [____ reps] [____ weight]

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **UPRIGHT ROW** [12 reps] [____ reps] [____ weight]
UPRIGHT ROW [10 reps] [____ reps] [____ weight]
UPRIGHT ROW [8 reps] [____ reps] [____ weight]
2. **STANDING LATERAL RAISE** [12 reps] [____ reps] [____ weight]
STANDING LATERAL RAISE [10 reps] [____ reps] [____ weight]
STANDING LATERAL RAISE [8 reps] [____ reps] [____ weight]
3. **STANDING TWO ARM FRONT RAISE** [12 reps] [____ reps] [____ weight]
STANDING TWO ARM FRONT RAISE [10 reps] [____ reps] [____ weight]
STANDING TWO ARM FRONT RAISE [8 reps] [____ reps] [____ weight]

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [____ reps] [____ weight]
Standing One Arm Lateral Raise [12 reps] [____ reps] [____ weight]
2. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [____ reps] [____ weight]
Standing One Arm Lateral Raise [12 reps] [____ reps] [____ weight]



BLOCK FOUR: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUSTS- do as many as you

can in 60 seconds [____ reps]

LAST WEEK [____ reps]

BLOCK FIVE: SMALL BODY-PART - TRICEPS POWER PYRAMID

- 1A. **SEATED TRICEPS EXTENSION** (ball) [12 reps] [____ reps] [____ weight]
- 1B. **SEATED TRICEPS EXTENSION** (ball) [10 reps] [____ reps] [____ weight]
- 1C. **SEATED TRICEPS EXTENSION** (ball) [8 reps] [____ reps] [____ weight]
- 2A. **LYING TRICEPS EXTENSION** (ball) [12 reps] [____ reps] [____ weight]
- 2B. **LYING TRICEPS EXTENSION** (ball) [10 reps] [____ reps] [____ weight]
- 2C. **LYING TRICEPS EXTENSION** (ball) [8 reps] [____ reps] [____ weight]



- 3A. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [___] reps [___] weight
 Standing One Arm Triceps Kick Back [12 reps] [___] reps [___] weight
- 3B. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [___] reps [___] weight
 Standing One Arm Triceps Kick Back [12 reps] [___] reps [___] weight
- 3C. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [___] reps [___] weight
 Standing One Arm Triceps Kick Back [12 reps] [___] reps [___] weight

BLOCK SIX: **ABDOMINALS**

- 1. CRUNCH** (ball) [15 reps] [___] reps
LYING LEG RAISE (ball) [15 reps] [___] reps
BICYCLES [15 reps] [___] reps
PLANK - hold for 30 seconds
- 2. CRUNCH** (ball) [15 reps] [___] reps
LYING LEG RAISE (ball) [15 reps] [___] reps
BICYCLES [15 reps] [___] reps
PLANK - hold for 30 seconds
- 3. CRUNCH** (ball) [15 reps] [___] reps
LYING LEG RAISE (ball) [15 reps] [___] reps
BICYCLES [15 reps] [___] reps
PLANKS - hold for 60 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Alternating Swimmers
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



Reminder:
Track your
results online!

STRETCH AND REFRESH WORKOUT



- | | |
|---|--|
| <ol style="list-style-type: none"> 1. MOUNTAIN 2. SPINE TWIST 3. QUADRICEP STRETCHES 4. STANDING ONE LEG STRETCH 5. LUNGE STRETCH 6. FIERCE POSE 7. DANCER POSE 8. LIGHT BACK BEND 9. TREE POSE 10. RAG DOLL - LEFT - RIGHT 11. STANDING FORWARD BEND 12. TOUCH DOWNS | <ol style="list-style-type: none"> 13. PLIE SQUAT 14. DOWNWARD DOG 15. LYING COBRA WITH LEG LIFT 16. BOW POSE 17. CHILD'S POSE 18. FIXED FIRM POSE 19. LYING LEG CROSSOVER 20. BRIDGE 21. INNER THIGH STRETCH 22. SITTING STRETCH 23. COME UP ON KNEES 24. MEDITATION ON KNEES |
|---|--|

DAY 46

SHAPING WORKOUT 2 BACK / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds ... [] reps
2. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [] reps
3. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [] reps

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. BENT OVER TWO ARM ROW [12 reps] [] reps [] weight
BENT OVER TWO ARM ROW [10 reps] [] reps [] weight
BENT OVER TWO ARM ROW [8 reps] [] reps [] weight
2. ONE ARM REVERSE ROW [12 reps] [] reps [] weight
ONE ARM REVERSE ROW [10 reps] [] reps [] weight
ONE ARM REVERSE ROW [8 reps] [] reps [] weight
3. DEAD LIFT [12 reps] [] reps [] weight
DEAD LIFT [10 reps] [] reps [] weight
DEAD LIFT [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. SUPER-SET: Cobra [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight
2. SUPER-SET: Cobra [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight

BLOCK FOUR: MET-Rx BACK-TO-BACK CHALLENGE 2

LOWERBACK

1. SUPER-SET: Hyperextension [12 reps] [] reps [] weight
Good Mornings [12 reps] [] reps [] weight
2. SUPER-SET: Cobra [12 reps] [] reps [] weight
Good Mornings [12 reps] [] reps [] weight



BLOCK FIVE: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH-UP - do as many as you can in 60 seconds..... [] reps
LAST WEEK [] reps



BLOCK SIX: **ABDOMINALS**

1. **CRUNCH** - arms extended overhead [15 reps]..... [____] reps
CRUNCH - arms extended overhead [15 reps]..... [____] reps
CRUNCH - arms extended overhead [15 reps]..... [____] reps
2. **KNEE TUCKS** [15 reps] [____] reps
KNEE TUCKS [15 reps]..... [____] reps
KNEE TUCKS [15 reps]..... [____] reps
3. **STANDING TWISTS** [15 reps] [____] reps
STANDING TWISTS [15 reps]..... [____] reps
STANDING TWISTS [15 reps]..... [____] reps
4. **PLANK** - hold for 60 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Cat / Cow
4. Lying Knees to Chest (back stretch)
5. Legs Spread (back stretch)



CARDIO TACTICS 1 - **ADVANCED**

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

CIRCUIT 2

10 MINUTES

- | | |
|---------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater/Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT

DAY 47

SHAPING WORKOUT **3** QUADS / HAMSTRINGS / GLUTES / CALVES



WARM UP

1. Neck Rolls
2. Arms Over Head, Waist, Toe Touch (Touchdown)
3. Ankle Rotation
4. Quick Half Squats
5. Jog In Place
6. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. SQUATS (with weight) - as many as you can in 30 seconds..... [] reps [] weight
2. SQUATS (with weight) - as many as you can in 30 seconds..... [] reps [] weight
3. SQUATS (with weight) - as many as you can in 30 seconds..... [] reps [] weight

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. LUNGES [12 reps] [] reps [] weight
LUNGES [10 reps] [] reps [] weight
LUNGES [8 reps] [] reps [] weight
2. SUMO (PLIÉ) SQUAT [12 reps] [] reps [] weight
SUMO (PLIÉ) SQUAT [10 reps] [] reps [] weight
SUMO (PLIÉ) SQUAT [8 reps] [] reps [] weight
3. STIFF LEG DEAD LIFT [12 reps] [] reps [] weight
STIFF LEG DEAD LIFT [10 reps] [] reps [] weight
STIFF LEG DEAD LIFT [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. SUPER-SET: Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
2. SUPER-SET: Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight

BLOCK FOUR: MET-Rx BACK-TO-BACK CHALLENGE 2

NO WEIGHT

1. SUPER-SET: Hamstring Roll (ball) [12 reps] [] reps
Leg Kick Back - on hands and knees [12 reps] [] reps
2. SUPER-SET: Hamstring Roll (ball) [12 reps] [] reps
Leg Kick Back - (on hands and knees) [12 reps] [] reps

BLOCK FIVE: SMALL BODY-PART - CALVES

1. SUPER-SET: Seated Calf Raise (ball) [20 reps] [] reps [] weight
Standing Calf Raise [20 reps] [] reps [] weight
2. SUPER-SET: Seated Calf Raise (ball) [20 reps] [] reps [] weight
Standing Calf Raise [20 reps] [] reps [] weight
3. SUPER-SET: Seated Calf Raise (ball) [20 reps] [] reps [] weight
Standing Calf Raise [20 reps] [] reps [] weight



BLOCK SIX: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

Add weight for increased intensity.

SQUATS - do as many as you can in 60 seconds [___] reps [___] weight

LAST WEEK [___] reps [___] weight

COOL DOWN

1. Cobra
2. Standing Quad Stretch
3. Standing Hamstring Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 48

SHAPING WORKOUT 4 CHEST / BICEPS / ABDOMINALS



WARM UP

1. Arm Crosses In Front
2. Forward Arm Circles
3. Torso Twists
4. Jog In Place
5. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **PUSH-UPS** - as many as you can in 30 seconds [] reps
2. **PUSH-UPS** - as many as you can in 30 seconds [] reps
3. **PUSH-UPS** - as many as you can in 30 seconds [] reps

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **INCLINE PRESS** (ball) [12 reps] [] reps [] weight
INCLINE PRESS (ball) [10 reps] [] reps [] weight
INCLINE PRESS (ball) [8 reps] [] reps [] weight
2. **FLAT PRESS** (ball) [12 reps] [] reps [] weight
FLAT PRESS (ball) [10 reps] [] reps [] weight
FLAT PRESS (ball) [8 reps] [] reps [] weight
3. **INCLINE FLY** (ball) [12 reps] [] reps [] weight
INCLINE FLY (ball) [10 reps] [] reps [] weight
INCLINE FLY (ball) [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Flat Fly (ball) [12 reps] [] reps [] weight
Crossover (ball) [12 reps] [] reps [] weight
2. **SUPER-SET:** Flat Fly (ball) [12 reps] [] reps [] weight
Crossover (ball) [12 reps] [] reps [] weight



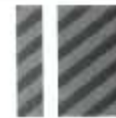
BLOCK FOUR: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH-UPS** - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

BLOCK FIVE: SMALL BODY-PART BICEPS

1. **STANDING ALTERNATING CURL** [12 reps] [] reps [] weight
STANDING ALTERNATING CURL [10 reps] [] reps [] weight
STANDING ALTERNATING CURL [8 reps] [] reps [] weight
2. **STANDING HAMMER CURL** [12 reps] [] reps [] weight
STANDING HAMMER CURL [10 reps] [] reps [] weight
STANDING HAMMER CURL [8 reps] [] reps [] weight
- 3A. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
- 3B. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
- 3C. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight



BLOCK SIX: **ABDOMINALS**

1. **BUTTERFLY CRUNCH** [15 reps] [] reps
REVERSE CRUNCH (ball) [15 reps] [] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [] reps
PLANK - hold it for 30 seconds
2. **BUTTERFLY CRUNCH** [15 reps] [] reps
REVERSE CRUNCH (ball) [15 reps] [] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [] reps
PLANK - hold it for 30 seconds
3. **BUTTERFLY CRUNCH** [15 reps] [] reps
REVERSE CRUNCH (ball) [15 reps] [] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [] reps
PLANK - hold it for 30 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Back Bend
4. Standing Chest Stretch
5. Standing Bicep Stretch



CARDIO TACTICS 1 - **ADVANCED**

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Travelling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dig | 12. 4pt Climber |

CIRCUIT 2

10 MINUTES

- | | |
|---------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater/Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Travelling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dig | 12. 4pt Climber |

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead drop head back, reach for back of room - REPEAT

DAY 49

KICKBOXING

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X

CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches





CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L



COOL DOWN

5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

STRETCH AND REFRESH WORKOUT

1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES



DAY 50



Reminder:
You can do
this online!

CARDIO TACTICS 2 - ADVANCED

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

1. Crouching Skater
2. Sweeps
3. Jump Squats
4. Traveling Plank
5. Jump In Hip Dip
6. Switch Lunges
7. Sprinting Push Up
8. Seesaw
9. Ski Man
10. Crab Walk Reach
11. 4pt Climber

CIRCUIT 2

10 MINUTES

1. Crouching Skater
2. Sweeps
3. Jump Squats
4. Traveling Plank
5. Jump In Hip Dip
6. Switch Lunges
7. Sprinting Push Up
8. Seesaw
9. Ski Man
10. Crab Walk Reach
11. 4pt Climber





COOL DOWN

5 MINUTES

- | | |
|-------------------------|------------------------|
| 1. March in Place | 12. Shoulder Stretch R |
| 2. Side Lunge Stretch R | 13. Triceps Stretch R |
| 3. Breathe in Squat R | 14. Shoulder Stretch L |
| 4. Hamstring Stretch R | 15. Triceps Stretch L |
| 5. Deep Bend Stretch | 16. Back Stretch |
| 6. Shoulder Rolls | |
| 7. Side Lunge Stretch R | |
| 8. Breathe in Squat R | |
| 9. Hamstring Stretch R | |
| 10. Deep Bend Stretch | |
| 11. Shoulder Rolls | |



Reminder:
Track your
results online!



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 51

REST DAY



REST DAYS ARE CRUCIAL TO YOUR SUCCESS. Relaxation is a key to success. Rest up and stay focused because you are getting closer to reaching your goal.

I. WHAT IS YOUR NEW MANTRA FOR LIFE?

II. WHEN I LOOKED IN THE MIRROR TODAY I FELT...

III. ARE YOU CLOSE TO ACHIEVING YOUR GOAL?



IV. WHAT HAS CHANGED MOST ABOUT YOUR LIFESTYLE?

V. GENERAL COMMENTS:

FEATURED PRODUCT:



WWW.MYMETRX.COM

Your nutrition is just as important as your training because you really are transforming your body from the inside out. Don't let poor nutrition keep you from reaching your goals. As you make your transformation, you want to eat healthy and, you should consider supplementing your diet with a vitamin that works perfect with this program. The **MET-Rx 180 ESSENTIAL MULTI** features B vitamins for energy metabolism, vitamin C & D for immune function, plus vitamin E for antioxidant support. These vitamins become especially important to the body in times of physical activity. In total, over 20 vital nutrients that contribute to your overall health and wellbeing.* Take the MET-Rx 180 Essential Multi vitamin daily... and give your body nutritional support as you work on your MET-Rx 180 Transformation.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

DAY 52

SHAPING WORKOUT **I** SHOULDERS / TRICEPS / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: **MET-Rx PRE-EXHAUST METHOD**

1. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [___] reps [___] weight
2. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [___] reps [___] weight
3. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [___] reps [___] weight

BLOCK TWO: **MET-Rx POWER PYRAMID METHOD**

1. **UPRIGHT ROW** [12 reps] [___] reps [___] weight
UPRIGHT ROW [10 reps] [___] reps [___] weight
UPRIGHT ROW [8 reps] [___] reps [___] weight
2. **STANDING LATERAL RAISE** [12 reps] [___] reps [___] weight
STANDING LATERAL RAISE [10 reps] [___] reps [___] weight
STANDING LATERAL RAISE [8 reps] [___] reps [___] weight
3. **STANDING TWO ARM FRONT RAISE** [12 reps] [___] reps [___] weight
STANDING TWO ARM FRONT RAISE [10 reps] [___] reps [___] weight
STANDING TWO ARM FRONT RAISE [8 reps] [___] reps [___] weight

BLOCK THREE: **MET-Rx BACK-TO-BACK CHALLENGE**

1. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [___] reps [___] weight
Standing One Arm Lateral Raise [12 reps] [___] reps [___] weight
2. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [___] reps [___] weight
Standing One Arm Lateral Raise [12 reps] [___] reps [___] weight



BLOCK FOUR: **MET-Rx MINUTE**

FULL BODY RESISTANCE CHALLENGE

- SQUAT THRUSTS** - do as many as you can in 60 seconds [___] reps
- LAST WEEK** [___] reps

BLOCK FIVE: **SMALL BODY-PART - TRICEPS** POWER PYRAMID

- 1A. **SEATED TRICEPS EXTENSION** (ball) [12 reps] [___] reps [___] weight
- 1B. **SEATED TRICEPS EXTENSION** (ball) [10 reps] [___] reps [___] weight
- 1C. **SEATED TRICEPS EXTENSION** (ball) [8 reps] [___] reps [___] weight
- 2A. **LYING TRICEPS EXTENSION** (ball) [12 reps] [___] reps [___] weight
- 2B. **LYING TRICEPS EXTENSION** (ball) [10 reps] [___] reps [___] weight
- 2C. **LYING TRICEPS EXTENSION** (ball) [8 reps] [___] reps [___] weight



- 3A. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [___] reps [___] weight]
 Standing One Arm Triceps Kick Back [12 reps] [___] reps [___] weight]
- 3B. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [___] reps [___] weight]
 Standing One Arm Triceps Kick Back [12 reps] [___] reps [___] weight]
- 3C. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [___] reps [___] weight]
 Standing One Arm Triceps Kick Back [12 reps] [___] reps [___] weight]

BLOCK SIX: **ABDOMINALS**

- 1. CRUNCH** (ball) [15 reps] [___] reps]
LYING LEG RAISE (ball) [15 reps] [___] reps]
BICYCLES [15 reps] [___] reps]
PLANK - hold for 30 seconds
- 2. CRUNCH** (ball) [15 reps] [___] reps]
LYING LEG RAISE (ball) [15 reps] [___] reps]
BICYCLES [15 reps] [___] reps]
PLANK - hold for 30 seconds
- 3. CRUNCH** (ball) [15 reps] [___] reps]
LYING LEG RAISE (ball) [15 reps] [___] reps]
BICYCLES [15 reps] [___] reps]
PLANKS - hold for 30 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Alternating Swimmers
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|---|--|
| <ol style="list-style-type: none"> 1. MOUNTAIN 2. SPINE TWIST 3. QUADRICEP STRETCHES 4. STANDING ONE LEG STRETCH 5. LUNGE STRETCH 6. FIERCE POSE 7. DANCER POSE 8. LIGHT BACK BEND 9. TREE POSE 10. RAG DOLL - LEFT - RIGHT 11. STANDING FORWARD BEND 12. TOUCH DOWNS | <ol style="list-style-type: none"> 13. PLIE SQUAT 14. DOWNWARD DOG 15. LYING COBRA WITH LEG LIFT 16. BOW POSE 17. CHILD'S POSE 18. FIXED FIRM POSE 19. LYING LEG CROSSOVER 20. BRIDGE 21. INNER THIGH STRETCH 22. SITTING STRETCH 23. COME UP ON KNEES 24. MEDITATION ON KNEES |
|---|--|

DAY 53

SHAPING WORKOUT 2 BACK / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds ... [____] reps
2. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [____] reps
3. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [____] reps

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. BENT OVER TWO ARM ROW [12 reps] [____] reps [____] weight
BENT OVER TWO ARM ROW [10 reps] [____] reps [____] weight
BENT OVER TWO ARM ROW [8 reps] [____] reps [____] weight
2. ONE ARM REVERSE ROW [12 reps] [____] reps [____] weight
ONE ARM REVERSE ROW [10 reps] [____] reps [____] weight
ONE ARM REVERSE ROW [8 reps] [____] reps [____] weight
3. DEAD LIFT [12 reps] [____] reps [____] weight
DEAD LIFT [10 reps] [____] reps [____] weight
DEAD LIFT [8 reps] [____] reps [____] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. SUPER-SET: Cobra [12 reps] [____] reps [____] weight
Shrug [12 reps] [____] reps [____] weight
2. SUPER-SET: Cobra [12 reps] [____] reps [____] weight
Shrug [12 reps] [____] reps [____] weight

BLOCK FOUR: MET-Rx BACK-TO-BACK CHALLENGE 2

LOWERBACK

1. SUPER-SET: Hyperextension [12 reps] [____] reps [____] weight
Good Mornings [12 reps] [____] reps [____] weight
2. SUPER-SET: Cobra [12 reps] [____] reps [____] weight
Good Mornings [12 reps] [____] reps [____] weight



BLOCK FIVE: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH-UP - do as many as you can in 60 seconds [____] reps
LAST WEEK [____] reps



BLOCK SIX: **ABDOMINALS**

1. **CRUNCH** - arms extended overhead [15 reps] [] reps
- CRUNCH** - arms extended overhead [15 reps] [] reps
- CRUNCH** - arms extended overhead [15 reps] [] reps
2. **KNEE TUCKS** [15 reps] [] reps
- KNEE TUCKS** [15 reps] [] reps
- KNEE TUCKS** [15 reps] [] reps
3. **STANDING TWISTS** [15 reps] [] reps
- STANDING TWISTS** [15 reps] [] reps
- STANDING TWISTS** [15 reps] [] reps
4. **PLANK** - hold for 60 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Cat / Cow
4. Lying Knees to Chest (back stretch)
5. Legs Spread (back stretch)



CARDIO TACTICS 1 - **ADVANCED**

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1 10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Travelling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dig | 12. 4pt Climber |

CIRCUIT 2 10 MINUTES

- | | |
|---------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater/Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Travelling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dig | 12. 4pt Climber |

COOL DOWN 5 MINUTES

1. March in Place
2. Breaths in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Sreelhe in, reach hands claso together overhead, drop head back, reach for back of room - REPEAT

DAY 54

SHAPING WORKOUT **3** QUADS / HAMSTRINGS / GLUTES / CALVES



WARM UP

1. Neck Rolls
2. Arms Over Head, Waist, Toe Touch (Touchdown)
3. Ankle Rotation
4. Quick Half Squats
5. Jog In Place
6. Butt Kicks

BLOCK ONE: **MET-Rx PRE-EXHAUST METHOD**

1. **SQUATS** (with weight) - as many as you can in 30 seconds [] reps [] weight
2. **SQUATS** (with weight) - as many as you can in 30 seconds [] reps [] weight
3. **SQUATS** (with weight) - as many as you can in 30 seconds [] reps [] weight

BLOCK TWO: **MET-Rx POWER PYRAMID METHOD**

1. **LUNGES** [12 reps] [] reps [] weight
LUNGES [10 reps] [] reps [] weight
LUNGES [8 reps] [] reps [] weight
2. **SUMO (PLIÉ) SQUAT** [12 reps] [] reps [] weight
SUMO (PLIÉ) SQUAT [10 reps] [] reps [] weight
SUMO (PLIÉ) SQUAT [8 reps] [] reps [] weight
3. **STIFF LEG DEAD LIFT** [12 reps] [] reps [] weight
STIFF LEG DEAD LIFT [10 reps] [] reps [] weight
STIFF LEG DEAD LIFT [8 reps] [] reps [] weight

BLOCK THREE: **MET-Rx BACK-TO-BACK CHALLENGE**

1. **SUPERSET:** Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
2. **SUPERSET:** Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight

BLOCK FOUR: **MET-Rx BACK-TO-BACK CHALLENGE 2**

NO WEIGHT

1. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [] reps
Leg Kick Back - on hands and knees [12 reps] [] reps
2. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [] reps
Leg Kick Back - (on hands and knees) [12 reps] [] reps

BLOCK FIVE: **SMALL BODY-PART - CALVES**

1. **SUPER-SET:** Seated Calf Raise (ball) [20 reps] [] reps [] weight
Standing Calf Raise [20 reps] [] reps [] weight
2. **SUPER-SET:** Seated Calf Raise (ball) [20 reps] [] reps [] weight
Standing Calf Raise [20 reps] [] reps [] weight
3. **SUPER-SET:** Seated Calf Raise (ball) [20 reps] [] reps [] weight
Standing Calf Raise [20 reps] [] reps [] weight



BLOCK SIX: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

Add weight for increased intensity.

SQUATS - do as many as you can in 60 seconds: [___ reps] [___ weight]

LAST WEEK [___ reps] [___ weight]

COOL DOWN

1. Cobra
2. Standing Quad Stretch
3. Standing Hamstring Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 55



Reminder:
You can do
this online!

SHAPING WORKOUT 4 CHEST / BICEPS / ABDOMINALS



WARM UP

1. Arm Crosses In Front
2. Forward Arm Circles
3. Torso Twists
4. Jog In Place
5. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **PUSH-UPS** - as many as you can in 30 seconds [] reps
2. **PUSH-UPS** - as many as you can in 30 seconds [] reps
3. **PUSH-UPS** - as many as you can in 30 seconds [] reps

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **INCLINE PRESS** (ball) [12 reps] [] reps [] weight
- INCLINE PRESS** (ball) [10 reps] [] reps [] weight
- INCLINE PRESS** (ball) [8 reps] [] reps [] weight
2. **FLAT PRESS** (ball) [12 reps] [] reps [] weight
- FLAT PRESS** (ball) [10 reps] [] reps [] weight
- FLAT PRESS** (ball) [8 reps] [] reps [] weight
3. **INCLINE FLY** (ball) [12 reps] [] reps [] weight
- INCLINE FLY** (ball) [10 reps] [] reps [] weight
- INCLINE FLY** (ball) [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Flat Fly (ball) [12 reps] [] reps [] weight
- Crossover (ball) [12 reps] [] reps [] weight
2. **SUPER-SET:** Flat Fly (ball) [12 reps] [] reps [] weight
- Crossover (ball) [12 reps] [] reps [] weight



BLOCK FOUR: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH-UPS** - do as many as you can in 60 seconds [] reps
- LAST WEEK** [] reps

BLOCK FIVE: SMALL BODY-PART BICEPS

1. **STANDING ALTERNATING CURL** [12 reps] [] reps [] weight
- STANDING ALTERNATING CURL** [10 reps] [] reps [] weight
- STANDING ALTERNATING CURL** [8 reps] [] reps [] weight
2. **STANDING HAMMER CURL** [12 reps] [] reps [] weight
- STANDING HAMMER CURL** [10 reps] [] reps [] weight
- STANDING HAMMER CURL** [8 reps] [] reps [] weight
- 3A. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
- Reverse Curl [12 reps] [] reps [] weight
- 3B. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
- Reverse Curl [12 reps] [] reps [] weight
- 3C. **SUPER-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
- Reverse Curl [12 reps] [] reps [] weight



BLOCK SIX: **ABDOMINALS**

1. **BUTTERFLY CRUNCH** [15 reps] [] reps
REVERSE CRUNCH (ball) [15 reps] [] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [] reps
PLANK - hold it for 30 seconds
2. **BUTTERFLY CRUNCH** [15 reps] [] reps
REVERSE CRUNCH (ball) [15 reps] [] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [] reps
PLANK - hold it for 30 seconds
3. **BUTTERFLY CRUNCH** [15 reps] [] reps
REVERSE CRUNCH (ball) [15 reps] [] reps
TWISTING CRUNCH ON FLOOR (ball) [15 reps] [] reps
PLANK - hold it for 30 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Back Bend
4. Standing Chest Stretch
5. Standing Bicep Stretch



Reminder:
Track your
results online!

CARDIO TACTICS 1 - **ADVANCED**

Aerobic conditioning is the ideal form of training to create a fat-burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 80 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

CIRCUIT 2

10 MINUTES

- | | |
|---------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater/Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

COOL DOWN

5 MINUTES

1. March In Place
2. Breathe In Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension -
Breathe in, reach hands
clasp together overhead,
drop head back, reach
for back of foot
- REPEAT

DAY 56

KICKBOXING

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches



CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

- | | |
|-------------------------|--------------------------|
| 1. Front Kicks R | 7. Side Kick R |
| 2. Front Kicks L | 8. Side Kick L |
| 3. Knee Pull Obliques R | 9. Jab, Cross, Kick R |
| 4. Knee Pull Obliques L | 10. Jab, Cross, Kick L |
| 5. Round House Kick R | 11. Elbow, Elbow, Knee R |
| 6. Round House Kick L | 12. Elbow, Elbow, Knee L |



COOL DOWN

5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

DAY 57

CARDIO TACTICS 2 - ADVANCED

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

1. Crouching Skater
2. Sweeps
3. Jump Squats
4. Traveling Plank
5. Jump In Hip Dip
6. Switch Lunges
7. Sprinting Push Up
8. Seesaw
9. Ski Man
10. Crab Walk Reach
11. 4pt Climber

CIRCUIT 2

10 MINUTES

1. Crouching Skater
2. Sweeps
3. Jump Squats
4. Traveling Plank
5. Jump In Hip Dip
6. Switch Lunges
7. Sprinting Push Up
8. Seesaw
9. Ski Man
10. Crab Walk Reach
11. 4pt Climber





COOL DOWN

5 MINUTES

- | | |
|-------------------------|------------------------|
| 1. March in Place | 12. Shoulder Stretch R |
| 2. Side Lunge Stretch R | 13. Triceps Stretch R |
| 3. Breathe In Squat R | 14. Shoulder Stretch L |
| 4. Hamstring Stretch R | 15. Triceps Stretch L |
| 5. Deep Bend Stretch | 16. Back Stretch |
| 6. Shoulder Rolls | |
| 7. Side Lunge Stretch R | |
| 8. Breathe In Squat R | |
| 9. Hamstring Stretch R | |
| 10. Deep Bend Stretch | |
| 11. Shoulder Rolls | |



STRETCH AND REFRESH WORKOUT



- | | |
|-----------------------------|-------------------------------|
| 1. MOUNTAIN | 13. PLIE SQUAT |
| 2. SPINE TWIST | 14. DOWNWARD DOG |
| 3. QUADRICEP STRETCHES | 15. LYING COBRA WITH LEG LIFT |
| 4. STANDING ONE LEG STRETCH | 16. BOW POSE |
| 5. LUNGE STRETCH | 17. CHILD'S POSE |
| 6. FIERCE POSE | 18. FIXED FIRM POSE |
| 7. DANCER POSE | 19. LYING LEG CROSSOVER |
| 8. LIGHT BACK BEND | 20. BRIDGE |
| 9. TREE POSE | 21. INNER THIGH STRETCH |
| 10. RAG DOLL - LEFT - RIGHT | 22. SITTING STRETCH |
| 11. STANDING FORWARD BEND | 23. COME UP ON KNEES |
| 12. TOUCH DOWNS | 24. MEDITATION ON KNEES |

NOTES:

DAY 58

REST DAY



REST DAYS ARE CRUCIAL TO YOUR SUCCESS. As you get closer to your goal, you can use your rest days to think about all the ways you will be enjoying your new body.

I. RECONFIRM YOUR GOALS:

II. WHEN I COMPLETE MY TRANSFORMATION JOURNEY I'M GOING TO...

III. WHAT IS THE FIRST THING YOUR GOING TO DO WITH YOUR NEW LOOK?



IV. WHO HAS BEEN THE MOST ENCOURAGING PERSON THROUGHOUT YOUR JOURNEY SO FAR?

V. HOW HAVE YOU BEEN ENCOURAGING OTHERS AT MYMETRX.COM?

FEATURED PRODUCT:



WWW.MYMETRX.COM

Track/monitor your progress and connect to the **MYMETRX.com** online community 24 hours a day, 7 days a week. Your support system is just a click away! Monitor your progress with user-friendly interactive snap shots. Schedule workouts and transformation tasks to keep yourself on track. Share your progress within the **MYMETRX.com** community as well as Facebook and Twitter.

DAY 59

SHAPING WORKOUT 1 SHOULDERS / TRICEPS / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [___] reps [___] weight
2. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [___] reps [___] weight
3. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [___] reps [___] weight

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **UPRIGHT ROW** [12 reps] [___] reps [___] weight
UPRIGHT ROW [10 reps] [___] reps [___] weight
UPRIGHT ROW [8 reps] [___] reps [___] weight
2. **STANDING LATERAL RAISE** [12 reps] [___] reps [___] weight
STANDING LATERAL RAISE [10 reps] [___] reps [___] weight
STANDING LATERAL RAISE [8 reps] [___] reps [___] weight
3. **STANDING TWO ARM FRONT RAISE** [12 reps] [___] reps [___] weight
STANDING TWO ARM FRONT RAISE [10 reps] [___] reps [___] weight
STANDING TWO ARM FRONT RAISE [8 reps] [___] reps [___] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [___] reps [___] weight
Standing One Arm Lateral Raise [12 reps] [___] reps [___] weight
2. **SUPER-SET:** Bent Over Lateral Raise [12 reps] [___] reps [___] weight
Standing One Arm Lateral Raise [12 reps] [___] reps [___] weight



BLOCK FOUR: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

- SQUAT THRUSTS-** do as many as you can in 60 seconds [___] reps
- LAST WEEK** [___] reps

BLOCK FIVE: SMALL BODY-PART - TRICEPS POWER PYRAMID

- 1A. **SEATED TRICEPS EXTENSION** (ball) [12 reps] [___] reps [___] weight
- 1B. **SEATED TRICEPS EXTENSION** (ball) [10 reps] [___] reps [___] weight
- 1C. **SEATED TRICEPS EXTENSION** (ball) [8 reps] [___] reps [___] weight
- 2A. **LYING TRICEPS EXTENSION** (ball) [12 reps] [___] reps [___] weight
- 2B. **LYING TRICEPS EXTENSION** (ball) [10 reps] [___] reps [___] weight
- 2C. **LYING TRICEPS EXTENSION** (ball) [8 reps] [___] reps [___] weight



- 3A. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Standing One Arm Triceps Kick Back [12 reps] [] reps [] weight
- 3B. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Standing One Arm Triceps Kick Back [12 reps] [] reps [] weight
- 3C. SUPER-SET:** Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Standing One Arm Triceps Kick Back [12 reps] [] reps [] weight

BLOCK SIX: **ABDOMINALS**

- 1. CRUNCH** (ball) [15 reps] [] reps
LYING LEG RAISE (ball) [15 reps] [] reps
BICYCLES [15 reps] [] reps
PLANK - hold for 30 seconds
- 2. CRUNCH** (ball) [15 reps] [] reps
LYING LEG RAISE (ball) [15 reps] [] reps
BICYCLES [15 reps] [] reps
PLANK - hold for 30 seconds
- 3. CRUNCH** (ball) [15 reps] [] reps
LYING LEG RAISE (ball) [15 reps] [] reps
BICYCLES [15 reps] [] reps
PLANKS - hold for 60 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Alternating Swimmers
4. Standing Triceps Stretch
5. Standing Shoulder Stretch



STRETCH AND REFRESH WORKOUT



- | | |
|---|--|
| <ol style="list-style-type: none"> 1. MOUNTAIN 2. SPINE TWIST 3. QUADRICEP STRETCHES 4. STANDING ONE LEG STRETCH 5. LUNGE STRETCH 6. FIERCE POSE 7. DANCER POSE 8. LIGHT BACK BEND 9. TREE POSE 10. RAG DOLL - LEFT - RIGHT 11. STANDING FORWARD BEND 12. TOUCH DOWNS | <ol style="list-style-type: none"> 13. PLIE SQUAT 14. DOWNWARD DOG 15. LYING COBRA WITH LEG LIFT 16. BOW POSE 17. CHILD'S POSE 18. FIXED FIRM POSE 19. LYING LEG CROSSOVER 20. BRIDGE 21. INNER THIGH STRETCH 22. SITTING STRETCH 23. COME UP ON KNEES 24. MEDITATION ON KNEES |
|---|--|

DAY 60



Reminder:
You can do
this online!

SHAPING WORKOUT 2 BACK / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [] reps
2. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [] reps
3. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds... [] reps

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. BENT OVER TWO ARM ROW [12 reps] [] reps [] weight
 BENT OVER TWO ARM ROW [10 reps] [] reps [] weight
 BENT OVER TWO ARM ROW [8 reps] [] reps [] weight
2. ONE ARM REVERSE ROW [12 reps] [] reps [] weight
 ONE ARM REVERSE ROW [10 reps] [] reps [] weight
 ONE ARM REVERSE ROW [8 reps] [] reps [] weight
3. DEAD LIFT [12 reps] [] reps [] weight
 DEAD LIFT [10 reps] [] reps [] weight
 DEAD LIFT [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. SUPER-SET: Cobra [12 reps] [] reps [] weight
 Shrug [12 reps] [] reps [] weight
2. SUPER-SET: Cobra [12 reps] [] reps [] weight
 Shrug [12 reps] [] reps [] weight

BLOCK FOUR: MET-Rx BACK-TO-BACK CHALLENGE 2

LOWERBACK

1. SUPER-SET: Hyperextension [12 reps] [] reps [] weight
 Good Mornings [12 reps] [] reps [] weight
2. SUPER-SET: Cobra [12 reps] [] reps [] weight
 Good Mornings [12 reps] [] reps [] weight



BLOCK FIVE: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH-UP - do as many as you can in 60 seconds..... [] reps
 LAST WEEK [] reps



BLOCK SIX: **ABDOMINALS**

1. **CRUNCH** - arms extended overhead [15 reps] [] reps
CRUNCH - arms extended overhead [15 reps] [] reps
CRUNCH - arms extended overhead [15 reps] [] reps
2. **KNEE TUCKS** [15 reps] [] reps
KNEE TUCKS [15 reps] [] reps
KNEE TUCKS [15 reps] [] reps
3. **STANDING TWISTS** [15 reps] [] reps
STANDING TWISTS [15 reps] [] reps
STANDING TWISTS [15 reps] [] reps
4. **PLANK** - hold for 60 seconds

COOL DOWN

1. Cobra
2. Child's Pose
3. Cat / Cow
4. Lying Knees to Chest (back stretch)
5. Legs Spread (back stretch)



Reminder:
Track your
results online!



CARDIO TACTICS 1 - **ADVANCED**

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should workout:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

CIRCUIT 2

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

COOL DOWN

6 MINUTES

1. March In Place
2. Breathe In Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension -
 Break in, reach hands
 clasp together overhead,
 drop head back, reach
 for back of room
 - REPEAT

WEIGHT DAY:

DAY 61

KICKBOXING

STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET- Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches



CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

- | | |
|-------------------------|--------------------------|
| 1. Front Kicks R | 7. Side Kick R |
| 2. Front Kicks L | 8. Side Kick L |
| 3. Knee Pull Obliques R | 9. Jab, Cross, Kick R |
| 4. Knee Pull Obliques L | 10. Jab, Cross, Kick L |
| 5. Round House Kick R | 11. Elbow, Elbow, Knee R |
| 6. Round House Kick L | 12. Elbow, Elbow, Knee L |



COOL DOWN

5 MINUTES

- | | |
|---------------------------------|-------------------------|
| 1. March in Place | 6. Quad Stretch R and L |
| 2. Side Stretch | 7. Chest / Back Stretch |
| 3. Shoulder Stretch | 8. Arm Circles |
| 4. Hamstring/Hip Flexor Stretch | 9. Shoulder Circles |
| 5. Hip Circles - Full circle R | 10. Neck - Side to side |



DAY 62

DEFINITION WORKOUT **3** QUADS / HAMSTRINGS / GLUTES / CALVES



WARM UP

1. Neck Rolls
2. Arms Over Head, Waist, Toe Touch (Touchdown)
3. Ankle Rotation
4. Quick Half Squats
5. Jog In Place
6. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **SQUATS** (with weight) - as many as you can in 30 seconds. **FOOT POSITION: NORMAL** [] reps [] weight
2. **SQUATS** (with weight) - as many as you can in 30 seconds. **FOOT POSITION: DUCK** [] reps [] weight
3. **SQUATS** (with weight) - as many as you can in 30 seconds. **FOOT POSITION: NARROW** [] reps [] weight

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Lunge [12 reps] [] reps [] weight
Squat - narrow [12 reps] [] reps [] weight
2. **SUPER-SET:** Lunge [10 reps] [] reps [] weight
Squat - narrow [10 reps] [] reps [] weight
3. **SUPER-SET:** Lunge [8 reps] [] reps [] weight
Squat - narrow [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE 2

NO WEIGHT

1. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [] reps
Leg Lifts [12 reps] [] reps
2. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [] reps
Leg Lifts [12 reps] [] reps

BLOCK FOUR: MET-Rx TRI-SET

1. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
2. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
3. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight

BLOCK FIVE: SMALL BODY-PART - CALVES WITH DUMBBELLS

1. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] **TOES NORMAL** [] reps [] weight
Seated Calf Raise [20 reps] **TOES NORMAL** [] reps [] weight
2. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] **TOES OUT** [] reps [] weight
Seated Calf Raise [20 reps] **TOES OUT** [] reps [] weight
3. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] **TOES IN** [] reps [] weight
Seated Calf Raise [20 reps] **TOES IN** [] reps [] weight



BLOCK SIX: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

SQUATS - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUST - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

COOL DOWN

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Standing Reach Toes
4. Standing Back Bend



CARDIO TACTICS 1

Aerobic conditioning is the best form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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Using the standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

- | | |
|------------------|-----------------------|
| 1. Jumping Jacks | 7. Butt Kicks |
| 2. Cross Overs | 8. Touchdown |
| 3. 3 Step Reach | 9. Sumo In and Out |
| 4. Sprints | 10. Squat Thrusts |
| 5. Steam Engine | 11. Mountain Climbers |
| 6. Lunge Twist | 12. ACTIVE REST |

CIRCUIT 2

10 MINUTES

- | | |
|---------------------------------------|--|
| 1. Jumping Jacks (30 secs) | 8. Touchdown |
| 2. Cross Overs (30 secs) | 9. Sumo In and Out |
| 3. 3 Step Reach (1 min) | 10. Squat Thrusts |
| 4. Sprints (1 min) | 11. Mountain Climbers |
| 5. Steam Engine -Knee Lifts - (1 min) | 12. BONUS CORE - Diagonal chop low to high R |
| 6. Lunge Twist (1 min) | 13. BONUS CORE - Diagonal chop low to high L |
| 7. Butt Kicks (1 min) | |

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasped together overhead, drop head back, reach for back of room - REPEAT

NOTES:

DAY 63

DEFINITION WORKOUT 4 CHEST / BICEPS / ABDOMINALS



WARM UP

1. Arm Crosses
2. Arm Circles Backwards
3. Arms Overhead, Waist, Toe Touch
4. Torso Twist
5. Jog In Place
6. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **PUSH-UPS** - as many as you can in 30 seconds [] reps
2. **PUSH-UPS** - as many as you can in 30 seconds [] reps
3. **PUSH-UPS** - as many as you can in 30 seconds [] reps

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Flat Press (ball) [12 reps] [] reps [] weight
Flat Fly (ball) [12 reps] [] reps [] weight
2. **SUPER-SET:** Flat Press (ball) [12 reps] [] reps [] weight
Flat Fly (ball) [12 reps] [] reps [] weight
3. **SUPER-SET:** Flat Press (ball) [12 reps] [] reps [] weight
Flat Fly (ball) [12 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Incline Press (ball) [12 reps] [] reps [] weight
Incline Fly (ball) [12 reps] [] reps [] weight
Crossover [12 reps] [] reps [] weight
2. **TRI-SET:** Incline Press (ball) [12 reps] [] reps [] weight
Incline Fly (ball) [12 reps] [] reps [] weight
Crossover [12 reps] [] reps [] weight
3. **TRI-SET:** Incline Press (ball) [12 reps] [] reps [] weight
Incline Fly (ball) [12 reps] [] reps [] weight
Crossover [12 reps] [] reps [] weight

BLOCK FOUR: SMALL BODY-PART BICEPS

1. **STANDING TWO ARM BICEP CURL** [7-7+7 reps] [] reps [] weight
- 2A. **SUPER-SET:** Standing Hammer Curl [12 reps] [] reps [] weight
Standing Alternating Curl [12 reps] [] reps [] weight
- 2B. **SUPER-SET:** Standing Hammer Curl [10 reps] [] reps [] weight
Standing Alternating Curl [10 reps] [] reps [] weight
- 2C. **SUPER-SET:** Standing Hammer Curl [8 reps] [] reps [] weight
Standing Alternating Curl [8 reps] [] reps [] weight
- 3A. **TRI-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
Seated Concentration Curl (ball) [12 reps] [] reps [] weight
- 3B. **TRI-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
Seated Concentration Curl (ball) [12 reps] [] reps [] weight
- 3C. **TRI-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
Seated Concentration Curl (ball) [12 reps] [] reps [] weight



BLOCK SIX: MET-Rx MINUTE

TOTAL BODY RESISTANCE CHALLENGE

1. **PUSH UPS** - do as many as you can in 60 seconds [] reps
2. **SQUATS** - do as many as you can in 60 seconds [] reps
3. **SQUAT THRUST** - do as many as you can in 60 seconds [] reps

LAST WEEK: PUSH UPS.....[] reps, SQUATS.....[] reps, SQUAT THRUST.....[] reps

BLOCK SIX: ABDOMINALS

- 1A. **CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [] reps
- 1B. **CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [] reps
- 1C. **CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [] reps
- PLANK** - hold it for 30 seconds
- 2A. **GIANT-SET:** Crunch (Ball) [15 reps] [] reps
Lying Leg Raise (ball) [15 reps] [] reps
Scissor Kick [15 reps] [] reps
Standing Twist (dumbbell) [15 reps] No Weight [] reps
- 2B. **GIANT-SET:** Crunch (Ball) [15 reps] [] reps
Lying Leg Raise (ball) [15 reps] [] reps
Scissor Kick [15 reps] [] reps
Standing Twist (dumbbell) [15 reps] No Weight [] reps
- 2C. **GIANT-SET:** Crunch (Ball) [15 reps] [] reps
Lying Leg Raise (ball) [15 reps] [] reps
Scissor Kick [15 reps] [] reps
Standing Twist (dumbbell) [15 reps] No Weight [] reps

COOL DOWN

1. Cobra
2. Child's Pose
3. Overhead On Knees
4. Standing Chest Stretch
5. Standing Bicep Stretch



CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the best form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 5 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

1. Crouching Skater
2. Skater / Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump In Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Man
11. Crab Walk Reach
12. 4pt Climber

CIRCUIT 2

10 MINUTES

1. Crouching Skater
2. Skater/Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump In Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Man
11. Crab Walk Reach
12. 4pt Climber

COOL DOWN

5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe in Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe in Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Inceps Stretch R
14. Shoulder Stretch L
15. Inceps Stretch L
16. Back Stretch

DAY 64

ADVANCED ABDOMINALS

SET ONE:

1. **BASIC CRUNCH** [20 - 25 reps] [] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [] reps
3. **BICYCLES** [20 - 25 reps] [] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [] reps
6. **KNEE TUCKS** [20 - 25 reps] [] reps
7. **TOE TOUCHES** [20 - 25 reps] [] reps
8. **CAT CAMEL** [20 - 25 reps] [] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [] reps
11. **SEATED TWIST** [20 - 25 reps] [] reps
12. **PLANK HOLD** [60 seconds]

SET TWO:

1. **BASIC CRUNCH** [20 - 25 reps] [] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [] reps
3. **BICYCLES** [20 - 25 reps] [] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [] reps
6. **KNEE TUCKS** [20 - 25 reps] [] reps
7. **TOE TOUCHES** [20 - 25 reps] [] reps
8. **CAT CAMEL** [20 - 25 reps] [] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [] reps
11. **SEATED TWIST** [20 - 25 reps] [] reps
12. **PLANK HOLD** [60 seconds]

SET THREE:

1. **HYPEREXTENSIONS** [20 - 25 reps] [] reps
2. **SUPERMAN'S** [20 - 25 reps] [] reps
3. **BACK FLEXION** [20 - 25 reps] [] reps

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Fix 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X

KICKBOXING

CIRCUIT 1 PUNCHES 10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches

CIRCUIT 2 KICKS AND PUNCHES 10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L

COOL DOWN 5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

DAY 65



Reminder:
You can do
this online!

DEFINITION WORKOUT 1 SHOULDERS / TRICEPS / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
2. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
3. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight

BLOCK TWO: MET-Rx BACK TO BACK CHALLENGE

1. **UPRIGHT ROW** [12 reps] [] reps [] weight
STANDING LATERAL RAISE [12 reps] [] reps [] weight
2. **UPRIGHT ROW** [10 reps] [] reps [] weight
STANDING LATERAL RAISE [10 reps] [] reps [] weight
3. **UPRIGHT ROW** [8 reps] [] reps [] weight
STANDING LATERAL RAISE [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Standing Shoulder Press [12 reps] [] reps [] weight
Standing Two Arm Front Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight
2. **TRI-SET:** Standing Shoulder Press [12 reps] [] reps [] weight
Standing Two Arm Front Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight
3. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
4. **DROP-SET:** Bent Over Lateral Raise [12 reps] [] reps [] weight
5. **DROP-SET:** Bent Over Lateral Raise [10 reps] [] reps [] weight
6. **DROP-SET:** Bent Over Lateral Raise [8 reps] [] reps [] weight



BLOCK FOUR: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH UPS** - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

BLOCK FIVE: SMALL BODY-PART - TRICEPS

1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
- 2A. **SUPER-SET:** Two Arm Overhead Triceps Extension [12 reps] [] reps [] weight
Two Arm Triceps Kick Back [12 reps] [] reps [] weight
- 2B. **SUPER-SET:** Two Arm Overhead Triceps Extension [10 reps] [] reps [] weight
Two Arm Triceps Kick Back [10 reps] [] reps [] weight
- 2C. **SUPER-SET:** Two Arm Overhead Triceps Extension [8 reps] [] reps [] weight
Two Arm Triceps Kick Back [8 reps] [] reps [] weight



- 3A. TRI-SET:** Lying Triceps Extension (ball) [12 reps] [] reps [] weight
 Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Two Arm Reverse Triceps Kick Back [12 reps] [] reps [] weight
- 3B. TRI-SET:** Lying Triceps Extension (ball) [12 reps] [] reps [] weight
 Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Two Arm Reverse Triceps Kick Back [12 reps] [] reps [] weight
- 3C. TRI-SET:** Lying Triceps Extension (ball) [12 reps] [] reps [] weight
 Standing One Arm Triceps Extension [12 reps] [] reps [] weight
 Two Arm Reverse Triceps Kick Back [12 reps] [] reps [] weight

BLOCK SIX: **ABDOMINALS**

- 1A. CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [] reps
- 1B. CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [] reps
- 1C. CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [] reps
- PLANK** - hold it for 30 seconds
- 2A. GIANT-SET:** Crunch (Ball) [15 reps] [] reps
 Lying Leg Raise (ball) [15 reps] [] reps
 Scissor Kick [15 reps] [] reps
 Standing Twist (dumbbell) [15 reps] No Weight [] reps
- 2B. GIANT-SET:** Crunch (Ball) [15 reps] [] reps
 Lying Leg Raise (ball) [15 reps] [] reps
 Scissor Kick [15 reps] [] reps
 Standing Twist (dumbbell) [15 reps] No Weight [] reps
- 2C. GIANT-SET:** Crunch (Ball) [15 reps] [] reps
 Lying Leg Raise (ball) [15 reps] [] reps
 Scissor Kick [15 reps] [] reps
 Standing Twist (dumbbell) [15 reps] No Weight [] reps



Reminder:
Track your
results online!

COOL DOWN

1. Cobra
2. Child's Pose
3. Alternating Swimmers
4. Standing Triceps Stretch - each arm
5. Standing Shoulder Stretch - each arm



GARDIO TACTICS 1

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

% heart rate = (220 - age) x %.
 Using this standard calculation, a 70% heart rate for a 50-year-old would be (220 - 50) x 70% or 119. Thus, this fifty-year-old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Kneel Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1 10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2 10 MINUTES

1. Jumping Jacks [30 secs]
2. Cross Overs [30 secs]
3. 3 Step Reach [1 min]
4. Sprints [1 min]
5. Steam Engine - Knee Lifts [1 min]
6. Lunge Twist [1 min]
7. Butt Kicks [1 min]
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** - Diagonal chop low to high R
13. **BONUS CORE** - Diagonal chop low to high L

COOL DOWN 5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in - reach hands clasp together overhead, drop head back, reach for back of room - REPEAT

DAY 66

DEFINITION WORKOUT **2** BACK / ABDOMINALS



WARM UP

1. Arms Over Head, Waist, Twist, Toe Touches (Touchdown)
2. Torso Twists
3. Good Mornings
4. Standing Cat / Cows
5. Jog In Place

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **OVERHEAD BALL EXTENSIONS** (or pull-ups) - as many as you can in 30 seconds [] reps
2. **OVERHEAD BALL EXTENSIONS** (or pull-ups) - as many as you can in 30 seconds [] reps
3. **OVERHEAD BALL EXTENSIONS** (or pull-ups) - as many as you can in 30 seconds [] reps

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

POWER PYRAMID

1. **SUPER-SET:** Bent Over Two Arm Row [12 reps] [] reps [] weight
Dead Lift [12 reps] [] reps [] weight
2. **SUPER-SET:** Bent Over Two Arm Row [10 reps] [] reps [] weight
Dead Lift [10 reps] [] reps [] weight
3. **SUPER-SET:** Bent Over Two Arm Row [8 reps] [] reps [] weight
Dead Lift [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight
2. **TRI-SET:** Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight
3. **TRI-SET:** Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight

BLOCK FOUR: MET-Rx TRI-SET 2

1. **TRI-SET:** Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight
2. **TRI-SET:** Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight
3. **TRI-SET:** Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight



BLOCK FIVE: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

- SQUAT THRUST** -do as many as you can in 60 seconds... [] reps
LAST WEEK [] reps



BLOCK SIX: ABDOMINALS

1A. PLANK - hold it for 30 seconds	[_____]	reps
2A. GIANT-SET: Crunch (Ball) [15 reps]	[_____]	reps
Lying Leg Raise (ball) [15 reps]	[_____]	reps
Reverse Crunch (ball) [15 reps]	[_____]	reps
Twisting Crunches (ball) [15 reps]	[_____]	reps
2B. GIANT-SET: Crunch (Ball) [15 reps]	[_____]	reps
Lying Leg Raise (ball) [15 reps]	[_____]	reps
Reverse Crunch (ball) [15 reps]	[_____]	reps
Twisting Crunches (ball) [15 reps]	[_____]	reps
2C. GIANT-SET: Crunch (Ball) [15 reps]	[_____]	reps
Lying Leg Raise (ball) [15 reps]	[_____]	reps
Reverse Crunch (ball) [15 reps]	[_____]	reps
Twisting Crunches (ball) [15 reps]	[_____]	reps

COOL DOWN

1. Cobra
2. Superman's
3. Child's Pose
4. Back Stretch On Your Back - both knees to chest



CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at.

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

CIRCUIT 2

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

COOL DOWN

5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe in Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe in Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Triceps Stretch R
14. Shoulder Stretch L
15. Triceps Stretch L
16. Back Stretch

NOTES:

DAY 67

REST DAY



REST DAYS ARE CRUCIAL TO YOUR SUCCESS. Planning a vacation is a great way to make use of a rest day. And taking a vacation is a great way to show off your new beach ready body.

I. RECONFIRM YOUR GOALS: _____

II. IF YOU COULD GO ANYWHERE TO SHOW OFF YOUR NEW LOOK, WHERE WOULD IT BE AND WHY? _____

III. AFTER I COMPLETE THIS JOURNEY, I'M GOING TO CONTINUE WITH THIS HEALTHY LIFESTYLE BECAUSE... _____



IV. GENERAL COMMENTS:

FEATURED PRODUCT:



WWW.MYMETRX.COM

The *MET-Rx 180 Program* was designed with the busy hectic lifestyle in mind. As part of the program, you have access to the *MET-Rx-180* smartphone and tablet apps. From your desktop, smartphone, or tablet device you can stay connected! Log your nutrition/workouts, get tips and community support from virtually anywhere! You can even earn badges & points that can be redeemed for valuable prizes (fee-based premium membership required)!

DAY 68

KICKBOXING

STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET- Rx 160 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches



CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

- | | |
|-------------------------|--------------------------|
| 1. Front Kicks R | 7. Side Kick R |
| 2. Front Kicks L | 8. Side Kick L |
| 3. Knee Pull Obliques R | 9. Jab, Cross, Kick R |
| 4. Knee Pull Obliques L | 10. Jab, Cross, Kick L |
| 5. Round House Kick R | 11. Elbow, Elbow, Knee R |
| 6. Round House Kick L | 12. Elbow, Elbow, Knee L |

COOL DOWN

5 MINUTES

- | | |
|---------------------------------|-------------------------|
| 1. March in Place | 6. Quad Stretch R and L |
| 2. Side Stretch | 7. Chest / Back Stretch |
| 3. Shoulder Stretch | 8. Arm Circles |
| 4. Hamstring/Hip Flexor Stretch | 9. Shoulder Circles |
| 5. Hip Circles - Full circle R | 9. Neck - Side to side |



DAY 69

DEFINITION WORKOUT **3** QUADS / HAMSTRINGS / GLUTES / CALVES



WARM UP

1. Neck Rolls
2. Arms Over Head, Waist, Toe Touch (Touchdown)
3. Ankle Rotation
4. Quick Half Squats
5. Jog in Place
6. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **SQUATS** (with weight) - as many as you can in 30 seconds. **FOOT POSITION: NORMAL** [___] reps [___] weight
2. **SQUATS** (with weight) - as many as you can in 30 seconds. **FOOT POSITION: DUCK** [___] reps [___] weight
3. **SQUATS** (with weight) - as many as you can in 30 seconds. **FOOT POSITION: NARROW** [___] reps [___] weight

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Lunge [12 reps] [___] reps [___] weight
Squat - narrow [12 reps] [___] reps [___] weight
2. **SUPER-SET:** Lunge [10 reps] [___] reps [___] weight
Squat - narrow [10 reps] [___] reps [___] weight
3. **SUPER-SET:** Lunge [8 reps] [___] reps [___] weight
Squat - narrow [8 reps] [___] reps [___] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE 2

NO WEIGHT

1. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [___] reps
Leg Lifts [12 reps] [___] reps
2. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [___] reps
Leg Lifts [12 reps] [___] reps

BLOCK FOUR: MET-Rx TRI-SET

1. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [___] reps [___] weight
Lying Leg Curl [12 reps] [___] reps [___] weight
One Leg Dead Lift [12 reps] [___] reps [___] weight
2. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [___] reps [___] weight
Lying Leg Curl [12 reps] [___] reps [___] weight
One Leg Dead Lift [12 reps] [___] reps [___] weight
3. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [___] reps [___] weight
Lying Leg Curl [12 reps] [___] reps [___] weight
One Leg Dead Lift [12 reps] [___] reps [___] weight

BLOCK FIVE: SMALL BODY-PART - CALVES WITH DUMBBELLS

1. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] **TOES NORMAL** [___] reps [___] weight
Seated Calf Raise [20 reps] **TOES NORMAL** [___] reps [___] weight
2. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] **TOES OUT** [___] reps [___] weight
Seated Calf Raise [20 reps] **TOES OUT** [___] reps [___] weight
3. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] **TOES IN** [___] reps [___] weight
Seated Calf Raise [20 reps] **TOES IN** [___] reps [___] weight



BLOCK SIX: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

SQUATS - do as many as you can in 60 seconds..... [] reps]
LAST WEEK [] reps]

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUST - do as many as you can in 60 seconds [] reps]
LAST WEEK [] reps]

COOL DOWN

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Standing Reach Toes
4. Standing Back Bend



CARDIO TACTICS 1

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

- | | |
|------------------|-----------------------|
| 1. Jumping Jacks | 7. Butt Kicks |
| 2. Cross Overs | 8. Touchdown |
| 3. 3 Step Reach | 9. Sumo In and Out |
| 4. Sprints | 10. Squat Thrusts |
| 5. Steam Engine | 11. Mountain Climbers |
| 6. Lunge Twist | 12. ACTIVE REST |

CIRCUIT 2

10 MINUTES

- | | |
|-------------------------------------|--|
| 1. Jumping Jacks (30 secs) | 8. Touchdown |
| 2. Cross Overs (30 secs) | 9. Sumo In and Out |
| 3. 3 Step Reach (1 min) | 10. Squat Thrusts |
| 4. Sprints (1 min) | 11. Mountain Climbers |
| 5. Steam Engine -Knee Lifts (1 min) | 12. BONUS CORE - Diagonal chop low to high R |
| 6. Lunge Twist (1 min) | 13. BONUS CORE - Diagonal chop low to high L |
| 7. Butt Kicks (1 min) | |

COOL DOWN

6 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands close together overhead, drop head back, reach for back of head - REPEAT

NOTES:

DAY 70



Reminder:
You can do
this online!

DEFINITION WORKOUT 4 CHEST / BICEPS / ABDOMINALS



WARM UP

- | | |
|------------------------------------|-----------------|
| 1. Arm Crosses | 4. Torso Twist |
| 2. Arm Circles Backwards | 5. Jog In Place |
| 3. Arms Overhead, Waist, Toe Touch | 6. Butt Kicks |

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **PUSH-UPS** - as many as you can in 30 seconds [] reps
2. **PUSH-UPS** - as many as you can in 30 seconds [] reps
3. **PUSH-UPS** - as many as you can in 30 seconds [] reps

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Flat Press (ball) [12 reps] [] reps [] weight
Flat Fly (ball) [12 reps] [] reps [] weight
2. **SUPER-SET:** Flat Press (ball) [12 reps] [] reps [] weight
Flat Fly (ball) [12 reps] [] reps [] weight
3. **SUPER-SET:** Flat Press (ball) [12 reps] [] reps [] weight
Flat Fly (ball) [12 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Incline Press (ball) [12 reps] [] reps [] weight
Incline Fly (ball) [12 reps] [] reps [] weight
Crossover [12 reps] [] reps [] weight
2. **TRI-SET:** Incline Press (ball) [12 reps] [] reps [] weight
Incline Fly (ball) [12 reps] [] reps [] weight
Crossover [12 reps] [] reps [] weight
3. **TRI-SET:** Incline Press (ball) [12 reps] [] reps [] weight
Incline Fly (ball) [12 reps] [] reps [] weight
Crossover [12 reps] [] reps [] weight

BLOCK FOUR: SMALL BODY-PART BICEPS

1. **STANDING TWO ARM BICEP CURL** [7+7+7 reps] [] reps [] weight
- 2A. **SUPER-SET:** Standing Hammer Curl [12 reps] [] reps [] weight
Standing Alternating Curl [12 reps] [] reps [] weight
- 2B. **SUPER-SET:** Standing Hammer Curl [10 reps] [] reps [] weight
Standing Alternating Curl [10 reps] [] reps [] weight
- 2C. **SUPER-SET:** Standing Hammer Curl [8 reps] [] reps [] weight
Standing Alternating Curl [8 reps] [] reps [] weight
- 3A. **TRI-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
Seated Concentration Curl (ball) [12 reps] [] reps [] weight
- 3B. **TRI-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
Seated Concentration Curl (ball) [12 reps] [] reps [] weight
- 3C. **TRI-SET:** Standing Concentration Curl [12 reps] [] reps [] weight
Reverse Curl [12 reps] [] reps [] weight
Seated Concentration Curl (ball) [12 reps] [] reps [] weight



BLOCK SIX: MET-Rx MINUTE

TOTAL BODY RESISTANCE CHALLENGE

- 1. PUSH UPS** - do as many as you can in 60 seconds [____] reps
- 2. SQUATS** - do as many as you can in 60 seconds [____] reps
- 3. SQUAT THRUST** - do as many as you can in 60 seconds [____] reps

LAST WEEK: PUSH UPS [____] reps, SQUATS [____] reps, SQUAT THRUST [____] reps

BLOCK SIX: ABDOMINALS

- 1A. CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [____] reps
- 1B. CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [____] reps
- 1C. CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [____] reps
- PLANK** - hold it for 30 seconds
- 2A. GIANT-SET:** Crunch (Ball) [15 reps] [____] reps
Lying Leg Raise (ball) [15 reps] [____] reps
Scissor Kick [15 reps] [____] reps
Standing Twist (dumbbell) [15 reps] No Weight [____] reps
- 2B. GIANT-SET:** Crunch (Ball) [15 reps] [____] reps
Lying Leg Raise (ball) [15 reps] [____] reps
Scissor Kick [15 reps] [____] reps
Standing Twist (dumbbell) [15 reps] No Weight [____] reps
- 2C. GIANT-SET:** Crunch (Ball) [15 reps] [____] reps
Lying Leg Raise (ball) [15 reps] [____] reps
Scissor Kick [15 reps] [____] reps
Standing Twist (dumbbell) [15 reps] No Weight [____] reps



Reminder:
Track your
results online!

COOL DOWN

1. Cobra
2. Child's Pose
3. Overhead On Knees
4. Standing Chest Stretch
5. Standing Bicep Stretch

CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the keystone form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at.

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\% = 119$. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Duck Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Duck Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

1. Crouching Skater
2. Skater / Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump in Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Man
11. Crab Walk Reach
12. 4pt Climber

CIRCUIT 2

10 MINUTES

1. Crouching Skater
2. Skater/Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump in Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Man
11. Crab Walk Reach
12. 4pt Climber

COOL DOWN

5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe in Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe in Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Triceps Stretch R
14. Shoulder Stretch L
15. Triceps Stretch L
16. Back Stretch

DAY 71

ADVANCED ABDOMINALS

SET ONE:

1. **BASIC CRUNCH** [20 - 25 reps] [____] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [____] reps
3. **BICYCLES** [20 - 25 reps] [____] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [____] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [____] reps
6. **KNEE TUCKS** [20 - 25 reps] [____] reps
7. **TOE TOUCHES** [20 - 25 reps] [____] reps
8. **CAT CAMEL** [20 - 25 reps] [____] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [____] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [____] reps
11. **SEATED TWIST** [20 - 25 reps] [____] reps
12. **PLANK HOLD** [60 seconds]

SET TWO:

1. **BASIC CRUNCH** [20 - 25 reps] [____] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [____] reps
3. **BICYCLES** [20 - 25 reps] [____] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [____] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [____] reps
6. **KNEE TUCKS** [20 - 25 reps] [____] reps
7. **TOE TOUCHES** [20 - 25 reps] [____] reps
8. **CAT CAMEL** [20 - 25 reps] [____] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [____] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [____] reps
11. **SEATED TWIST** [20 - 25 reps] [____] reps
12. **PLANK HOLD** [60 seconds]

SET THREE:

1. **HYPEREXTENSIONS** [20 - 25 reps] [____] reps
2. **SUPERMAN'S** [20 - 25 reps] [____] reps
3. **BACK FLEXION** [20 - 25 reps] [____] reps

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X

KICKBOXING

CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches

CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L

COOL DOWN 5 MINUTES

1. March In Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

DAY 72

DEFINITION WORKOUT 1 SHOULDERS / TRICEPS / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
2. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
3. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight

BLOCK TWO: MET-Rx BACK TO BACK CHALLENGE

1. **UPRIGHT ROW** [12 reps] [] reps [] weight
STANDING LATERAL RAISE [12 reps] [] reps [] weight
2. **UPRIGHT ROW** [10 reps] [] reps [] weight
STANDING LATERAL RAISE [10 reps] [] reps [] weight
3. **UPRIGHT ROW** [8 reps] [] reps [] weight
STANDING LATERAL RAISE [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Standing Shoulder Press [12 reps] [] reps [] weight
Standing Two Arm Front Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight
2. **TRI-SET:** Standing Shoulder Press [12 reps] [] reps [] weight
Standing Two Arm Front Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight
3. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
4. **DROP-SET:** Bent Over Lateral Raise [12 reps] [] reps [] weight
5. **DROP-SET:** Bent Over Lateral Raise [10 reps] [] reps [] weight
6. **DROP-SET:** Bent Over Lateral Raise [8 reps] [] reps [] weight



BLOCK FOUR: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH UPS** - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

BLOCK FIVE: SMALL BODY-PART - TRICEPS

1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
- 2A. **SUPER-SET:** Two Arm Overhead Triceps Extension [12 reps] [] reps [] weight
Two Arm Triceps Kick Back [12 reps] [] reps [] weight
- 2B. **SUPER-SET:** Two Arm Overhead Triceps Extension [10 reps] [] reps [] weight
Two Arm Triceps Kick Back [10 reps] [] reps [] weight
- 2C. **SUPER-SET:** Two Arm Overhead Triceps Extension [8 reps] [] reps [] weight
Two Arm Triceps Kick Back [8 reps] [] reps [] weight



3A. TRI-SET:	Lying Triceps Extension (ball) [12 reps].....	[]	[]	[]	reps	[]	weight
	Standing One Arm Triceps Extension [12 reps].....	[]	[]	[]	reps	[]	weight
	Two Arm Reverse Triceps Kick Back [12 reps].....	[]	[]	[]	reps	[]	weight
3B. TRI-SET:	Lying Triceps Extension (ball) [12 reps].....	[]	[]	[]	reps	[]	weight
	Standing One Arm Triceps Extension [12 reps].....	[]	[]	[]	reps	[]	weight
	Two Arm Reverse Triceps Kick Back [12 reps].....	[]	[]	[]	reps	[]	weight
3C. TRI-SET:	Lying Triceps Extension (ball) [12 reps].....	[]	[]	[]	reps	[]	weight
	Standing One Arm Triceps Extension [12 reps].....	[]	[]	[]	reps	[]	weight
	Two Arm Reverse Triceps Kick Back [12 reps].....	[]	[]	[]	reps	[]	weight

BLOCK SIX: **ABDOMINALS**

1A. CRUNCH (KNEES UP) - do as many as you can in 30 seconds.....	[]	[]	reps	
1B. CRUNCH (KNEES UP) - do as many as you can in 30 seconds.....	[]	[]	reps	
1C. CRUNCH (KNEES UP) - do as many as you can in 30 seconds.....	[]	[]	reps	
PLANK - hold it for 30 seconds				
2A. GIANT-SET:	Crunch (Ball) [15 reps].....	[]	[]	reps
	Lying Leg Raise (ball) [15 reps].....	[]	[]	reps
	Scissor Kick [15 reps].....	[]	[]	reps
	Standing Twist (dumbbell) [15 reps] No Weight.....	[]	[]	reps
2B. GIANT-SET:	Crunch (Ball) [15 reps].....	[]	[]	reps
	Lying Leg Raise (ball) [15 reps].....	[]	[]	reps
	Scissor Kick [15 reps].....	[]	[]	reps
	Standing Twist (dumbbell) [15 reps] No Weight.....	[]	[]	reps
2C. GIANT-SET:	Crunch (Ball) [15 reps].....	[]	[]	reps
	Lying Leg Raise (ball) [15 reps].....	[]	[]	reps
	Scissor Kick [15 reps].....	[]	[]	reps
	Standing Twist (dumbbell) [15 reps] No Weight.....	[]	[]	reps

COOL DOWN

1. Cobra
2. Child's Pose
3. Alternating Swimmers
4. Standing Triceps Stretch - each arm
5. Standing Shoulder Stretch - each arm



CARDIO TACTICS 1

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic conditioning exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at.

% heart rate = (220 - age) x %.
Using this standard calculation, a 70% heart rate for a 50 year old would be (220 - 50) x 70% or 119. Thus, this 70% year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Roll

CIRCUIT 1

10 MINUTES

- | | |
|------------------|-----------------------|
| 1. Jumping Jacks | 7. Butt Kicks |
| 2. Cross Overs | 8. Touchdown |
| 3. 3 Step Reach | 9. Sumo In and Out |
| 4. Sprints | 10. Squat Thrusts |
| 5. Steam Engine | 11. Mountain Climbers |
| 6. Lunge Twist | 12. ACTIVE REST |

CIRCUIT 2

10 MINUTES

- | | |
|---------------------------------------|---|
| 1. Jumping Jacks (30 sec) | 8. Touchdown |
| 2. Cross Overs (30 sec) | 9. Sumo In and Out |
| 3. 3 Step Reach (1 min) | 10. Squat Thrusts |
| 4. Sprints (1 min) | 11. Mountain Climbers |
| 5. Steam Engine -Knee Lifts - (1 min) | 12. BONUS CORE - Diagonal chop low to high R |
| 6. Lunge Twist (1 min) | 13. BONUS CORE - Diagonal chop low to high L |
| 7. Butt Kicks (1 min) | |

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Roll
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead drop head back, reach for back of room - REPEAT

DAY 73

DEFINITION WORKOUT **2** BACK / ABDOMINALS



WARM UP

1. Arms Over Head, Waist, Twist, Toe Touches (Touchdown)
2. Torso Twists
3. Good Mornings
4. Standing Cat / Cows
5. Jog In Place

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **OVERHEAD BALL EXTENSIONS** (or pull-ups) - as many as you can in 30 seconds [] reps
2. **OVERHEAD BALL EXTENSIONS** (or pull-ups) - as many as you can in 30 seconds [] reps
3. **OVERHEAD BALL EXTENSIONS** (or pull-ups) - as many as you can in 30 seconds [] reps

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

POWER PYRAMID

1. **SUPER-SET:** Bent Over Two Arm Row [12 reps] [] reps [] weight
Dead Lift [12 reps] [] reps [] weight
2. **SUPER-SET:** Bent Over Two Arm Row [10 reps] [] reps [] weight
Dead Lift [10 reps] [] reps [] weight
3. **SUPER-SET:** Bent Over Two Arm Row [8 reps] [] reps [] weight
Dead Lift [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight
2. **TRI-SET:** Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight
3. **TRI-SET:** Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight

BLOCK FOUR: MET-Rx TRI-SET 2

1. **TRI-SET:** Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight
2. **TRI-SET:** Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight
3. **TRI-SET:** Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight



BLOCK FIVE: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

- SQUAT THRUST** - do as many reps as you can in 60 seconds [] reps
LAST WEEK [] reps



BLOCK SIX: ABDOMINALS

- 1A. PLANK** - hold it for 30 seconds [] reps
- 2A. GIANT-SET:** Crunch (Ball) [15 reps] [] reps
 Lying Leg Raise (ball) [15 reps] [] reps
 Reverse Crunch (ball) [15 reps] [] reps
 Twisting Crunches (ball) [15 reps] [] reps
- 2B. GIANT-SET:** Crunch (Ball) [15 reps] [] reps
 Lying Leg Raise (ball) [15 reps] [] reps
 Reverse Crunch (ball) [15 reps] [] reps
 Twisting Crunches (ball) [15 reps] [] reps
- 2C. GIANT-SET:** Crunch (Ball) [15 reps] [] reps
 Lying Leg Raise (ball) [15 reps] [] reps
 Reverse Crunch (ball) [15 reps] [] reps
 Twisting Crunches (ball) [15 reps] [] reps

COOL DOWN

1. Cobra
2. Superman's
3. Child's Pose
4. Back Stretch On Your Back - both knees to chest



CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 80 to 85 percent of their maximum heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be (220 - 50) x 70% or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dip
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dip
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Travelling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

CIRCUIT 2

10 MINUTES

- | | |
|---------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater/Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Travelling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

COOL DOWN

5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe In Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe In Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Triceps Stretch R
14. Shoulder Stretch L
15. Triceps Stretch L
16. Back Stretch

NOTES:

DAY 74

REST DAY



WE ARE LISTENING AT MYMETRX.COM. Tell us what you think the best use of a rest day is. Don't forget to track your progress and encourage others on the community site to stay focused on their goals so that they can achieve success as well.

I. RECONFIRM YOUR OVERALL GOAL HERE IN WRITING: _____

II. DO YOU FEEL LIKE YOU ARE DOING EVERYTHING YOU CAN TO MAKE YOUR TRANSFORMATION HAPPEN? WHAT CAN YOU DO BETTER?

III. THIS PAST WEEK HAS MADE ME FEEL? _____



IV. I AM GOING TO MAKE A PROMISE THAT MY NEXT WORKOUT WILL BE THE BEST ONE YET BECAUSE...

V. GENERAL COMMENTS:

FEATURED PRODUCT:



WWW.MYMETRX.COM

Being an active member of the **MYMETRX.com** community is a great way to get the support you need to complete your transformation. Our badge and point system will help make it fun... and rewarding! From logging your nutrition, to posting your progress to watching videos, you can earn milestone badges and points. Worked out for six days in a row? There is a badge for that. Updated your status & shared your progress? Earn points for completing various activities. If you are a premium member* of the **MYMETRX.com** community site, those points are redeemable for prizes. Please visit **MYMETRX.com** for more information!

*For-Rental

DAY 75



Reminder:
You can do
this online!

KICKBOXING

STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 80 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



Reminder:
Track your
results online!

KICKBOXING

CIRCUIT 1 PUNCHES 10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jocks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches

CIRCUIT 2 KICKS AND PUNCHES 10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L

COOL DOWN 5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1 10 MINUTES

1. Crouching Skater
2. Skater / Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump in Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Max
11. Crab Walk Beach
12. 4pt Climber

CIRCUIT 2 10 MINUTES

1. Crouching Skater
2. Skater/Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump in Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Max
11. Crab Walk Beach
12. 4pt Climber

COOL DOWN 5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe in Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe in Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Triceps Stretch R
14. Shoulder Stretch L
15. Triceps Stretch L
16. Back Stretch

DAY 76

DEFINITION WORKOUT **3** QUADS / HAMSTRINGS / GLUTES / CALVES



WARM UP

1. Neck Rolls
2. Arms Over Head, Waist, Toe Touch (Touchdown)
3. Ankle Rotation
4. Quick Half Squats
5. Jog In Place
6. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **SQUATS** (with weight) - as many as you can in 30 seconds. *FOOT POSITION: NORMAL* [] reps; [] weight
2. **SQUATS** (with weight) - as many as you can in 30 seconds. *FOOT POSITION: DUCK* [] reps; [] weight
3. **SQUATS** (with weight) - as many as you can in 30 seconds. *FOOT POSITION: NARROW* [] reps; [] weight

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Lunge [12 reps] [] reps; [] weight
Squat - narrow [12 reps] [] reps; [] weight
2. **SUPER-SET:** Lunge [10 reps] [] reps; [] weight
Squat - narrow [10 reps] [] reps; [] weight
3. **SUPER-SET:** Lunge [8 reps] [] reps; [] weight
Squat - narrow [8 reps] [] reps; [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE 2

NO WEIGHT

1. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [] reps
Leg Lifts [12 reps] [] reps
2. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [] reps
Leg Lifts [12 reps] [] reps

BLOCK FOUR: MET-Rx TRI-SET

1. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps; [] weight
Lying Leg Curl [12 reps] [] reps; [] weight
One Leg Dead Lift [12 reps] [] reps; [] weight
2. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps; [] weight
Lying Leg Curl [12 reps] [] reps; [] weight
One Leg Dead Lift [12 reps] [] reps; [] weight
3. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps; [] weight
Lying Leg Curl [12 reps] [] reps; [] weight
One Leg Dead Lift [12 reps] [] reps; [] weight

BLOCK FIVE: SMALL BODY-PART - CALVES WITH DUMBBELLS

1. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] *TOES NORMAL* [] reps; [] weight
Seated Calf Raise [20 reps] *TOES NORMAL* [] reps; [] weight
2. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] *TOES OUT* [] reps; [] weight
Seated Calf Raise [20 reps] *TOES OUT* [] reps; [] weight
3. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] *TOES IN* [] reps; [] weight
Seated Calf Raise [20 reps] *TOES IN* [] reps; [] weight



BLOCK SIX: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

SQUATS - do as many as you can in 60 seconds..... [] reps

LAST WEEK [] reps

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUST - do as many as you can in 60 seconds [] reps

LAST WEEK [] reps

COOL DOWN

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Standing Reach Toes
4. Standing Back Bend



CARDIO TACTICS 1

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The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

- | | |
|------------------|-----------------------|
| 1. Jumping Jacks | 7. Butt Kicks |
| 2. Cross Overs | 8. Touchdown |
| 3. 3 Step Reach | 9. Sumo In and Out |
| 4. Sprints | 10. Squat Thrusts |
| 5. Steam Engine | 11. Mountain Climbers |
| 6. Lunge Twist | 12. ACTIVE REST |

CIRCUIT 2

10 MINUTES

- | | |
|--|--|
| 1. Jumping Jacks [30 secs] | 8. Touchdown |
| 2. Cross Overs [30 secs] | 9. Sumo In and Out |
| 3. 3 Step Reach [1 min] | 10. Squat Thrusts |
| 4. Sprints [1 min] | 11. Mountain Climbers |
| 5. Steam Engine - Knee Lifts - [1 min] | 12. BBWS CORE - Diagonal chop low to high R |
| 6. Lunge Twist [1 min] | 13. BBWS CORE - Diagonal chop low to high L |
| 7. Butt Kicks [1 min] | |

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch F
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasped together overhead, drop head back, reach for back of room. - REPEAT

NOTES:

DAY 77

DEFINITION WORKOUT 4 CHEST / BICEPS / ABDOMINALS



WARM UP

- | | |
|------------------------------------|-----------------|
| 1. Arm Crosses | 4. Torso Twist |
| 2. Arm Circles Backwards | 5. Jog In Place |
| 3. Arms Overhead, Waist, Toe Touch | 6. Butt Kicks |

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

- | | |
|--|------------|
| 1. PUSH-UPS - as many as you can in 30 seconds | _____ reps |
| 2. PUSH-UPS - as many as you can in 30 seconds | _____ reps |
| 3. PUSH-UPS - as many as you can in 30 seconds | _____ reps |

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

- | | | |
|---|------------|--------------|
| 1. SUPER-SET: Flat Press (ball) [12 reps] | _____ reps | _____ weight |
| Flat Fly (ball) [12 reps] | _____ reps | _____ weight |
| 2. SUPER-SET: Flat Press (ball) [12 reps] | _____ reps | _____ weight |
| Flat Fly (ball) [12 reps] | _____ reps | _____ weight |
| 3. SUPER-SET: Flat Press (ball) [12 reps] | _____ reps | _____ weight |
| Flat Fly (ball) [12 reps] | _____ reps | _____ weight |

BLOCK THREE: MET-Rx TRI-SET

- | | | |
|--|------------|--------------|
| 1. TRI-SET: Incline Press (ball) [12 reps] | _____ reps | _____ weight |
| Incline Fly (ball) [12 reps] | _____ reps | _____ weight |
| Crossover [12 reps] | _____ reps | _____ weight |
| 2. TRI-SET: Incline Press (ball) [12 reps] | _____ reps | _____ weight |
| Incline Fly (ball) [12 reps] | _____ reps | _____ weight |
| Crossover [12 reps] | _____ reps | _____ weight |
| 3. TRI-SET: Incline Press (ball) [12 reps] | _____ reps | _____ weight |
| Incline Fly (ball) [12 reps] | _____ reps | _____ weight |
| Crossover [12 reps] | _____ reps | _____ weight |

BLOCK FOUR: SMALL BODY-PART BICEPS

- | | | |
|--|------------|--------------|
| 1. STANDING TWO ARM BICEP CURL [7+7+7 reps] | _____ reps | _____ weight |
| 2A. SUPER-SET: Standing Hammer Curl [12 reps] | _____ reps | _____ weight |
| Standing Alternating Curl [12 reps] | _____ reps | _____ weight |
| 2B. SUPER-SET: Standing Hammer Curl [10 reps] | _____ reps | _____ weight |
| Standing Alternating Curl [10 reps] | _____ reps | _____ weight |
| 2C. SUPER-SET: Standing Hammer Curl [8 reps] | _____ reps | _____ weight |
| Standing Alternating Curl [8 reps] | _____ reps | _____ weight |
| 3A. TRI-SET: Standing Concentration Curl [12 reps] | _____ reps | _____ weight |
| Reverse Curl [12 reps] | _____ reps | _____ weight |
| Seated Concentration Curl (ball) [12 reps] | _____ reps | _____ weight |
| 3B. TRI-SET: Standing Concentration Curl [12 reps] | _____ reps | _____ weight |
| Reverse Curl [12 reps] | _____ reps | _____ weight |
| Seated Concentration Curl (ball) [12 reps] | _____ reps | _____ weight |
| 3C. TRI-SET: Standing Concentration Curl [12 reps] | _____ reps | _____ weight |
| Reverse Curl [12 reps] | _____ reps | _____ weight |
| Seated Concentration Curl (ball) [12 reps] | _____ reps | _____ weight |



BLOCK SIX: MET-Rx MINUTE

TOTAL BODY RESISTANCE CHALLENGE

1. **PUSH UPS** - do as many as you can in 60 seconds [___] reps
 2. **SQUATS** - do as many as you can in 60 seconds [___] reps
 3. **SQUAT THRUST** - do as many as you can in 60 seconds [___] reps

LAST WEEK: PUSH UPS [___] reps, SQUATS [___] reps, SQUAT THRUST [___] reps

BLOCK SIX: ABDOMINALS

- 1A. CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [___] reps
1B. CRUNCH (KNEES UP) - do as many as you can in 30 seconds [___] reps
1C. CRUNCH (KNEES UP) - do as many as you can in 30 seconds [___] reps
PLANK - hold it for 30 seconds
- 2A. GIANT-SET:** Crunch (Ball) [15 reps] [___] reps
 Lying Leg Raise (ball) [15 reps] [___] reps
 Scissor Kick [15 reps] [___] reps
 Standing Twist (dumbbell) [15 reps] No Weight [___] reps
- 2B. GIANT-SET:** Crunch (Ball) [15 reps] [___] reps
 Lying Leg Raise (ball) [15 reps] [___] reps
 Scissor Kick [15 reps] [___] reps
 Standing Twist (dumbbell) [15 reps] No Weight [___] reps
- 2C. GIANT-SET:** Crunch (Ball) [15 reps] [___] reps
 Lying Leg Raise (ball) [15 reps] [___] reps
 Scissor Kick [15 reps] [___] reps
 Standing Twist (dumbbell) [15 reps] No Weight [___] reps

COOL DOWN

- Cobra
- Child's Pose
- Overhead On Knees
- Standing Chest Stretch
- Standing Bicep Stretch



CARDIO TACTICS 1 - ADVANCED

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WARM UP

- Knee Up
- Quick Feet
- Heel Dig
- Back Lunge
- Side Lunge
- Hip Rotation
- Knee Up
- Quick Feet
- Heel Dig
- Back Lunge
- Side Lunge
- Hip Rotation

CIRCUIT 1

10 MINUTES

- Crouching Skater
- Skater / Half Box
- Sweeps
- Jump Squats
- Travelling Plank
- Jump In Hip Dip
- Switch Lunges
- Sprinting Push Up
- Seesaw
- Sk Man
- Crab Walk Reach
- 4pt Climber

CIRCUIT 2

10 MINUTES

- Crouching Skater
- Skater/Half Box
- Sweeps
- Jump Squats
- Travelling Plank
- Jump In Hip Dip
- Switch Lunges
- Sprinting Push Up
- Seesaw
- Sk Man
- Crab Walk Reach
- 4pt Climber

COOL DOWN

5 MINUTES

- March in Place
- Side Lunge Stretch R
- Breathe in Squat R
- Hamstring Stretch R
- Deep Bend Stretch
- Shoulder Rolls
- Side Lunge Stretch R
- Breathe in Squat R
- Hamstring Stretch R
- Deep Bend Stretch
- Shoulder Rolls
- Shoulder Stretch R
- Triceps Stretch R
- Shoulder Stretch L
- Triceps Stretch L
- Back Stretch

DAY 78

ADVANCED ABDOMINALS

SET ONE:

1. **BASIC CRUNCH** [20 - 25 reps] [] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [] reps
3. **BICYCLES** [20 - 25 reps] [] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [] reps
6. **KNEE TUCKS** [20 - 25 reps] [] reps
7. **TOE TOUCHES** [20 - 25 reps] [] reps
8. **CAT CAMEL** [20 - 25 reps] [] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [] reps
11. **SEATED TWIST** [20 - 25 reps] [] reps
12. **PLANK HOLD** [60 seconds]

SET TWO:

1. **BASIC CRUNCH** [20 - 25 reps] [] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [] reps
3. **BICYCLES** [20 - 25 reps] [] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [] reps
6. **KNEE TUCKS** [20 - 25 reps] [] reps
7. **TOE TOUCHES** [20 - 25 reps] [] reps
8. **CAT CAMEL** [20 - 25 reps] [] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [] reps
11. **SEATED TWIST** [20 - 25 reps] [] reps
12. **PLANK HOLD** [60 seconds]

SET THREE:

1. **HYPEREXTENSIONS** [20 - 25 reps] [] reps
2. **SUPERMAN'S** [20 - 25 reps] [] reps
3. **BACK FLEXION** [20 - 25 reps] [] reps

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X

KICKBOXING

CIRCUIT 1 PUNCHES 10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches

CIRCUIT 2 KICKS AND PUNCHES 10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L

COOL DOWN 5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

DAY 79

DEFINITION WORKOUT 1 SHOULDERS / TRICEPS / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
2. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
3. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight

BLOCK TWO: MET-Rx BACK TO BACK CHALLENGE

1. **UPRIGHT ROW** [12 reps] [] reps [] weight
STANDING LATERAL RAISE [12 reps] [] reps [] weight
2. **UPRIGHT ROW** [10 reps] [] reps [] weight
STANDING LATERAL RAISE [10 reps] [] reps [] weight
3. **UPRIGHT ROW** [8 reps] [] reps [] weight
STANDING LATERAL RAISE [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Standing Shoulder Press [12 reps] [] reps [] weight
Standing Two Arm Front Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight
2. **TRI-SET:** Standing Shoulder Press [12 reps] [] reps [] weight
Standing Two Arm Front Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight
3. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
4. **DROP-SET:** Bent Over Lateral Raise [12 reps] [] reps [] weight
5. **DROP-SET:** Bent Over Lateral Raise [10 reps] [] reps [] weight
6. **DROP-SET:** Bent Over Lateral Raise [8 reps] [] reps [] weight



BLOCK FOUR: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH UPS** - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

BLOCK FIVE: SMALL BODY-PART - TRICEPS

1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
- 2A. **SUPER-SET:** Two Arm Overhead Triceps Extension [12 reps] [] reps [] weight
Two Arm Triceps Kick Back [12 reps] [] reps [] weight
- 2B. **SUPER-SET:** Two Arm Overhead Triceps Extension [10 reps] [] reps [] weight
Two Arm Triceps Kick Back [10 reps] [] reps [] weight
- 2C. **SUPER-SET:** Two Arm Overhead Triceps Extension [8 reps] [] reps [] weight
Two Arm Triceps Kick Back [8 reps] [] reps [] weight



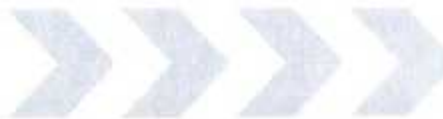
3A. TRI-SET:	Lying Triceps Extension (ball) [12 reps].....	[] reps	[] weight
	Standing One Arm Triceps Extension [12 reps].....	[] reps	[] weight
	Two Arm Reverse Triceps Kick Back [12 reps].....	[] reps	[] weight
3B. TRI-SET:	Lying Triceps Extension (ball) [12 reps].....	[] reps	[] weight
	Standing One Arm Triceps Extension [12 reps].....	[] reps	[] weight
	Two Arm Reverse Triceps Kick Back [12 reps].....	[] reps	[] weight
3C. TRI-SET:	Lying Triceps Extension (ball) [12 reps].....	[] reps	[] weight
	Standing One Arm Triceps Extension [12 reps].....	[] reps	[] weight
	Two Arm Reverse Triceps Kick Back [12 reps].....	[] reps	[] weight

BLOCK SIX: **ABDOMINALS**

1A. CRUNCH (KNEES UP)	- do as many as you can in 30 seconds.....	[] reps
1B. CRUNCH (KNEES UP)	- do as many as you can in 30 seconds.....	[] reps
1C. CRUNCH (KNEES UP)	- do as many as you can in 30 seconds.....	[] reps
	PLANK - hold it for 30 seconds	
2A. GIANT-SET:	Crunch (Ball) [15 reps].....	[] reps
	Lying Leg Raise (ball) [15 reps].....	[] reps
	Scissor Kick [15 reps].....	[] reps
	Standing Twist (dumbbell) [15 reps] No Weight.....	[] reps
2B. GIANT-SET:	Crunch (Ball) [15 reps].....	[] reps
	Lying Leg Raise (ball) [15 reps].....	[] reps
	Scissor Kick [15 reps].....	[] reps
	Standing Twist (dumbbell) [15 reps] No Weight.....	[] reps
2C. GIANT-SET:	Crunch (Ball) [15 reps].....	[] reps
	Lying Leg Raise (ball) [15 reps].....	[] reps
	Scissor Kick [15 reps].....	[] reps
	Standing Twist (dumbbell) [15 reps] No Weight.....	[] reps

COOL DOWN

1. Cobra
2. Child's Pose
3. Alternating Swimmers
4. Standing Triceps Stretch - each arm
5. Standing Shoulder Stretch - each arm



CARDIO TACTICS 1

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercises in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdowns
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2

10 MINUTES

1. Jumping Jacks (30 sec)
2. Cross Overs (30 sec)
3. 3 Step Reach (1 min)
4. Sprints (1 min)
5. Steam Engine -Knee Lifts - (1 min)
6. Lunge Twist (1 min)
7. Butt Kicks (1 min)
8. Touchdowns
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. BONUS CORE - Diagonal chop low to high R
13. BONUS CORE - Diagonal chop low to high L

COOL DOWN

5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasped together overhead, drop head back, reach for back of room - REPEAT

DAY 80



Reminder:
You can do
this online!

DEFINITION WORKOUT 2 BACK / ABDOMINALS



WARM UP

1. Arms Over Head, Waist, Twist, Toe Touches (Touchdown)
2. Torso Twists
3. Good Mornings
4. Standing Cat / Cows
5. Jog in Place

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds [] reps
2. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds..... [] reps
3. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds..... [] reps

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

POWER PYRAMID

1. SUPER-SET: Bent Over Two Arm Row [12 reps] [] reps [] weight
Dead Lift [12 reps] [] reps [] weight
2. SUPER-SET: Bent Over Two Arm Row [10 reps] [] reps [] weight
Dead Lift [10 reps] [] reps [] weight
3. SUPER-SET: Bent Over Two Arm Row [8 reps] [] reps [] weight
Dead Lift [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. TRI-SET: Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight
2. TRI-SET: Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight
3. TRI-SET: Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight

BLOCK FOUR: MET-Rx TRI-SET 2

1. TRI-SET: Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight
2. TRI-SET: Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight
3. TRI-SET: Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight



BLOCK FIVE: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

- SQUAT THRUST -do as many as you can in 60 seconds... [] reps
- LAST WEEK [] reps



BLOCK SIX: ABDOMINALS

1A. PLANK - hold it for 30 seconds.....	[]	reps
2A. GIANT-SET: Crunch (Ball) [15 reps].....	[]	reps
Lying Leg Raise (ball) [15 reps].....	[]	reps
Reverse Crunch (ball) [15 reps].....	[]	reps
Twisting Crunches (ball) [15 reps].....	[]	reps
2B. GIANT-SET: Crunch (Ball) [15 reps].....	[]	reps
Lying Leg Raise (ball) [15 reps].....	[]	reps
Reverse Crunch (ball) [15 reps].....	[]	reps
Twisting Crunches (ball) [15 reps].....	[]	reps
2C. GIANT-SET: Crunch (Ball) [15 reps].....	[]	reps
Lying Leg Raise (ball) [15 reps].....	[]	reps
Reverse Crunch (ball) [15 reps].....	[]	reps
Twisting Crunches (ball) [15 reps].....	[]	reps



Reminder:
Track your
results online!

COOL DOWN

1. Cobra
2. Superman's
3. Child's Pose
4. Back Stretch On Your Back - both knees to chest



CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up, allowing the body to adapt over the course of time and keep you free of injury.

WARM UP	CIRCUIT 1 10 MINUTES	CIRCUIT 2 10 MINUTES	COOL DOWN 5 MINUTES
1. Knee Up	1. Crouching Skater	7. Switch Lunges	1. March in Place
2. Quick Feet	2. Skater / Half Box	8. Sprinting Push Up	2. Side Lunge Stretch R
3. Heel Dig	3. Sweeps	9. Seesaw	3. Breathe in Squat R
4. Back Lunge	4. Jump Squats	10. Ski Man	4. Hamstring Stretch R
5. Side Lunge	5. Traveling Plank	11. Crab Walk Reach	5. Deep Bend Stretch
6. Hip Rotation	6. Jump In Hip Dip	12. 4pt Climber	6. Shoulder Rolls
7. Knee Up		7. Side Lunge Stretch R
8. Quick Feet	1. Crouching Skater	7. Switch Lunges	8. Breathe in Squat R
9. Heel Dig	2. Skater/Half Box	8. Sprinting Push Up	9. Hamstring Stretch R
10. Back Lunge	3. Sweeps	9. Seesaw	10. Deep Bend Stretch
11. Side Lunge	4. Jump Squats	10. Ski Man	11. Shoulder Rolls
12. Hip Rotation	5. Traveling Plank	11. Crab Walk Reach	12. Shoulder Stretch R
	6. Jump In Hip Dip	12. 4pt Climber	13. Triceps Stretch R
			14. Shoulder Stretch L
			15. Triceps Stretch L
			16. Back Stretch

NOTES:

DAY 81

REST DAY



REST DAYS ARE CRUCIAL TO YOUR SUCCESS. As you get closer to your goal, you can use your rest days to think about all the ways you will be enjoying your new body.

I. RECONFIRM YOUR GOALS: _____

II. WHEN I COMPLETE MY TRANSFORMATION JOURNEY I'M GOING TO... _____

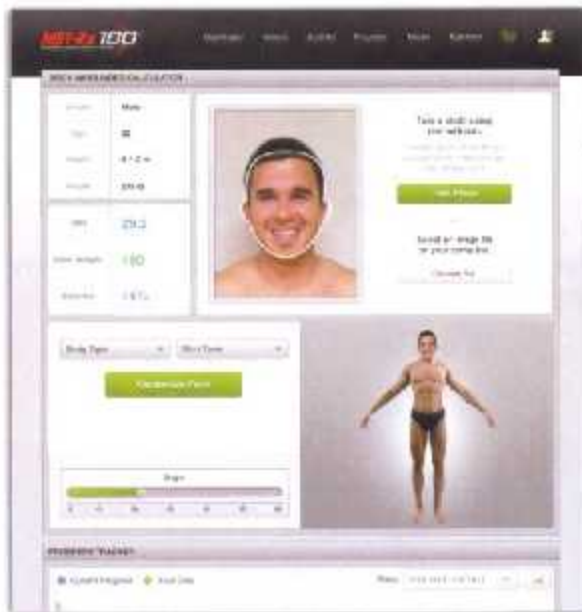
III. WHAT IS THE FIRST THING YOUR GOING TO DO WITH YOUR NEW LOOK? _____



IV. WHO HAS BEEN THE MOST ENCOURAGING PERSON THROUGHOUT YOUR JOURNEY SO FAR?

V. HOW HAVE YOU BEEN ENCOURAGING OTHERS AT MYMETRX.COM?

FEATURED PRODUCT:



WWW.MYMETRX.COM

Utilize the "Morphing app" within **MYMETRX.com** to get an idea of what you can look like over the course of your transformation! The key to utilizing this tool effectively is entering in complete and accurate information. Within your **MYMETRX.com** profile you are prompted to enter your measurements. These measurements will be used within the morphing app to show you what you could look like.

DAY 82

KICKBOXING

STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



KICKBOXING

CIRCUIT 1 PUNCHES

10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches

CIRCUIT 2 KICKS AND PUNCHES

10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L

COOL DOWN 5 MINUTES

1. March In Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1 10 MINUTES

1. Crouching Skater
2. Skater / Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump in Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Man
11. Crab Walk Reach
12. 4pt Climber

CIRCUIT 2 10 MINUTES

1. Crouching Skater
2. Skater/Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump in Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Man
11. Crab Walk Reach
12. 4pt Climber

COOL DOWN 5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe in Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe in Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Triceps Stretch R
14. Shoulder Stretch L
15. Triceps Stretch L
16. Back Stretch

DAY 83

DEFINITION WORKOUT **B** QUADS / HAMSTRINGS / GLUTES / CALVES



WARM UP

1. Neck Rolls
2. Arms Over Head, Waist, Toe Touch (Touchdown)
3. Ankle Rotation
4. Quick Half Squats
5. Jog In Place
6. Butt Kicks

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **SQUATS** (with weight) - as many as you can in 30 seconds. **FOOT POSITION: NORMAL** [] reps [] weight
2. **SQUATS** (with weight) - as many as you can in 30 seconds. **FOOT POSITION: DUCK** [] reps [] weight
3. **SQUATS** (with weight) - as many as you can in 30 seconds. **FOOT POSITION: NARROW** [] reps [] weight

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Lunge [12 reps] [] reps [] weight
Squat - narrow [12 reps] [] reps [] weight
2. **SUPER-SET:** Lunge [10 reps] [] reps [] weight
Squat - narrow [10 reps] [] reps [] weight
3. **SUPER-SET:** Lunge [8 reps] [] reps [] weight
Squat - narrow [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE 2

NO WEIGHT

1. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [] reps
Leg Lifts [12 reps] [] reps
2. **SUPER-SET:** Hamstring Roll (ball) [12 reps] [] reps
Leg Lifts [12 reps] [] reps

BLOCK FOUR: MET-Rx TRI-SET

1. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
2. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
3. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight

BLOCK FIVE: SMALL BODY-PART - CALVES WITH DUMBBELLS

1. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] **TOES NORMAL** [] reps [] weight
Seated Calf Raise [20 reps] **TOES NORMAL** [] reps [] weight
2. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] **TOES OUT** [] reps [] weight
Seated Calf Raise [20 reps] **TOES OUT** [] reps [] weight
3. **SUPER-SET:** Standing Calf Raise (ball) [20 reps] **TOES IN** [] reps [] weight
Seated Calf Raise [20 reps] **TOES IN** [] reps [] weight



BLOCK SIX: MET-Rx MINUTE

LOWER BODY RESISTANCE CHALLENGE

SQUATS - do as many as you can in 60 seconds..... [] reps]
LAST WEEK [] reps]

FULL BODY RESISTANCE CHALLENGE

SQUAT THRUST - do as many as you can in 60 seconds [] reps]
LAST WEEK [] reps]

COOL DOWN

1. Standing Quad Stretch
2. Standing Hamstring Stretch
3. Standing Reach Toes
4. Standing Back Bend



CARDIO TACTICS 1

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WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1

10 MINUTES

- | | |
|------------------|-----------------------|
| 1. Jumping Jacks | 7. Butt Kicks |
| 2. Cross Overs | 8. Touchdown |
| 3. 3 Step Reach | 9. Sumo In and Out |
| 4. Sprints | 10. Squat Thrusts |
| 5. Steam Engine | 11. Mountain Climbers |
| 6. Lunge Twist | 12. ACTIVE REST |

CIRCUIT 2

10 MINUTES

- | | |
|--|--|
| 1. Jumping Jacks (30 secs) | 8. Touchdown |
| 2. Cross Overs (30 secs) | 9. Sumo In and Out |
| 3. 3 Step Reach (1 min) | 10. Squat Thrusts |
| 4. Sprints (1 min) | 11. Mountain Climbers |
| 5. Steam Engine - Knee Lifts - (1 min) | 12. BONUS CORE - Diagonal chop low to high R |
| 6. Lunge Twist (1 min) | 13. BONUS CORE - Diagonal chop low to high L |
| 7. Butt Kicks (1 min) | |

COOL DOWN

5 MINUTES

1. March In Place
2. Breathe In Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension -
Breathe in reach hands clasp together overhead, drop head back, reach for back of room - REPEAT

NOTES:

DAY 84

DEFINITION WORKOUT **4** CHEST / BICEPS / ABDOMINALS



WARM UP

- | | |
|------------------------------------|-----------------|
| 1. Arm Crosses | 4. Torso Twist |
| 2. Arm Circles Backwards | 5. Jog In Place |
| 3. Arms Overhead, Waist, Toe Touch | 6. Butt Kicks |

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

- PUSH-UPS** - as many as you can in 30 seconds [___] reps
- PUSH-UPS** - as many as you can in 30 seconds [___] reps
- PUSH-UPS** - as many as you can in 30 seconds [___] reps

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

- SUPER-SET:** Flat Press (ball) [12 reps] [___] reps [___] weight
Flat Fly (ball) [12 reps] [___] reps [___] weight
- SUPER-SET:** Flat Press (ball) [12 reps] [___] reps [___] weight
Flat Fly (ball) [12 reps] [___] reps [___] weight
- SUPER-SET:** Flat Press (ball) [12 reps] [___] reps [___] weight
Flat Fly (ball) [12 reps] [___] reps [___] weight

BLOCK THREE: MET-Rx TRI-SET

- TRI-SET:** Incline Press (ball) [12 reps] [___] reps [___] weight
Incline Fly (ball) [12 reps] [___] reps [___] weight
Crossover [12 reps] [___] reps [___] weight
- TRI-SET:** Incline Press (ball) [12 reps] [___] reps [___] weight
Incline Fly (ball) [12 reps] [___] reps [___] weight
Crossover [12 reps] [___] reps [___] weight
- TRI-SET:** Incline Press (ball) [12 reps] [___] reps [___] weight
Incline Fly (ball) [12 reps] [___] reps [___] weight
Crossover [12 reps] [___] reps [___] weight

BLOCK FOUR: SMALL BODY-PART BICEPS

- STANDING TWO ARM BICEP CURL** [7+7+7 reps] [___] reps [___] weight
- SUPER-SET:** Standing Hammer Curl [12 reps] [___] reps [___] weight
Standing Alternating Curl [12 reps] [___] reps [___] weight
- SUPER-SET:** Standing Hammer Curl [10 reps] [___] reps [___] weight
Standing Alternating Curl [10 reps] [___] reps [___] weight
- SUPER-SET:** Standing Hammer Curl [8 reps] [___] reps [___] weight
Standing Alternating Curl [8 reps] [___] reps [___] weight
- TRI-SET:** Standing Concentration Curl [12 reps] [___] reps [___] weight
Reverse Curl [12 reps] [___] reps [___] weight
Seated Concentration Curl (ball) [12 reps] [___] reps [___] weight
- TRI-SET:** Standing Concentration Curl [12 reps] [___] reps [___] weight
Reverse Curl [12 reps] [___] reps [___] weight
Seated Concentration Curl (ball) [12 reps] [___] reps [___] weight
- TRI-SET:** Standing Concentration Curl [12 reps] [___] reps [___] weight
Reverse Curl [12 reps] [___] reps [___] weight
Seated Concentration Curl (ball) [12 reps] [___] reps [___] weight



BLOCK SIX: MET-Rx MINUTE

TOTAL BODY RESISTANCE CHALLENGE

1. **PUSH UPS** - do as many as you can in 60 seconds [] reps
2. **SQUATS** - do as many as you can in 60 seconds [] reps
3. **SQUAT THRUST** - do as many as you can in 60 seconds [] reps

LAST WEEK: PUSH UPS [] reps, SQUATS [] reps, SQUAT THRUST [] reps

BLOCK SIX: ABDOMINALS

- 1A. **CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [] reps
- 1B. **CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [] reps
- 1C. **CRUNCH (KNEES UP)** - do as many as you can in 30 seconds [] reps
- PLANK** - hold it for 30 seconds
- 2A. **GIANT-SET:** Crunch (Ball) [15 reps] [] reps
Lying Leg Raise (ball) [15 reps] [] reps
Scissor Kick [15 reps] [] reps
Standing Twist (dumbbell) [15 reps] No Weight [] reps
- 2B. **GIANT-SET:** Crunch (Ball) [15 reps] [] reps
Lying Leg Raise (ball) [15 reps] [] reps
Scissor Kick [15 reps] [] reps
Standing Twist (dumbbell) [15 reps] No Weight [] reps
- 2C. **GIANT-SET:** Crunch (Ball) [15 reps] [] reps
Lying Leg Raise (ball) [15 reps] [] reps
Scissor Kick [15 reps] [] reps
Standing Twist (dumbbell) [15 reps] No Weight [] reps

COOL DOWN

1. Cobra
2. Child's Pose
3. Overhead On Knees
4. Standing Chest Stretch
5. Standing Bicep Stretch



CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at.

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Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

CIRCUIT 2

10 MINUTES

- | | |
|---------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater/Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump In Hip Dip | 12. 4pt Climber |

COOL DOWN

5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe in Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe in Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Triceps Stretch R
14. Shoulder Stretch L
15. Triceps Stretch L
16. Back Stretch



ADVANCED ABDOMINALS

SET ONE:

1. **BASIC CRUNCH** [20 - 25 reps] [] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [] reps
3. **BICYCLES** [20 - 25 reps] [] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [] reps
6. **KNEE TUCKS** [20 - 25 reps] [] reps
7. **TOE TOUCHES** [20 - 25 reps] [] reps
8. **CAT CAMEL** [20 - 25 reps] [] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [] reps
11. **SEATED TWIST** [20 - 25 reps] [] reps
12. **PLANK HOLD** [60 seconds]

SET TWO:

1. **BASIC CRUNCH** [20 - 25 reps] [] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [] reps
3. **BICYCLES** [20 - 25 reps] [] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [] reps
6. **KNEE TUCKS** [20 - 25 reps] [] reps
7. **TOE TOUCHES** [20 - 25 reps] [] reps
8. **CAT CAMEL** [20 - 25 reps] [] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [] reps
11. **SEATED TWIST** [20 - 25 reps] [] reps
12. **PLANK HOLD** [60 seconds]

SET THREE:

1. **HYPEREXTENSIONS** [20 - 25 reps] [] reps
2. **SUPERMAN'S** [20 - 25 reps] [] reps
3. **BACK FLEXION** [20 - 25 reps] [] reps

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.



WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X

KICKBOXING

CIRCUIT 1 PUNCHES 10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches

CIRCUIT 2 KICKS AND PUNCHES 10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L

COOL DOWN 5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

DAY 86

DEFINITION WORKOUT 1 SHOULDERS / TRICEPS / ABDOMINALS



WARM UP

1. Neck Rolls
2. Arm Crosses
3. Good Mornings
4. Arms Overhead, Waist, Toe Touches
5. Torso Rotations

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
2. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight
3. **STANDING SHOULDER PRESS:** perform as many as you can in 30 seconds [] reps [] weight

BLOCK TWO: MET-Rx BACK TO BACK CHALLENGE

1. **UPRIGHT ROW** [12 reps] [] reps [] weight
STANDING LATERAL RAISE [12 reps] [] reps [] weight
2. **UPRIGHT ROW** [10 reps] [] reps [] weight
STANDING LATERAL RAISE [10 reps] [] reps [] weight
3. **UPRIGHT ROW** [8 reps] [] reps [] weight
STANDING LATERAL RAISE [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Standing Shoulder Press [12 reps] [] reps [] weight
Standing Two Arm Front Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight
2. **TRI-SET:** Standing Shoulder Press [12 reps] [] reps [] weight
Standing Two Arm Front Raise [12 reps] [] reps [] weight
Standing One Arm Lateral Raise [12 reps] [] reps [] weight
3. **TRI-SET:** Stiff Leg Dead Lift [12 reps] [] reps [] weight
Lying Leg Curl [12 reps] [] reps [] weight
One Leg Dead Lift [12 reps] [] reps [] weight
4. **DROP-SET:** Bent Over Lateral Raise [12 reps] [] reps [] weight
5. **DROP-SET:** Bent Over Lateral Raise [10 reps] [] reps [] weight
6. **DROP-SET:** Bent Over Lateral Raise [8 reps] [] reps [] weight



BLOCK FOUR: MET-Rx MINUTE

UPPER BODY RESISTANCE CHALLENGE

- PUSH UPS** - do as many as you can in 60 seconds [] reps
LAST WEEK [] reps

BLOCK FIVE: SMALL BODY-PART - TRICEPS

1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
1. **FLOOR DIPS** - do as many as you can in 30 seconds [] reps [] weight
- 2A. **SUPER-SET:** Two Arm Overhead Triceps Extension [12 reps] [] reps [] weight
Two Arm Triceps Kick Back [12 reps] [] reps [] weight
- 2B. **SUPER-SET:** Two Arm Overhead Triceps Extension [10 reps] [] reps [] weight
Two Arm Triceps Kick Back [10 reps] [] reps [] weight
- 2C. **SUPER-SET:** Two Arm Overhead Triceps Extension [8 reps] [] reps [] weight
Two Arm Triceps Kick Back [8 reps] [] reps [] weight



3A. TRI-SET:	Lying Triceps Extension (ball) [12 reps].....	[] reps	[] weight
	Standing One Arm Triceps Extension [12 reps].....	[] reps	[] weight
	Two Arm Reverse Triceps Kick Back [12 reps].....	[] reps	[] weight
3B. TRI-SET:	Lying Triceps Extension (ball) [12 reps].....	[] reps	[] weight
	Standing One Arm Triceps Extension [12 reps].....	[] reps	[] weight
	Two Arm Reverse Triceps Kick Back [12 reps].....	[] reps	[] weight
3C. TRI-SET:	Lying Triceps Extension (ball) [12 reps].....	[] reps	[] weight
	Standing One Arm Triceps Extension [12 reps].....	[] reps	[] weight
	Two Arm Reverse Triceps Kick Back [12 reps].....	[] reps	[] weight

BLOCK SIX: ABDOMINALS

1A. CRUNCH (KNEES UP)	- do as many as you can in 30 seconds.....	[] reps
1B. CRUNCH (KNEES UP)	- do as many as you can in 30 seconds.....	[] reps
1C. CRUNCH (KNEES UP)	- do as many as you can in 30 seconds.....	[] reps
PLANK - hold it for 30 seconds		
2A. GIANT-SET:	Crunch (Ball) [15 reps].....	[] reps
	Lying Leg Raise (ball) [15 reps].....	[] reps
	Scissor Kick [15 reps].....	[] reps
	Standing Twist (dumbbell) [15 reps] No Weight.....	[] reps
2B. GIANT-SET:	Crunch (Ball) [15 reps].....	[] reps
	Lying Leg Raise (ball) [15 reps].....	[] reps
	Scissor Kick [15 reps].....	[] reps
	Standing Twist (dumbbell) [15 reps] No Weight.....	[] reps
2C. GIANT-SET:	Crunch (Ball) [15 reps].....	[] reps
	Lying Leg Raise (ball) [15 reps].....	[] reps
	Scissor Kick [15 reps].....	[] reps
	Standing Twist (dumbbell) [15 reps] No Weight.....	[] reps

COOL DOWN

1. Cobra
2. Child's Pose
3. Alternating Swimmers
4. Standing Triceps Stretch - each arm
5. Standing Shoulder Stretch - each arm



CARDIO TACTICS 1

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should workout:

$$\% \text{ heart rate} = (220 - \text{age}) \times \%$$

Using this standard calculation - a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be aggressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1 10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Same In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2 10 MINUTES

1. Jumping Jacks (30 secs)
2. Cross Overs (30 secs)
3. 3 Step Reach (1 min)
4. Sprints (1 min)
5. Steam Engine -Knee Lifts (1 min)
6. Lunge Twist (1 min)
7. Butt Kicks (1 min)
8. Touchdown
9. Same In and Out
10. Squat Thrusts
11. Mountain Climbers
12. BONUS CORE - Diagonal chop low to high R
13. BONUS CORE - Diagonal chop low to high L

COOL DOWN 5 MINUTES

1. March in Place
2. Breaths in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch F
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch L
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls back
12. Shoulder Stretch R and L
13. Triceps Stretch F and L
14. Back Extension - breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT

DAY 87

DEFINITION WORKOUT 2 BACK / ABDOMINALS



WARM UP

1. Arms Over Head, Waist, Twist, Toe Touches (Touchdown)
2. Torso Twists
3. Good Mornings
4. Standing Cat / Cows
5. Jog In Place

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds [] reps
2. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds [] reps
3. OVERHEAD BALL EXTENSIONS (or pull-ups) - as many as you can in 30 seconds [] reps

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

POWER PYRAMID

1. SUPER-SET: Bent Over Two Arm Row [12 reps] [] reps [] weight
Dead Lift [12 reps] [] reps [] weight
2. SUPER-SET: Bent Over Two Arm Row [10 reps] [] reps [] weight
Dead Lift [10 reps] [] reps [] weight
3. SUPER-SET: Bent Over Two Arm Row [8 reps] [] reps [] weight
Dead Lift [8 reps] [] reps [] weight

BLOCK THREE: MET-Rx TRI-SET

1. TRI-SET: Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight
2. TRI-SET: Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight
3. TRI-SET: Reverse Two Arm Row [12 reps] [] reps [] weight
One Arm Row [12 reps] [] reps [] weight
Shrug [12 reps] [] reps [] weight

BLOCK FOUR: MET-Rx TRI-SET 2

1. TRI-SET: Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight
2. TRI-SET: Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight
3. TRI-SET: Cobra (on ball with dumbbell) [15 reps] [] reps [] weight
Hyperextension [15 reps] [] reps [] weight
Good Morning [15 reps] [] reps [] weight



BLOCK FIVE: MET-Rx MINUTE

FULL BODY RESISTANCE CHALLENGE

- SQUAT THRUST - do as many as you can in 60 seconds [] reps
- LAST WEEK [] reps



BLOCK SIX: ABDOMINALS

1A. PLANK - hold it for 30 seconds	[]	reps
2A. GIANT-SET: Crunch (Ball) [15 reps]	[]	reps
Lying Leg Raise (ball) [15 reps]	[]	reps
Reverse Crunch (ball) [15 reps]	[]	reps
Twisting Crunches (ball) [15 reps]	[]	reps
2B. GIANT-SET: Crunch (Ball) [15 reps]	[]	reps
Lying Leg Raise (ball) [15 reps]	[]	reps
Reverse Crunch (ball) [15 reps]	[]	reps
Twisting Crunches (ball) [15 reps]	[]	reps
2C. GIANT-SET: Crunch (Ball) [15 reps]	[]	reps
Lying Leg Raise (ball) [15 reps]	[]	reps
Reverse Crunch (ball) [15 reps]	[]	reps
Twisting Crunches (ball) [15 reps]	[]	reps

COOL DOWN

- | | |
|-----------------|--------------------|
| 1. Cobra | 4. Back Stretch On |
| 2. Superman | Your Back - both |
| 3. Child's Pose | knees to chest |



CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 aerobic conditioning workouts each week and shoot for 60 to 65 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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The duration of your Aerobic Conditioning should vary during the course of your MET-Rx 180 Program and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1

10 MINUTES

- | | |
|----------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater / Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump in Hip Dip | 12. 4pt Climber |

CIRCUIT 2

10 MINUTES

- | | |
|---------------------|----------------------|
| 1. Crouching Skater | 7. Switch Lunges |
| 2. Skater/Half Box | 8. Sprinting Push Up |
| 3. Sweeps | 9. Seesaw |
| 4. Jump Squats | 10. Ski Man |
| 5. Traveling Plank | 11. Crab Walk Reach |
| 6. Jump in Hip Dip | 12. 4pt Climber |

COOL DOWN

5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe in Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe in Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Triceps Stretch R
14. Shoulder Stretch L
15. Triceps Stretch L
16. Back Stretch

NOTES:

DAY 88

REST DAY



REST DAYS ARE CRUCIAL TO YOUR SUCCESS.

This is your last day of rest before you complete the *MET-Rx 180 Program*. You're almost there!

I. MY NEW GOAL FOR THIS NEXT 90 DAYS IS...

II. MY FAVORITE PART OF MY NEW BODY IS...

III. WHAT INSPIRES YOU TO CONTINUE WITH THIS NEW LIFESTYLE?



IV. HOW HAS THIS JOURNEY CHANGED YOUR LIFE? _____

V. NOW THAT I AM IN THE BEST SHAPE OF MY LIFE I AM GOING TO... _____

FEATURED PRODUCT:



WWW.MYMETRX.COM

You are just days away from completing your first 90 days on the *MET-Rx 180* workout program. Don't forget to go online to the community site at **MYMETRX.com** and share your transformational story. Inspire and motivate others and share your tips with your friends so that they can continue on their journey.

Don't forget that the *MET-Rx 180* workout program is a lifestyle, we want you continue on the journey for the next 90 days and want you to share your progress with the team!

DAY 89

KICKBOXING

STRETCH AND REFRESH WORKOUT



1. MOUNTAIN
2. SPINE TWIST
3. QUADRICEP STRETCHES
4. STANDING ONE LEG STRETCH
5. LUNGE STRETCH
6. FIERCE POSE
7. DANCER POSE
8. LIGHT BACK BEND
9. TREE POSE
10. RAG DOLL - LEFT - RIGHT
11. STANDING FORWARD BEND
12. TOUCH DOWNS
13. PLIE SQUAT
14. DOWNWARD DOG
15. LYING COBRA WITH LEG LIFT
16. BOW POSE
17. CHILD'S POSE
18. FIXED FIRM POSE
19. LYING LEG CROSSOVER
20. BRIDGE
21. INNER THIGH STRETCH
22. SITTING STRETCH
23. COME UP ON KNEES
24. MEDITATION ON KNEES

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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WARM UP

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints - 10 sec Sprint / 20 sec Recover Jog / Do 3X



KICKBOXING

CIRCUIT 1 PUNCHES 10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches

CIRCUIT 2 KICKS AND PUNCHES 10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L

COOL DOWN 5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side

CARDIO TACTICS 1 - ADVANCED

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

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WARM UP

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1 10 MINUTES

1. Crouching Skater
2. Skater / Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump to Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Man
11. Crab Walk Reach
12. Apt Climber

CIRCUIT 2 10 MINUTES

1. Crouching Skater
2. Skater / Half Box
3. Sweeps
4. Jump Squats
5. Traveling Plank
6. Jump to Hip Dip
7. Switch Lunges
8. Sprinting Push Up
9. Seesaw
10. Ski Man
11. Crab Walk Reach
12. Apt Climber

COOL DOWN 5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe in Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe in Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Triceps Stretch R
14. Shoulder Stretch L
15. Triceps Stretch L
16. Back Stretch

ADVANCED ABDOMINALS

SET ONE:

1. **BASIC CRUNCH** [20 - 25 reps] [] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [] reps
3. **BICYCLES** [20 - 25 reps] [] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [] reps
6. **KNEE TUCKS** [20 - 25 reps] [] reps
7. **TOE TOUCHES** [20 - 25 reps] [] reps
8. **CAT CAMEL** [20 - 25 reps] [] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [] reps
11. **SEATED TWIST** [20 - 25 reps] [] reps
12. **PLANK HOLD** [60 seconds]

SET TWO:

1. **BASIC CRUNCH** [20 - 25 reps] [] reps
2. **LEGS STRAIGHT OUT CRUNCH** [20 - 25 reps] [] reps
3. **BICYCLES** [20 - 25 reps] [] reps
4. **PLANK** (one leg up - one down) [20 - 25 reps] [] reps
5. **BUTTERFLY CRUNCH** [20 - 25 reps] [] reps
6. **KNEE TUCKS** [20 - 25 reps] [] reps
7. **TOE TOUCHES** [20 - 25 reps] [] reps
8. **CAT CAMEL** [20 - 25 reps] [] reps
9. **LYING LEG RAISE - PELVIC THRUST** [20 - 25 reps] [] reps
10. **FEET IN AIR TWISTING CRUNCH** [20 - 25 reps] [] reps
11. **SEATED TWIST** [20 - 25 reps] [] reps
12. **PLANK HOLD** [60 seconds]

SET THREE:

1. **HYPEREXTENSIONS** [20 - 25 reps] [] reps
2. **SUPERMAN'S** [20 - 25 reps] [] reps
3. **BACK FLEXION** [20 - 25 reps] [] reps

CARDIO

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%.$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

If you are going to substitute the cardio tactics workout 1 and 2 or the kickboxing workout please follow the below guidelines. Cardio tactics and kickboxing are considered aerobic exercise.

180 Reminder: You can do this online!

YOU DID IT!

LOOK IN THE MIRROR. Toss out those old clothes that are ultra baggy now. Congratulations! You have just completed the *MET-Rx 180 Transforming Every Body 90-Day Program*.

You followed through on your promise and achieved your goals. How does it feel? You must feel better than you have in years. Physically, you've transformed and mentally you've proven to yourself that you can achieve your dreams. I want you to remember that feeling forever, which is why we need to document it. Just in case, you slide back into an unhealthy lifestyle, re-read your following entry as motivation to immediately get back on the right path.

I JUST COMPLETED MY 90 DAY TRANSFORMATION AND I FEEL: _____

Throughout this entire 90-day journey, we have asked you every 30 days to take a body fat test, record your body measurements, and weigh yourself. I want you to input your final numbers in the beginning of the book where it's indicated.

Now look over your entire 90-day stats and do a little math. What are the differences between the first day you started and your final day in all categories?

RECORD IT HERE: _____

Now I want you to go out and buy a new swimsuit! Put it on and take a look at yourself in the mirror. I want you to write down some of the positive changes you see now compared to when you started. Of course, human beings are always a "work in progress."

WHAT WOULD YOU STILL LIKE TO CHANGE ABOUT YOURSELF? BE SPECIFIC HERE: _____

By writing down what you still want to change about yourself, you have started the process of your next goals. Now, I want you to be even more specific and write down exactly what you would like to achieve over the next 90 days. Remember, a goal isn't a goal unless it's written down or documented. It becomes verifiable and definitive when it's on paper. Get your pen out.

MY GOAL FOR THE NEXT 90 DAYS IS: _____

**TURN THE PAGE BUT KEEP
THE SWIMSUIT ON!!!**



AFTER PHOTO

WE TOLD YOU TO KEEP THAT SWIMSUIT ON. IT IS TIME FOR AN "AFTER" PHOTO. Hopefully, after this past 90 days, you have more self-esteem than when you started and you're looking forward to taking a photo of yourself in a swimsuit as proof of your victory.

Funny, but it was only 90 days ago that you were thinking about making a change. You made a commitment and did it. It's time to see the results!

Make sure you take the "after" photo from every angle that you took the "before" photo. This way you can make every conceivable comparison. It's also a good idea to have the swimsuit you used for the before photo as well. You can put that on for a few shots to get another perspective.

PLACE YOUR AFTER IMAGES HERE.



This completes (and most importantly) validates your commitment to the *MET-Rx 180 Program*. Take a minute or so and reflect back on all the hard work you did and where it has taken you mentally and physically.

Now, think about this challenge: The photo will be your "before" picture when (and not if, but when) you start another goal.

My friend, you're on your way. You'll only get better and better – and we are still here for you every step of the way.

NICE JOB – and Congratulations!

**AFTER
PHOTO
HERE**



Reminder: Track your results online!



WWW.MYMETRX.COM

IT'S EXCITING TO SEE YOUR PROGRESS OVER THE LAST 90 DAYS. ARE YOU EAGER FOR CONTINUED SUCCESS?

Of course, you want to get even better.

That's why you need to be sure to visit us at **MYMETRX.COM**.

On this site you will find amazing support that will help keep you living a healthy lifestyle. Along with daily videos and articles containing exercise, nutrition and supplement advice, there will be personal messages and motivation from Frank Sepe and various other MET-Rx athletes and fitness professionals.

We look forward to seeing you there.



Free Exercise Well Poster Included

