

Metabolic Resistance Training Routines

Metabolic Resistance Training (MRT) – a combination of strength and endurance. Power and cardio.

If your #1 goal is to put on lots of mass, be a bodybuilder, this isn't the workout for you. To get maximum size, the protocol calls for traditional strength training, where you work one or two muscle groups per workout, lift heavy weights, and get plenty of rest between sets.

MRT, on the other hand, gives you a total body workout that develops muscle groups simultaneously. It engages all muscle fibers, burns lots of energy, develops muscle size, builds useable strength, increases endurance, and strengthens your heart.

It also has you burning 100, 200, or more calories *after* the workout, thanks to recovery processes that are taking place in your body.

Personally, I find it to be one of the best tools for getting and staying in great shape.

These workouts aren't easy.

But once you start getting the hang of them, I think you'll enjoy them a great deal. You'll be able to exercise very efficiently, without wasting lots of time between sets. You'll also find your *total* fitness improving; not just your strength and muscle size, but also your agility and endurance.

Routines

The routines you'll find below are simply examples. You can treat them like templates and use them to craft workouts of your own.

Take note of the structure – which muscle groups work in succession, where cardio moves are inserted, and so on. Then use this structure and substitute your own variants.

For instance, you may want to replace a bench press with a push-up variation or use jump rope instead of the stationery bike. The details are not what's important; what's important is engaging the right muscles and keeping the intensity high.

As long as you work your way up to it, higher intensity is a good thing. It will take your conditioning to the next level and help you with physically demanding activities out in the real world.

But don't rush into these workouts. Take it easy at first, and give yourself time to adjust.

Because of their structure, MRT workouts activate your cardiovascular system. And even when there is no apparent cardio component (such as in the Advanced Routines), you'll still get the effect, as long as you keep the rest intervals short and use the right level of resistance.

BEGINNER

When you're first starting out with MRT training, your main focus will be on one thing and one thing only – form. Getting your form right is the absolute key to getting maximum benefits. It's also tricky to do when rest periods are short and you find yourself trying to catch your breath.

To get yourself acclimated, use a lighter resistance and take longer breaks.

The goal here is to do the exercises properly and to finish the workout, not to burn yourself out.

Structure:

- Begin with a warmup
- Do 2-3 rounds of your chosen Metabolic Training Routine
 - Where applicable, choose a resistance that allows you to do 12-15 reps of the exercise in excellent form
 - Go through the first round, sticking to 12 repetitions of each exercise, even if you can do more
 - Take 30-60 seconds of rest between exercises and 30-60 seconds at the end of the round
 - If you're up to it, increase your reps to 13, 14, or 15 for the next round. If not, stick to 12 reps
 - If you find yourself getting winded or your form starts to slip...slow...down. Take an extra 20-30 second break, and then continue on to the next exercise.
- Upon completing 2-3 rounds, finish up with a stretching routine

MRT 1

Note: detailed explanations of each exercise are beyond the scope of this page. There are many places online (i.e. YouTube) where you can see how these exercises are performed. You can also have a trainer or someone experienced guide you the first few times around.

Note: Feel free to pick and choose your desired cardio and ab exercises. You don't have to follow the prescribed moves below. Instead, you can choose jump rope, medicine ball slams, running in place, and so on.

1. Traveling lunge (kettlebell in one hand)
2. Pushup
3. Assisted pull-up (on pull-up machine or with elastic bands)
4. Bicep curl with dumbbells
5. Rowing machine cardio 45 seconds
6. Abs (exercise of your choice)

MRT 2

1. Kettlebell squat (holding kettlebell to your chest)
2. Bench press with dumbbells
3. One arm dumbbell row
4. Bench dip (with back towards bench and legs straight out in front)
5. Jumping jacks cardio 45 seconds
6. Abs (exercise of your choice)

MRT 3

1. Romanian lift with kettlebells
2. Incline bench press
3. Seated machine row
4. Leg extension
5. Bicep curl
6. Stationery bike or assault bike cardio 45 seconds
7. Abs (exercise of your choice)

MRT 4

1. Seated shoulder press
2. Seated machine row
3. Standing straight bar bicep curl
4. Triceps pushdowns with rope
5. Chest pullover with dumbbell

6. Treadmill run cardio 45 seconds
7. Abs (exercise of your choice)

MRT 5

1. Bench press
2. Assisted parallel chin ups (on pull-up machine or with elastic bands)
3. Squats unweighted, then add weight with dumbbells for 2nd and 3rd round
4. Upright row (with dumbbells)
5. Machine bicep curl
6. Seated triceps extension (with dumbbell behind head)
7. Abs (exercise of your choice)

INTERMEDIATE

The intermediate routines level-up the intensity by inserting additional cardio moves into the circuit. But instead of going through the entire circuit non-stop, you do exercises in groups of 3.

The first group of exercises are done together for 3-4 rounds, then the second group, and finally the third group.

When doing each group, the 3 exercises are done in succession, and you rest when you finish each round.

Structure:

- Begin with a warmup
- Do 3-4 rounds of your chosen Metabolic Training Routine
 - Where applicable, choose a resistance that allows you to do 12-15 reps of the exercise in excellent form
 - The exercises are broken up into groups of 3. Complete *all* rounds of the group before moving onto the next group (i.e. A1, A2, A3, Rest, then repeat until 3-4 rounds of A exercises have been completed before moving on)
 - Take 60-90 seconds of rest after each group of 3 exercises
 - Sticking to 12 repetitions of each exercise, even if you can do more

- If you find yourself getting winded or your form starts to slip...slow...down. Take an extra 20-30 second break, and then continue.
- Upon completing all rounds, finish up with a stretching routine

MRT 6

A1. Kettlebell squat and overhead press
 A2. Seated pulldown
 A3. Medicine ball slams cardio 45 seconds

B1. Dumbbell side raises
 B2. Alternating lunges unweighted, then add weight with dumbbells for 2nd 3rd, and 4th round
 B3. Cardio of your choice 45 seconds

C1. Upright row (with dumbbells)
 C2. Assisted dips (on machine or with elastic bands)
 C3. Abs (exercise of your choice)

MRT 7

A1. Leg press
 A2. Seated pulldown
 A3. Flat bench press
 B1. Rowing machine cardio 45 seconds
 B2. Seated leg extension
 B3. Seated cable flys
 C1. Prowler push on treadmill 45 seconds (with treadmill turned off, grasp handles and push the belt backwards with your legs)
 C2. Abs (exercise of your choice)
 C3. TRX incline row

MRT 8

A1. Deadlift, clean, press
 A2. Wide assisted pullups (on machine or with elastic bands)
 A3. Cardio of your choice 45 seconds
 B1. Wide pushups w/ hands on raised platforms
 B2. Bent over dumbbell row
 B3. Treadmill run 12-14 km/h 45 seconds
 C1. Incline dumbbell flys

- C2. Standing flat bar bicep curl
 - C3. Abs (exercise of your choice)
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ADVANCED

The advanced routines are oriented towards building strength and muscle size.

Notice there are no dedicated cardio exercises. Don't worry. Since you'll be doing these exercises with only short breaks in between, you'll still feel that you're getting a cardio workout. You'll also be activating the afterburn effect, and burning lots of calories long after the workout is over.

If you want to work more on endurance, decrease resistance and do the whole circuit in one go. Then rest, and repeat.

If you want to focus on strength, use higher resistance and split exercises into pairs (i.e. do 3-4 sets of the first pair of exercises, then the second pair, and so on).

One of the secrets with this form of training is to make sure you keep the resistance high enough to build maximum strength and develop your muscle size. This can be hard to do when your heart rate is too elevated and you're trying to catch your breath. For this reason, I recommend keeping tabs on your heart rate.

Whenever you find your heart rate surging past 70% of maximum, take a short rest to recover, and then go into the next move.

Structure:

- Begin with a warmup
- Do 3-4 rounds of your chosen Metabolic Training Routine
 - To build size and strength, you'll be using a higher resistance that allows you to do 10-12 reps of the exercise in excellent form
 - The exercises are broken up into groups of 2. Complete 1 set of both A exercises, rest, and repeat until you've completed 3-4 rounds of A exercises. Only then move onto the B exercises
 - Take 60-90 seconds of rest after each pair of exercises
 - Go through the first round, sticking to 12 repetitions of each exercise, even if you can do more

- If up to it, increase *resistance* for subsequent sets of each exercise, keeping reps in the 10-12 range
- If you find yourself getting winded or your form starts to slip...slow...down. Take an extra 20-30 second break, and then continue.
- Upon completing all rounds, finish up with a stretching routine

MRT 9

- A1. Kettlebell deadlift
- A2. Standing shoulder press
- B1. Dumbbell lunges
- B2. Side raises
- C1. Standing flat bar bicep curl
- C3. Abs (exercise of your choice)
- D1. Triceps pushdowns with rope
- D2. Wood chopper core twists (on cable machine)

MRT 10

- A1. Kettlebell squat (holding kettlebell to your chest)
- A2. Incline bench press with dumbbells
- B1. Prowler push
- B2. Dips with/without assist
- C1. Biceps preacher curl
- C2. Abs (exercise of your choice)
- D1. Triceps French press (on bench)
- D2. Alternating oblique twists on floor