

MRT

Metabolic Resistance Training Routines

Metabolic Resistance Training (MRT)

A combination of strength & endurance.
Power & cardio.

Know Your Goal.

If your aim is to put on lots of mass or be a bodybuilder, then 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.

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

Your Starting Goal

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
 - 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

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- 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

Detailed explanations of each exercise are beyond the scope of this guide. 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.

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

MRT 1

6 exercises

- 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

6 exercises

- 1 Kettlebell Squat
Holding Kettlebell to Your Chest
- 2 Bench Press with Dumbbells
- 3 One Arm Dumbbell Row
- 4 Bench Dip
Back Towards Bench And Legs Straight Out In Front
- 5 Jumping jacks cardio 45 seconds
- 6 Abs
Exercise of Your Choice

MRT 3

7 exercises

- 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

7 exercises

- 1 Seated Shoulder Press
- 2 Seated Machine Row
- 3 Standing Straight Bar Bicep Curl
- 4 Triceps Pushdowns with Rope
- 5 Chest Pullover with Dumbbell

MRT 5

7 exercises

6

Treadmill Run Cardio 45 Seconds

7

Abs
Exercise of Your Choice

1

Bench Press

2

Assisted Parallel Chin Ups
On Pull-up Machine Or with Elastic Bands

3

Squats Unweighted
Add Weight with Dumbbells for 2nd & 3rd Rounds

4

Upright Row
With Dumbbells

5

Machine Bicep Curl

6

Seated Triceps Extension
With Dumbbell Behind Head

7

Abs
Exercise of Your Choice



Intermediate

Ready to Level Up

The intermediate routines level-up the intensity by inserting additional cardiomoves into the circuit. But instead of going through the entire circuit nonstop, 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

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- 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

3 groups
9 exercises

- A1 Kettlebell Squat & Overhead Press
- A2 Seated Pulldown
- A3 Medicine Ball Slams Cardio 45 Seconds
- B1 Dumbbell Side Raises
- B2 Alternating Lunges Unweighted
Add Weight with Dumbbells for 2nd, 3rd & 4th Rounds
- 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

3 groups
9 exercises

- 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
Treadmill off, grasp handles, push belt backwards with your legs
 - C2 Abs
Exercise Of Your Choice
 - C3 TRX Incline Row
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MRT 8

3 groups
9 exercises

- 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



Advanced

Building Strength & Muscle

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

3 groups
9 exercises

A1

Kettlebell Deadlift

A2

Standing Shoulder Press

B1

Dumbbell Lunges

B2

Side Raises

C1

Standing Flat Bar Bicep Curl

C2

Abs
Exercise of Your Choice

D1

Triceps Pushdowns With Rope

D2

Wood Chopper Core Twists
On Cable Machine

MRT 10

3 groups
9 exercises

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
