



Dynamic Metabolic Workout

Disclaimer...It's always important to seek the care and advice of your health care professional prior to starting a workout or exercise program!
The Dynamic Metabolic Workout

Objective: To use specific movements using your bodyweight to provide resistance for a "conditioning" workout.

Bodyweight Workout: Dynamic Metabolic Intro...A great way to get a "conditioning" workout in while on the road is to go for a run. You can run almost anywhere at any time. However, if you want something different and don't have access to your "usual" workout equipment then getting back to the basics will do the trick.

Because this workout uses your whole body it helps increase the blood flow through your body, your core temperature, your cellular metabolism and the neural drive to your tissue. The Dynamic Metabolic Workout also helps improve your flexibility.

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The Workout

Perform 1 set of each exercise for the duration of the specified distance = 50 yards. 50 yards - can be in a hallway, a parking lot, a park area, or in place.

Exercises:

- Forward Skip- skipping is nothing more than a step with a hop...just like you did in grade school.
- Backwards Skip - step with a hop but going backward.
- Walk Pull Your Knee to Chest - While standing on one leg reach down and grab your opposite knee and pull it up to your chest
- Walk Cradle Knee to Chest - While standing on one leg reach down and place your knee into the bend of your arm and grab your foot with your opposite hand. Pull your leg up to your chest...you should feel it in your glutes.
- Straight Leg Swings - walking forward hold your hands out in front of you and gently swing your leg forward trying to kick your hands.
- Forward Lunges - Keeping your feet in line with your hips you are going to step out in front of you far enough so that your foot is in front of your knee. Slowly lower yourself so that your body weight is shifting towards your front foot and your hips are moving towards the ground. Continue to shift your weight forward as you drive yourself back up to a standing position. Key thing to remember is to keep your knee in line with your feet!
- Side Lunges - Keeping your feet pointing forward step out to the side and shift your weight to the front foot. Slowly lower yourself so that your body weight is shifting towards your front foot. Continue to shift your weight to the side while keeping your back leg straight as you drive yourself back up to a standing position. Key thing to remember is to keep your knee in line with your feet!
- Prone Plank - in a push-up position raise one leg up off the ground ten times
- Side Plank - Place one hand on the ground so that your shoulder, hips and ankle are in line. Raise the top leg up ten times. Then change sides.
- Reverse Plank - while sitting on the ground place your hands next to your hips and raise your hips off the ground so that your ankles, hips and shoulders are all in line. Raise one leg off the ground ten times.
- L-overs - lie on back and raise your legs off the ground so that your legs are straight up in the air. Lower both your legs to one side in control and then return to the starting position and lower to the other side and repeat.
- Jumping Jack Skip - Start with your hands over your head. As you move forward bring your hands down while you are bringing your knee up...so you perform a jumping jack while you are skipping forward.
- High knee skip - Skip forward bringing your knee up towards your chest.

Optional

- Striders - from a standing start you slowly build up to 70% by the time you finish your run.
- Sprint - from a standing start you explode out for no more than 20 yards.

Do You Want To Get REAL Results?

To do so, you need more than just a daily workout - you need a game plan.

A plan that is easy to follow and will guide you every step of the way. Giving you guidance on exactly what to do and when to do it on a daily basis.

Brand New Results Producing Program...

At the request of many of you who have contacted me and/or the site wanting information beyond the workouts included; I have created a new 30 Day Challenge.

I am very excited about the creation of this challenge. For the first time, I can personally reach many individuals and help them do things that they didn't know were possible, just like I do with my clients. If you want to learn more about how you can work with me, and experience amazing change in your life in 30 days, then click on the following link...

[>> Click Here To Apply For The 30 Day Transformational Challenge... >>](#)

In only 30 Days...

For 30 days I will guide you through this process; telling you what exercises to do, what supplements to take, and what kind of foods to eat.

Not only am I going to show you what to do, I'm going to show you how to do it. How you should be exercising, how you should be eating, and when to do all of it so that you make the kind of gains you are looking for.

I've seen a lot of people try to do this on their own...many start out with great intentions but unfortunately lose focus and end up with limited, very short-term, or no results.

For those of you who want more, I have put together the 30 Day Transformational Challenge Program...to help you get focused and stay focused. The best part is that I will help guide you every step of the way.

So if you are truly serious about...

- losing those unwanted pounds
- getting healthy
- creating the body of your dreams
- figuring out how to utilize time you don't have to get in a great workout
- ...or you just want to get your life back

...then I highly recommend you check out the 30 Day Transformation Program.

Click on the link below to find out more about this truly unique opportunity to work with me.

[>> Click Here To Apply For The](#)

[30 Day Transformational Challenge... >>](#)