

Endurance & Weight Loss

4-week metabolic conditioning program

Start Slow. Stay Consistent. See Yourself Improve!

Make an effort to prioritize getting these workouts in every day. If you miss 1 or 2 don't sweat it, keep chugging along and work your way through. Go crush it!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Core	2 Mobility	3 Power	4 Core	5 Metabolic Conditioning	6
7	8 Core	9 Metabolic Conditioning	10 Mobility	11 Power	12 Metabolic Conditioning	13
14	15 Power	16 Metabolic Conditioning	17 Mobility	18 Core	19 Metabolic Conditioning	20
21	22 Power	23 Metabolic Conditioning	24 Core	25 Power	26 Metabolic Conditioning	27
28	29 Power	30 Metabolic Conditioning	31 Core	30 Power	31 Metabolic Conditioning	

Congratulations!!! Way to go on finishing the program. Now what? First, bask in the glory that you set your mind to doing something and you accomplished it, that's no easy task! If you want to keep improving your endurance, you can repeat this program and increase the weight/speed you do things. You can also swap out some videos for others in our library. Happy exercising!