

NSS

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You

Workouts

#NSSFAMILY

Metabolic Bodyweight Circuit

Description: This workout requires NOTHING. This is a time-based workout.

Metabolic Bodyweight Circuit Workout

Prep Series: 1 round

-[Get Back Ups](#) x5 each way (forward, side, backward, side)

Series 1: 3 rounds (30-45 seconds rest between rounds)

-[Skip in Place](#) x30 seconds

-[Side-to-Side Shuffle](#) (as far as you have space) x30 seconds

-[Lateral Line Hops](#) x30 seconds

-[Gate Sink](#) x30 seconds

Series 2: 3 rounds (30-45 seconds rest between rounds)

-[Speed Split Squats](#) x15 seconds each way

-[High Skip in Place](#) x30 seconds

-[Sit Through](#) x30 seconds

-[Hollow Hold](#) x15 seconds

-[Side Hollow Hold](#) x15 seconds each side

Series 3: 2-3 rounds (15 seconds rest between rounds)

-[Fast Mountain Climber](#) x15 seconds

-[V-sit Crunch](#) x15 seconds

-[Lateral Jump](#) x15 seconds