

Day 4:

Optional Day Compound MET Kinetic Chain Variations

Optional Workout 1

1) Quad Blasts

Start at only 1-2 for first week, then 2 sets for second week, and then 3 sets from there on

2a) Speed Push ups X's 20

2b) Cable or tubing Punches X's 10 ES

2c) Crossover Push ups on MB X's 5-10 ES, or Alternating Flat DB Press off SB

2d) MB Hot Coals X's 5-10 (or off a Stepper, or any low riser)

Go three times through series 2, resting in between sets.

FAQ

Why is Intermediate / advanced the exact same workout?

One of Scott's principles is that when you get to the intermediate or advanced level, the difference lies in the level of application that the trainee brings to the program.

Where can I get a full program?

The above workout is customized to be a good intro to MET, though it's not a full program.

To learn more about the methodology behind MET, read the MET Workbook. It comes with several programs, as well as info for designing your own. As well, all of Scott's video workout programs come with a full workout, with variations and substitutions

See also Scott's free, 4-part videos on program design <http://www.youtube.com/watch?v=ETWlzh7pl>