



ViPR PRO® Training Camp: MetCon - Training Bout 1

Functional Team Training program

Designed to improve performance increase resiliency...to be unbreakable

DYNAMIC MOBILITY

PERFORM 1 MINUTE OF EACH EXERCISE IN ONE ROUND IN CONTROLLED SPEED

CLICK TO WATCH



WARM - UP

TRANSITION EXERCISE

PERFORM 20 SECONDS OF EACH PROGRESSION IN HIGHER SPEED - 1 MINUTE IN TOTAL

CLICK TO WATCH

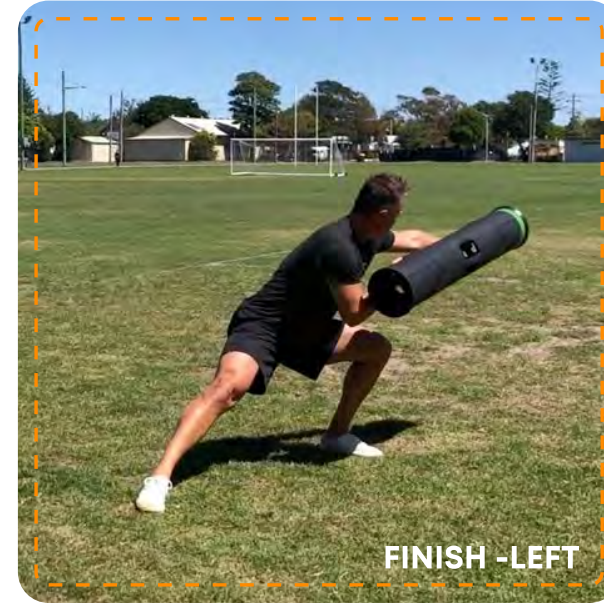


TRANSITION

STRENGTH

COMPLETE SELECTED VOLUME OF EACH EXERCISE THEN MOVE ONTO THE NEXT ONE - ONLY GOOD REPS COUNT

CLICK TO WATCH



W O R K O U T

MetCon
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