



# 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



STARTING POSITION



FINISH - BOTH SIDES



STARTING POSITION



FINISH - BOTH SIDES



START POSITION



FINISH - ALTERNATE SIDES



START POSITION



FINISH - BOTH SIDES

WARM - UP

### TRANSITION EXERCISE

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

CLICK TO WATCH



START POSITION



FIRST SEQUENCE



SECOND SEQUENCE



THIRD SEQUENCE

TRANSITION

### STRENGTH

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

CLICK TO WATCH



EXERCISE 1-START POSITION



FINISH



EXERCISE 2-START POSITION



FINISH



EXERCISE 3-START POSITION



FINISH



EXERCISE 4-START POSITION



FINISH - BOTH SIDES



EXERCISE 5-START POSITION



FINISH - RIGHT



FINISH - LEFT

W O R K O U T

# MetCon 1