

**METCON**

# WORKOUT BLOCK

ASAP

STEP 1  
DEMO

5 EXERCISES

STEP 2  
VOLUME

LOW  
Half

HIGH  
Full Rep

GRADED  
EXPOSURE

STEP 3  
GUIDANCE

FINISH ONE  
BEFORE THE NEXT

REST WHENEVER  
YOU WANT

MEASURE YOUR  
TOTAL TIME



**METCON**

# WORKOUT BLOCK

ASAP

STEP 1  
DEMO

5 EXERCISES

Highlight important  
cues of each exercise



# WORKOUT BLOCK

ASAP

Half of the full repetitions range prescribed in the programming

Full repetitions range prescribed in the programming

STEP 2  
VOLUME

LOW  
Half

HIGH  
Full Rep

GRADED  
EXPOSURE

PHASE 1  
Low

PHASE 2  
High

PHASE 3  
Low

PHASE 4  
High

LIGHT LOAD  
7 sessions

LIGHT LOAD  
7 sessions

HEAVIER LOAD  
7 sessions

HEAVIER LOAD  
7 sessions

**METCON**

# GRADED EXPOSURE

## JUICE LEVEL

**LAY LOW**

LOW VOLUME  
LIGHT LOAD

**FEEL OK**

HIGH VOLUME  
LIGHT LOAD

**READY**

HIGH VOLUME  
HEAVY LOAD

**THINGS TO CONSIDER:** Sleep quality, workload, HRV measurement, recent injuries, menstrual cycle, hydration and nutrition during the day, weather,

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TOTAL TIME

**PACING:** Work:Rest —>  
60=15x4

**EXTRA RECOVERY:** 5  
minutes after every 20  
minutes

ONLY GOOD REPS COUNT

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# WORKOUT BLOCK

ASAP

**STEP 1  
DEMO**

5 EXERCISES



Highlight important cues of each exercise

**STEP 2  
VOLUME**

LOW  
Half

HIGH  
Full Rep

GRADED  
EXPOSURE

PHASE1  
Low

PHASE 2  
High

PHASE 3  
Low

PHASE 4  
High

LIGHT LOAD

LIGHT LOAD

HEAVIER  
LOAD

HEAVIER  
LOAD

**STEP 3  
GUIDANCE**

FINISH ONE  
BEFORE THE NEXT

REST WHENEVER  
YOU WANT

MEASURE YOUR  
TOTAL TIME

**PACING:** Work:Rest → i.e. 30 total=10 reps x3 | 60 total=15reps x4

**EXTRA RECOVERY:** 5 minutes after every 20 minutes

**ONLY GOOD REPS COUNT**