

The Fastest Way to Improve Test Scores

An improvement in the Index Score means an immediate improvement on the field or court.

The fastest way to improve test scores is the

Metabolic Circuit

Dr. Bill Kraemer created the Metabolic Circuit after years of research on the Nebraska Survivor Circuit.



Your Work Habits Determine Your Future

The image of a great athlete is one that works hard and does the job right. They work hard because they **want to**.

The effort starts with the off-season workouts, carries over to in-season practice and into the classroom.

Coaches can provide an edge with their motivation, but **it is the athletes themselves that make the work ethic**. This is something that remains a mystery for those that are not willing to pay the price.



Metabolic Circuit Levels

The Metabolic Circuit should not be used year round. The advanced level (three sets) is very advanced and should only be used during the base phase to develop lean muscle and for no more than 4 weeks.

An improvement in Lean Body Mass will result in improved performance.

Use a weight that allows for a set of 10 repetitions with good form.

The speed of movement is not explosive but done under control to allow good form.

More growth hormone (GH) is released when the number of repetitions are ten as opposed to doing five or fewer.

More GH is released when the rest period is one minute or less as opposed to two or three minutes.

Beginner Level – 1 set of 10 reps twice a week on Strength Day.

Intermediate Level – 2 sets of 10 at each station before moving to the next station. The circuit is done twice a week on Strength Day in place of slow movements. Still do explosive movements on Explosive Day.

Advanced Level – 3 sets of 10 at each station with heavier loads to increase strength and bone density. The gains made will be at a faster rate than gains achieved through single or double set programs. Total time = 36 minutes.



Circuit Timer

All stations (except for the squat) use a circuit timer with 80 seconds for the combined work and rest.

Every 80 seconds a new set begins.

If your set takes 30 seconds to complete, then you have 50 seconds to rest.

Warm-up



2 sets of 10 under hurdle

Hurdle - could be done in a power rack under the safety level



2 sets of 5 snatch squat

A light bar for the snatch squat



Light Squat Warm-up
1 set of 10 light

Station #1 Squat 3 sets of 10 with same wt.



A clock with a second hand is used for the squat. 60 seconds between sets

Station #2 RDL or Leg Curl



Station #3 Single Leg Squat or Leg Extension



Station #4 Bench or Incline Press



Station #5 Lat Pulldown



Station #6 Shoulder Press



Station #7 Low - Row or Bent-over Row



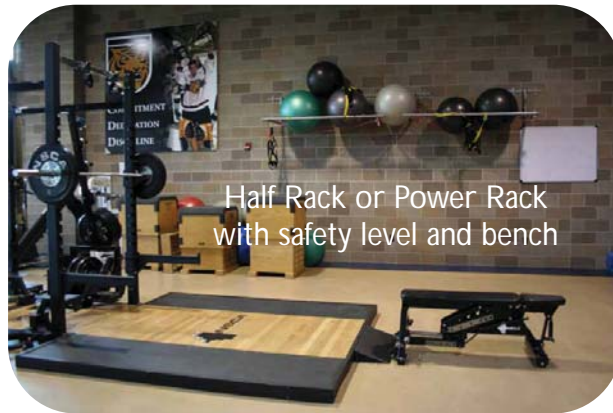
Station #8 Triceps Choice



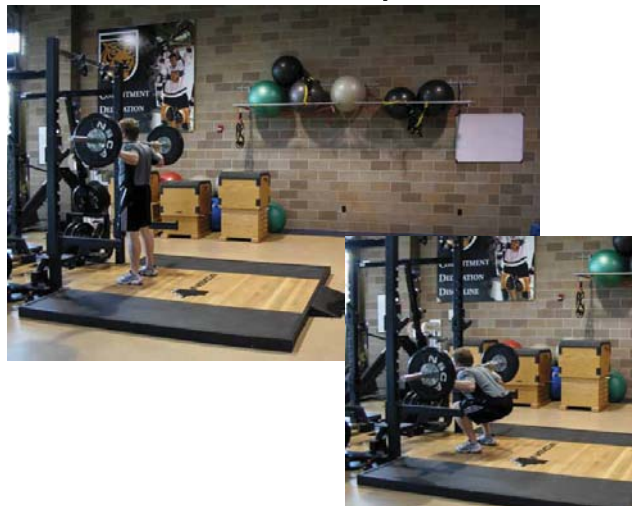
Station #9 Biceps Choice



Half Rack or Power Rack Station the Metabolic Circuit



Station 1 – Squat



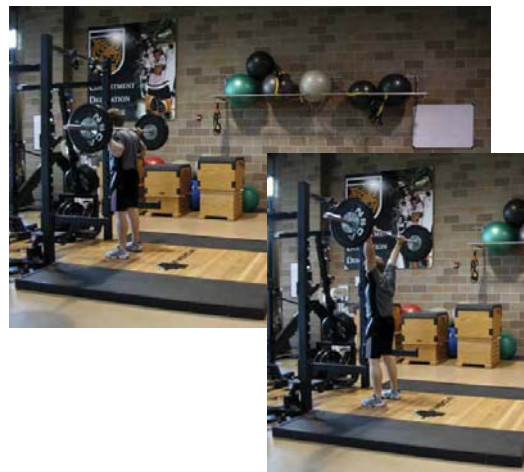
Station 2 – Single Leg Squat



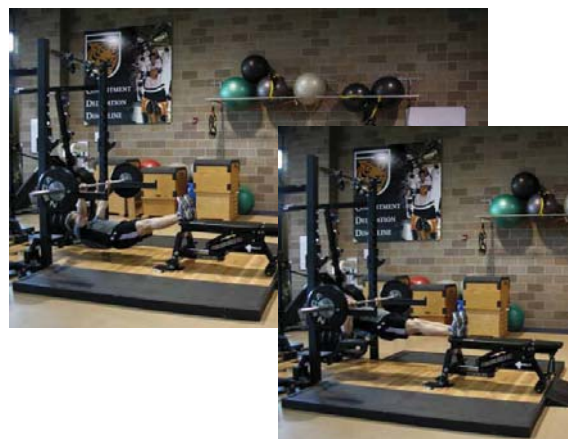
Station 3 – RDL



Station 4 – Standing Shoulder Press



Station 5 – Inverted Row



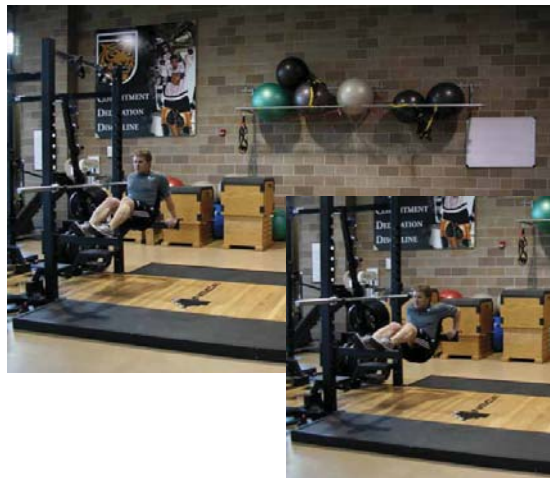
Station 6 – Bench Press



Station 7 – Bent-over Row



Station 8 – Dips



Station 9 – Bicep Curls



Name: _____ Date: _____ Base Phase: **Advanced Metabolic**

Monday (heavy)	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Body Weight	lbs	lbs	lbs	lbs	lbs	lbs	lbs	lbs	lbs	lbs	lbs	
Rack Clean	3x5		3x5		3x5		3x5		3x5		3x5	
Squat Jumps	3x5		3x5		3x5		3x5		3x5		3x5	
Hang High-pulls	3x5		3x5		3x5		3x5		3x5		3x5	
Planks												
Tuesday (light)	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Squat	2x10		3x10		3x10		3x10		3x10		3x10	
Single-leg Bulgarians	2x10		3x10		3x10		3x10		3x10		3x10	
RDL	2x10		3x10		3x10		3x10		3x10		3x10	
Standing Shoulder Press	2x10		3x10		3x10		3x10		3x10		3x10	
Inverted Row	2x10		3x10		3x10		3x10		3x10		3x10	
Bench Press	2x10		3x10		3x10		3x10		3x10		3x10	
Bent-over Row	2x10		3x10		3x10		3x10		3x10		3x10	
Dips	2x10		3x10		3x10		3x10		3x10		3x10	
Bicep Curls	2x10		3x10		3x10		3x10		3x10		3x10	
Thursday (light)	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Rack Clean	3x5		3x5		3x5		3x5		3x5		3x5	
Squat Jumps	3x5		3x5		3x5		3x5		3x5		3x5	
Hang High-pulls	3x5		3x5		3x5		3x5		3x5		3x5	
Planks												
Friday (heavy)	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
Squat	2x10		3x10		3x10		3x10		3x10		3x10	
Single-leg Bulgarians	2x10		3x10		3x10		3x10		3x10		3x10	
RDL	2x10		3x10		3x10		3x10		3x10		3x10	
Standing Shoulder Press	2x10		3x10		3x10		3x10		3x10		3x10	
Inverted Row	2x10		3x10		3x10		3x10		3x10		3x10	
Bench Press	2x10		3x10		3x10		3x10		3x10		3x10	
Bent-over Row	2x10		3x10		3x10		3x10		3x10		3x10	
Dips	2x10		3x10		3x10		3x10		3x10		3x10	
Bicep Curls	2x10		3x10		3x10		3x10		3x10		3x10	
Date	Comments											Coach