

# 4-Week MetCon Workout Program to Level Your Fitness with PDF

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## Summary of Training Program

Routine Type	Hybrid (mix of body weight & weighted exercises)
Program Duration	4 Weeks
Frequency Per Week	3 days a week
Training Goal	Improve metabolism, build fat-free mass, and enhance athleticism
Target Gender	Male and Female
Level	Intermediate to Advanced

### Other information related to the program:

- **Intensity:** The exercises in the metabolic conditioning workout plan are performed at moderate to high intensity. Some exercises will be done in a time frame, and some will be based on the number of reps and sets so you can perform accordingly.
- **Exercise type:** Metcon training includes various exercises, such as running, sprinting, swimming, tire slams, sled training, battle rope training, and weighted circuit training. Combining bodyweight and equipment-based exercises helps increase strength, build lean mass, shed some excess fats, and help you achieve your best shape.

- **Warm-Up:** Always start your training with 5-10 minutes of quick warm-up exercises. You can do **bodyweight aerobic exercises** and **dynamic stretches** to increase your heart rate and oxygen flow and prepare your muscles for intense MetCon training.
- **A golden rule for a better metabolism:** Healthy eating and regular physical activity are the keys to maintaining a healthy metabolic rate.

## 4-Week MetCon Workout Program to Enhance Your Athleticism

- Week 1 – Endurance Cardio
- Week 2 – Metabolic Resistance Training
- Week 3 – MetCon HIIT Workout
- Week 4 – Hybrid Conditioning Workout

### Week 1 – Endurance Cardio

The first week involves performing bodyweight aerobic exercises at a moderate pace, **around 60-80% of your maximum heart rate (MHR)**. To calculate your MHR, subtract your age from 220.

The endurance cardio will **enhance your athletic and functional fitness** and prepare you for intense exercises, which you'll do in the coming weeks.

#### MetCon Workout Plan Week 1 Schedule:

- **Monday** – Workout
- **Tuesday** – OFF
- **Wednesday** – Workout
- **Thursday** – OFF

- **Friday – Workout**
- **Saturday – OFF**
- **Sunday – OFF**

## Monday – Workout

Exercise	Activity	Rest
Treadmill Jog	2-minute	–
Treadmill Run	5-minute @70%	2-min walk
Treadmill Run	4-minute @75%	2-min walk
Treadmill Run	3-minute @80%	2-min walk
Bicycling	1-minute @75% x 6 bouts	30-sec b/w bouts
Elliptical Cross Trainer	2-minute @60% x 5 bouts	30-sec b/w bouts

## Wednesday – Workout

Exercise	Activity	Rest b/w sets
Battle Rope	20-sec x 5 sets	1-minute
Sled Training	10-minute	2-minute
Tire Slams	10-minute	2-minute
Wall Ball Shots	10 reps x 5	30-second
<b>Tri-set Core Workout</b>	15-minute	–

## Friday – Workout

Exercise	Activity	Rest
Treadmill Run	6-minute @70%	2-min walk
Jumping Rope	50 reps x 5 sets	1-minute
<b>Full-Body Cardio</b>	20-minute	–
Bicycling	1-minute @70% x 5 bouts	30-second

# Week 2 – Metabolic Resistance Training

The second week involves performing resistance exercises, primarily with dumbbells, barbells, and kettlebells. Strength training will help you **build strength**, lean mass, and shape your physique.

## MetCon Workout Routine Week 2 Schedule

- **Monday** – Strength Focused Workout
- **Tuesday** – OFF
- **Wednesday** – Weighted Circuit Training
- **Thursday** – OFF
- **Friday** – Isolation Muscle-Building Workout
- **Saturday** – OFF
- **Sunday** – OFF

## Monday – Strength Focused Workout

Exercise	Sets x Reps	Rest
Back Squats	5 x 5	2-3 minute
Overhead Press	3 x 8	2-3 minute
Bench Press	3 x 8	2-3 minute
Landmine T-Bar Row	3 x 8	2-3 minute
Weighted Pull-ups	3 x 5	1-2 minute
Weighted Bar Dips	3 x 5	1-2 minute

## Wednesday – Weighted Circuit Training

Perform each round at a medium intensity to challenge and **improve your strength and endurance simultaneously**. I recommend taking two to three minutes of break after each round.

Circuit 1	Circuit 2	Circuit 3
15 KB Swings	15 Front Squats	20 1-arm Landmine Press
15 Thrusters	10 Incline Bench Press	10 Barbell Hang Clean
15 Barbell Rows	10 <b>DL Off Blocks</b>	20 <b>Incline Plank Row</b>

20 <b>Reverse Lunges</b>	20 <b>Kneeling DB/KB Chop</b>	10 <b>DB Frog Pumps</b>
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Perform reverse lunges, oblique chop, plank row, and landmine press 10 reps per side.

## Friday – Isolation Muscle-Building Superset Workout

Exercise	Sets x Reps	Rest
Leg Extension + Lateral Raise	3 x 12	1-2 minute
Leg Curl + Seated Pec Deck Fly	3 x 12	1-2 minute
Lat Pull-down + Cable Crossover	3 x 12	1-2 minute
Seated Machine Row + Triceps Press-down	3 x 12	1-2 minute
Reverse Pec Deck + Preacher Curl	3 x 12	1-2 minute

## Week 3 – MetCon HIIT Workout

High-intensity interval training (HIIT) involves performing exercises at 80-95% of MHR for a short period, typically 10 to 30 seconds, followed by a little recovery time.

It is an excellent way to enhance aerobic and anaerobic fitness, level up athleticism, and help you **get ripped**.

### Metabolic Conditioning Workout Plan 3rd Week Schedule:

- **Monday** – Full-Body HIIT
- **Tuesday** – OFF
- **Wednesday** – HIIT Leg and Core Workout
- **Thursday** – OFF
- **Friday** – High-intensity Total Body Workout
- **Saturday** – OFF
- **Sunday** – OFF

## Monday – Full-Body HIIT

Exercise	Activity	Interval
Burpees	6 reps x 5 sets	30-second
Mountain Climber	15-sec x 5 sets	15-second
Shoulder Taps	20 taps x 5 sets	15-second
Alternating Heel Taps	20 taps x 5 sets	15-second
<b>Kneeling Squat Jump</b>	10 reps x 5 sets	30-second

## Wednesday – HIIT Leg and Core Workout

Exercise	Activity	Interval
Pop Squats	10 reps x 5 sets	30-second
Alternating Heel Taps	10/side x 5 sets	15-second
Jumping Lunges	10/leg x 5 sets	30-second
Crossbody Mt. Climber	15-sec x 5 sets	15-second
<b>Squat to Calf Raise</b>	15 reps x 5 sets	30-second
Flutter Kicks	15-sec x 5 sets	15-second

## Friday – High-intensity Total Body Workout

Exercise	Activity	Interval
Jumping Jack	15-sec x 5 sets	15-second
<b>Sit Outs</b>	5 reps x 5 sets	15-second
Push-ups	10 reps x 4 sets	45-second
High Knees	15-sec x 5 sets	15-second
Side Plank Hip Taps	10/side x 5 sets	15-second
Burpees	6 reps x 5 sets	30-second

## Week 4 – Hybrid Conditioning Workout

The fourth week involves **cardio and strength** and will help you further enhance your fitness level and physical appearance.

### MetCon Training Plan 4th Week Schedule (Combined Resistance and Cardio Training):

- Monday – Upper Body and Endurance Workout
- Wednesday – Lower Body and Core Workout
- Friday – Upper Body Resistance and HIIT Cardio

### Monday – Upper Body and Endurance Workout

Exercise	Activity
Deadlifts	4 sets x 5 reps
Push Presses	3 sets x 10 reps
Seated Machine Row	3 sets x 10 reps
Seated Pec Deck Fly	3 sets x 10 reps
Treadmill	2-min @70%, 1-min break x 4
Bicycling	1-min @80%, 30-sec break x 4

### Wednesday – Lower Body and Core Workout

Exercise	Activity
Back Squats	3 sets x 8 reps
Forward Lunges	2 sets x 10 reps/side
Step-up	2 sets x 10 reps/side
Leg Curl	4 sets x 15 reps
Calf Raises	3 sets x 20 reps

## Friday – Upper Body Resistance and HIIT Cardio

Strength	Activity
Bench Press	4 sets x 6 reps
Landmine T-Bar Row	3 sets x 8 reps
Close-Grip Pulldown	3 sets x 6 reps
<b>Seated I-Y-T Lifts</b>	3 sets x 6 reps
Tire Slams	4 sets x 10 slams
Jumping Ropes	5 sets x 30 reps
Battle Rope	4 sets x 15-sec

## Tips and Instructions

1. First and foremost, I recommend adjusting the intensity, number of reps and sets, and exercise selection according to your fitness level and access to equipment.
2. I also suggest consulting with a professional who can assess your body and allow you to start this program.
3. Make sure you complete the workout with good form and technique while also challenging yourself.
4. Take a break when you feel exhausted and your muscles ache. I prefer using Metcon to enhance fitness rather than torch your body.
5. If you want to utilize the benefits of MetCon workout, I suggest consuming low-calorie, high-protein foods and healthy fats. Eating a balanced diet will help you achieve the best results over time.

**Helpful Resource:** [30 Best Metcon Workout List with Free PDF](#)

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