

# 30 BEST METCON WODS FOR STRENGTH, ENDURANCE, & FAT LOSS

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## 1. The Super Five

As many rounds as possible (AMRAP) in 20-minutes

- 50 Pushups
- 50 Air Squats
- 10 Barbell Hang Clean
- 10 **Dumbbell Man Maker**
- 20 Crunches

## 2. DT

5 Rounds for Time (Time Cap: 10 minutes)

- 12 Deadlifts (155/105 lbs.)
- 9 **Hang Power Cleans** (155/105 lbs.)
- 6 Push Jerks (155/105 lbs.)

## 3. The Big Three

5 Rounds for Time (Time Cap: 30 minutes)

Lift at 80 percent of your maximum heart rate (MHR).

- 5 Deadlift
- 10 Bench Press
- 10 Squat

## 4. The Incredible Hulk

Time Cap: 20 minutes

- 5 Deadlifts with 75-115 lbs
- 5 Hang Power Cleans with 75-115 lbs

- 5 Front Squats with 75-115 lbs
- 5 [Barbell Push Press](#) with 75-115 lbs
- 5 Back Squat with 75-115 lbs

**\*Reduce the weight if they're too heavy.**

### **5. The Cia Seven**

Perform seven rounds for the time:

- 7 Handstand Push-Ups
- 7 Thrusters
- 7 [Hanging Knees-to-Elbows](#)
- 7 Deadlifts
- 7 Burpees
- 7 [Kettlebell Swings](#)
- 7 Pull-Ups
- Do it as fast as possible.

### **6. The Hansen**

Complete five rounds for the time being:

- 30 Kettlebell Swing
- 30 Burpees
- 30 Sit-ups

### **7. The Hammer**

Complete five rounds as fast as possible:

- 5 [Power Clean](#) (85/135 pounds)
- 10 Front squat (85/135 pounds)
- 5 Push Jerk (85/135 pounds)
- 20 Pull-ups

### **8. Loredó**

Perform six rounds for the time:

- 24 Squats
- 24 Push-ups
- 24 Walking Lunge steps

- 400 meters Run

### **9. The Danny**

AMRAP in 20 minute

- 30 Box Jump (20-24 inches)
- 20 Push Press (115 pounds)
- 30 Pull-ups

### **10. Havana**

Perform as many rounds as possible in 25 minutes.

- 150 Double-Unders
- 50 Push-Ups
- 15 Power Cleans with 125-185 lbs

Let's name the WOD on the Avengers character to make your workout more fun.

### **11. The Captain America**

Perform as many rounds as possible in 30 minutes

- 10 Box Jumps
- 10 Kettlebell Swings
- 10 Dumbbell Man Maker
- 10 **Barbell Squat Jerk**

### **12. The Iron Man**

AMRAP in 30 minutes

- 5 Burpees
- 6 Barbell Clean and Press
- 20-sec Mountain Climbers
- 7 Barbell Power Snatch
- 8 Dumbbell Step-up

### **13. The Hulk**

AMRAP in 30 minutes

- 10 Split Jump Squat
- 10 The Thruster

- 5 Dumbbell Man Maker
- 10 Crunches
- 10 Power Clean and Split Jerk (5/side)

#### **14. Thor**

Perform AMRAP in 30 minutes

- 10 Squat Jump
- 10 **The Zercher Squat**
- 15 Sit-ups
- 10 Barbell Power Snatch
- 10 Dumbbell Thrusters

#### **15. Black Widow**

EMOM for 30 minutes

- 5 Pull-Ups
- 10 Push-Ups
- 15 Air Squats

#### **16. Clint**

Complete AMRAP in 30 minutes

- 10 Back Squats
- 10 Situps
- 10 Pushups
- 150 Double-Unders

#### **17. Spiderman**

Perform AMRAP in 30 minutes

- 30 Double-unders
- 10 Dumbbell snatches
- 10 Pullups
- 10 Barbell Hang Clean

#### **18. Ant-Man**

AMRAP in 30 minutes

- 10 Box Jumps
- 5 Clean and Jerks
- 10 Burpees

- 10 Pullups
- 10 Barbell Front Squat

### **19. Black Panther**

Perform AMRAP in 30 minutes

- 10 Burpees
- 10 Barbell Thruster
- 10 Pull-ups
- 5 Deadlift

### **20. Doctor Strange**

Complete as many rounds as possible in 30 minutes.

- 10 Box Jump
- 10 Push Press
- 10 Pull-ups
- 10 Burpees
- 10 Kettlebell Swings

Here are some more WODs to include in this list of Metcon Workouts. Each word will have one exercise for every muscle group that will help you strengthen your total body while improving metabolic conditioning.

### **21. Hammerett**

Complete all exercises as fast as possible.

- 5 Power clean (95/135 pounds)
- 10 Front squat (95/135 pounds)
- 5 Jerk (95/135 pounds)
- 20 Pull-ups
- 75 Squats
- 25 **Ring Push-ups**
- 25 L Pull-Ups

### **22. Bradshaw + Core**

Do as many rounds as possible in 30 minutes.

- 3 Handstand push-ups

- 6 Deadlift
- 12 Pull-ups
- 24 Double-unders
- 10 Hanging Leg Raises
- 20 Situps

### **23. Fat Amy**

Perform each exercise as quickly as possible.

- 50 Air Squats
- 10 Burpees
- 40 Sit-Ups
- 10 Burpees
- 30 Lunges
- 10 Burpees
- 20 Kettlebell Swings
- 10 Burpees
- 10 meter Bear Crawl
- 10 Burpees
- 30 Lunges
- 40 Sit-Ups
- 10 Burpees
- 50 Air Squats

### **24. Cooper**

Complete ten rounds

- 10 Burpees
- 10 Air Squats
- 10 Push-Ups
- 10 Sit-Ups

### **25. Ellen**

Perform three rounds:

- 20 Burpees
- 21 Alternating Dumbbell Snatches with 50 lbs

- 12 Dumbbell Thrusters 35 lbs

#### **26. McGhee**

- 5 Deadlifts with 275 lbs
- 13 Push-ups
- 9 Box jumps
- Duration: 30 minutes

#### **27. Jack**

Perform as many rounds as possible in 20 minutes

- 10 Push Presses with 85-115 lbs
- 10 Kettlebell Swings
- 10 Box Jumps

#### **28. Batman**

For the time:

- 50 push-ups
- 100 Air Squats
- 5 Deadlift
- 20 Pull-ups
- 5 Bench Press
- 30 Box Jump
- 15 Power Cleans
- 30 sit-ups
- 10 Overhead Press

#### **29. Superman**

For the time:

- 150 Double-Unders
- 10 Kettlebell Swings
- 10 Dumbbell Man Maker
- 10 Barbell Squat Jerk
- 20 Pull-ups
- 6 Deadlift
- 30 Box Jump

- 10 Knees-to-Elbows Pull Bar Crunches
- 30 Push-ups
- 1-min Mountain Climbers

### 30. Joker

- 50 Pushups
- 10 Hang Power Cleans
- 10 Zercher Squat
- 10 Bench Press
- 20 Pull-ups
- 10 Barbell Thrusters
- 30 Crunches
- 20 Squat Jump
- 5 Clean and Jerks
- 60-sec Mountain Climbers

# 30 Days Best MetCon Workout Plan

## Summary

- Frequency: 4 days a week
- Duration: 30-45 minutes
- Goal: Improve Strength, Metabolism, Speed, and Overall Fitness
- Equipment Needed: Barbells, Dumbbells, Kettlebells, Box
- Day 1 – **The Super Five**
- Day 2 – **Hammerett**
- Day 3 – Rest
- Day 4 – **The Cia Seven**
- Day 5 – **The Big Three**
- Day 6 – Rest
- Day 7 – Rest
- Day 8 – **The Hansen**
- Day 9 – **The Incredible Hulk**
- Day 10 – Rest

- Day 11 – **The Hammer**
- Day 12 – **Loredo**
- Day 13 – Rest
- Day 14 – Rest
- Day 15 – **Captain America**
- Day 16 – **Iron Man**
- Day 17 – **Rest**
- Day 18 – **Hulk**
- Day 19 – **Thor**
- Day 20 – OFF
- Day 21 – OFF
- Day 22 – **Black Panther**
- Day 23 – **Doctor Strange**
- Day 24 – OFF
- Day 25 – **Ant-Man**
- Day 26 – **Spiderman**
- Day 27 – OFF
- Day 28 – OFF
- Day 29 – **Black Widow**
- Day 30 – **Clint**

You can replace some of the WODs with your choice.

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