

# What is Metabolic Conditioning?

Metabolic conditioning (MetCon) is a kind of workout program that involves performing **bodyweight cardio** and resistance exercises and helps enhance aerobic and anaerobic fitness.

Features of Metabolic Conditioning Workout Program (MetCon)

- It includes various types of workouts, such as traditional cardio, strength workout, **CrossFit**, and Tabata.
- The exercises in a MetCon program are performed at moderate to fast pace.
- Metabolic conditioning exercises burn more calories, support weight loss, build muscle, and help you **become stronger and leaner**.
- It increases VO2 max, improves aerobic and anaerobic fitness.

## 3 Best Metabolic Conditioning Workouts and Routines

Some of the best examples of metabolic workouts include Circuit Training, **High-Intensity Interval Training (HIIT)**, and Resistance Training (barbell and dumbbell complexes).

### 1. Circuit Training

Circuit training involves performing a set of exercises with no rest between them. It is a high-intensity training program requiring you to perform exercises at a moderate to maximum heart rate.

It helps increase weight loss, enhances fat-free mass, promotes cardiovascular health, strengthens the entire body, and improves aerobic and anaerobic fitness.

This program involves performing bodyweight and weighted exercises at moderate pace, neither slow nor high intense. It is great for people who find HIIT challenging.

**Here I've designed a weekly routine for you as an example.**

**Instructions:**

- **Intensity:** 60-75% of your maximum heart rate (MHR)
- **Rest between exercises:** 30-60 seconds
- **Number of Rounds:** Do many as possible in 30 minutes.
- **Rest between rounds:** 2-3 minutes

Monday	Wednesday	Friday
15 Dumbbell Squats	10 Squat Jumps	15-sec High Knees
10 Push-Ups	15 Overhead Press	20 Kettlebell Swings
10 Bent-over Rows	10 Deadlifts	10 <a href="#">Standing IYT Raises</a>
10 Crunches	30-sec Mountain Climber	10 <a href="#">Incline Plank Row</a>
12 Front Lunges	10 Pendlay Row	12 Incline Bench Press
10 <a href="#">Floor Press</a>	30-sec Overhead DB Walk	10 Burpees
10 One-arm Rows	1-min Forearm Plank	10 <a href="#">DB Oblique Chop</a>

## 2. High-Intensity Interval Training (HIIT)

High-Intensity Interval Training (HIIT) is designed to **work on the full body with little or no equipment**.

HIIT exercises are intense bursts and are performed in a couple of intervals. For example, 30 seconds work and 30 seconds' rest.

Various studies have proved the importance of HIIT for overall health and fitness. You can check out the [pros and cons in details](#).

HIIT is a part of the MetCon, but not all HIIT exercises are included in the metabolic conditioning program.

The selection of exercises, intensity level, intervals between sets, and duration of a workout session all depend on your or your fitness level.

Here's how a Metabolic Conditioning HIIT program looks:

### Monday

- 15-sec High-knees, 15-sec rest
- 10 Burpees, 30-sec rest
- 10 Push Presses, 30-sec rest
- 10 Snatches, 30-sec rest
- 15-sec Mountain climbing
- 10 Bent-over Rows, 30-sec

- Repeat five times

## Wednesday

- 10 [Pop Squats](#)
- 10 Push-ups
- 15 Bent-Over Rows
- 10 Sit-ups
- 10 Jumping Lunges
- 15 Overhead Press
- 15-sec Flutter Kicks
- Repeat five times

## Friday

- 10 Squat Jumps
- 20 Kettlebell Swings
- 10 Barbell Clean
- 10 [Knee Tap Push-up](#)
- 12 Dumbbell Step-ups
- 10 Floor Presses
- 15 Reverse Crunches
- Repeat five times

## 3. Metabolic Resistance Training Workout

Whether you're a male or female, underweight or overweight, beginner or pro, you can incorporate weight training in your Metabolic conditioning training to enhance your cardiovascular health, build fat-free mass, and achieve an aesthetic physique.

You can design a metabolic conditioning strength workout plan using the various isolation and [compound exercises](#), such as deadlift, biceps curl, [clean and press](#), bench presses, lateral raises, [overhead presses](#), and squats.

Here I've designed a weekly metabolic resistance training program you can start with:

## Monday

Dumbbell Complex	Barbell Complex
10 Front Squats	10 Back Squats

10 Push Presses	10 Hang Cleans
20 Pendlay DB Rows (10/side)	10 Thrusters
20 Dumbbell Lunges (10/leg)	10 Deadlifts
<b>Two to three rounds</b>	<b>Two to three rounds</b>

## Wednesday

DB Complex	BB Complex
20 steps Farmers Walk	5 Front Squats
10 <a href="#">Dumbbell Clusters</a>	5 Hang Cleans
10 Floor Presses	5 Thrusters
20 DB Wood Chops (10/side)	5 Pendlay Rows
<b>Two to three rounds</b>	<b>Two to three rounds</b>

## Friday

DB Complex	BB Complex
5 Pop Squats	5 Landmine Press
5 Clean and Press	5 High Pulls
10 Squat to Twist Press (5/side)	10 Thrusters
10 Incline Plank Rows (5/side)	5 Bent-over Rows
<b>Two to three rounds</b>	<b>Two to three rounds</b>

# How Often Should You Do Metabolic Conditioning Workout?

It depends on what you want to achieve, but two or three times a week would be good to go if you're a beginner.

However, don't force yourself. Always listen to your body. When you start, focus on technique and form and build a good foundation in the beginning.

Sleeping and rest are also crucial for muscle recovery.

# Is Metabolic Conditioning Good for Weight Loss?

Metabolic Conditioning workouts burn more calories and help you lose or maintain weight.

Burning more calories throughout the day is the ultimate goal of every overweight person. Metabolic conditioning exercises do this work.

Moreover, the metabolic conditioning program also boosts your metabolism and allows your body to release calories even after completing your workout.

If you follow a calorie-deficit diet and metabolic conditioning workouts, you will see some improvement.

## Can You Build Muscle with Metabolic Conditioning?

The MetCon workout isn't effective for Mass Gain.

Metabolic conditioning training includes moderate to high-intensity calorie-burning exercises that are suitable for weight loss but inefficient for hypertrophy<sup>4</sup>.

Muscle grows when you lift maximum weights throughout the workouts. Lifting heavier weights engages more muscles, especially type II muscle fiber, which is responsible for mass gain.

MetCon exercises are intense bursts with little rest between sets, so you won't get enough rest, and as a result, you won't be able to do exercises with proper form and execution.

Although the metabolic conditioning program builds muscles only at a certain level but after that, you won't see much gain.

**Please Note:** Before starting this kind of training, it's always essential to consult with your doctor if you have any issues.

Related: [List of CrossFit MetCon Workouts with PDF](#)