

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

PPC Training Tip – Metabolic Intervals Cory Barsness, CSCS

A great way to increase the intensity of your workout and burn more calories is to add exercises that spike your heart rate immediately after your lifting exercise. This is ideal for individuals with goals of fat burning and muscle toning. Callisthenic exercises like jumping jacks, mountain climbers, burpees or squat thrusts are simple exercises that rapidly increase your heart rate. Incorporate these callisthenic exercises immediately after a set of resistance training, and then recover.

Workout Suggestion:

15 reps of Squat

1 min. of Jump Jacks

30 sec. rest

For 3 sets

15 reps of Push Ups

1 min of punches with 5lb dumbbells

30 sec. rest

For 3 sets

15 reps of Leg Curls

1 min of step ups

30 sec. rest

For 3 sets

15 reps of Lat Pull down

1 min Mountain climbers

30 sec rest

For 3 sets

15 reps of Leg Raises

1 min of Burpees

30 sec rest

For 3 sets