



GRINNELL TRAINING

# THE METABOLIC 10

WORKOUTS THAT GET RESULTS

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# WELCOME!

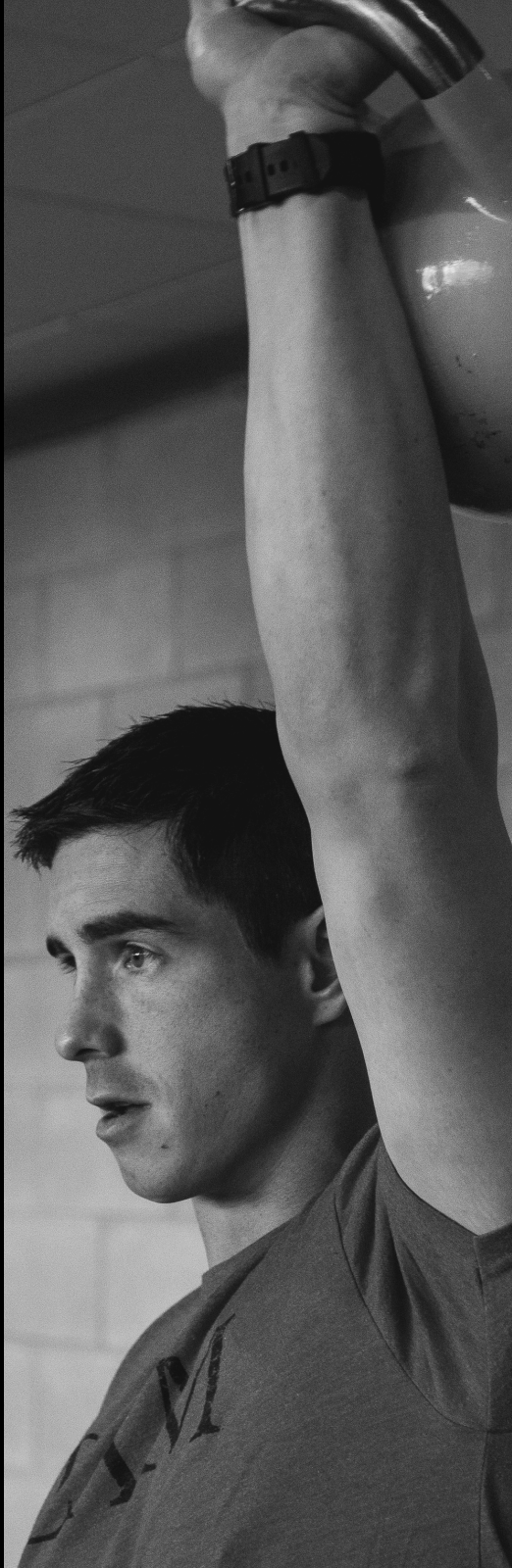
My name is Justin Grinnell

I have been in the fitness industry for over 15-years. I am a trainer geek at heart and love finding new ways to get people in shape. I like to challenge people and show them they can do things they never thought possible. Fitness is my tool to help people improve their state of mind and improve the way they feel.

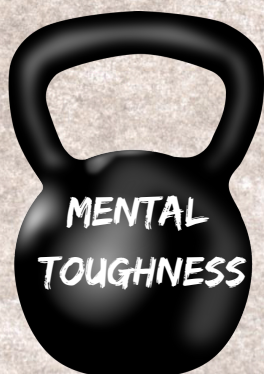
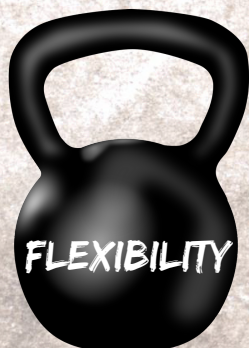
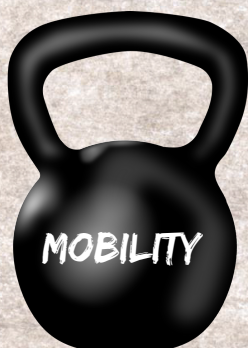
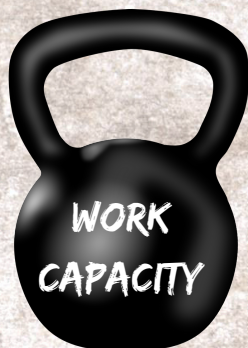
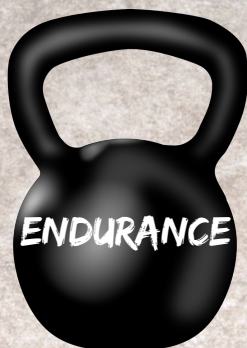
These workouts have not just been thrown together. These are tried and true workouts that we have been using at SOF for many years. We now want to share them with you so you can build muscle, burn fat, move better max improve performance. They are not too complicated to follow and require minimal equipment. We also have included videos to make them even easier to understand. I hope you enjoy them!

In strength,

Justin Grinnell  
Owner/Founder State of  
Fitness



# TERRIFIC BENEFITS





# EQUIPMENT NEEDS



DUMBBELLS



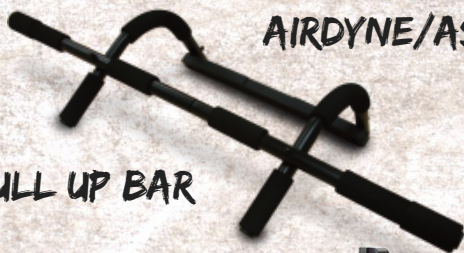
KETTLEBELLS



JUMP ROPE



AIRDYNE/ASSAULT AIR BIKE



PULL UP BAR



CONCEPT 2 ROWER



SKI ERGOMETER



# First, The Mobility Primer

## WARM-UP

All the heavy lifting, met-con, and cardio in the world won't work as well as it should without the proper warm-up to prime mobility and improve movement. Perform this warm-up before each of the 10 workouts.

**Perform 2-3 rounds of the following movements in a circuit fashion:**

**5 Spider-Man with rotation**

**5 in place inch worms**

**5 Kettlebell halos**

**5 prying goblet squats**

**5 glute bridges**



# WORKOUT 1

## SWING, PUSH-UP EMOM

(EVERY MINUTE ON THE MINUTE)

GOAL: CONDITIONING AND FAT LOSS

10 KB swings

10 push-ups

Repeat

Set a timer for 20-minutes in 1-minute intervals. Perform 10 hard-style Russian KB swings in the first minute. After you finish the 10 swings, rest for the remainder of the time of that minute. In the second minute, perform 10-ups. Whatever time is left after you perform the 10 push-ups rest. Repeat this sequence until the 20-minutes is up. You should have accumulated 100 swings and 100 push-ups.

# WORKOUT 2

## THE ULTIMATE DUMBBELL COMPLEX

GOAL: CONDITIONING, FAT LOSS, LEAN  
MUSCLE BUILDING

Grab a pair of dumbbells that you know that you can press over your head for 10-reps.

Perform each movement for the prescribed number of reps without putting the dumbbells down.

8 muscle snatches

8 bent over rows

8 reverse lunges

8 Curl n push press

8 Romanian deadlifts

Rest 1-2 minutes and repeat this complex for 7, 6, and 5 reps of each exercise.



# WORKOUT 3

## SQUAT, SWING, CARRY COMBO

GOALS: CONDITIONING, FAT LOSS,  
LEAN MUSCLE BUILDING

Grab a Kettlebell that you know you  
can goblet squat for 10 reps

Perform the following circuit for 5 rounds

15 Kettlebell  
swings

5 goblet squats

30 meter suitcase

carry with each  
side

# WORKOUT 4

## WHEELS OF STEEL

GOALS: CONDITIONING AND FAT LOSS

Perform the following circuit with proper form but as fast as possible:

22 squats

22 lunges (11 each leg)

22 split squat jumps (11 each leg)

22 squat jumps

Rest 2-3 minutes and  
repeat for 2-4 rounds



# WORKOUT 5

## UPPER-BODY STRENGTH BUILDING DESCENDING AND ASCENDING LADDER

GOAL: STRENGTH AND LEAN  
MUSCLE BUILDING

5 one arm Kettlebell  
military press each arm  
5 tactical pull-ups

Repeat this for 4, 3, 2, and 1 rep.  
Then, start back at 1 and work your way  
back up to 5 (1,2,3,4, and 5 reps of each)

Rest as needed to make sure you can get all  
the reps in.

Note: you can substitute inverted rows for  
pull-ups, just double the number of reps.

# WORKOUT 6

## MOVE BETTER FOREVER

GOAL: FLEXIBILITY, MOBILITY,  
STABILITY, MOTOR CONTROL

Perform the following circuit for  
as many reps and rounds  
(AMRAP) as possible in 15-minutes

1 Turkish get-up each side  
Bear crawl 50 feet  
100 jump rope



# WORKOUT 7

## PUSH, PULL, LUNGE, CARRY FOR MORE MUSCLE

GOALS: STRENGTH,  
LEAN MUSCLE BUILDING

Perform 3-5 rounds  
of the following

10 dumbbells floor  
presses

10 bent over 1-arm  
rows each side

10 goblet hold  
walking lunges

100 foot farmer walk

# WORKOUT 8

## KILLER KETTLEBELL CIRCUIT

**GOALS: KETTLEBELL TECHNIQUE  
PRACTICE, CONDITIONING, FAT LOSS**

Perform in a circuit fashion. Put the bell down in between each exercise and rest only 15-30 seconds.

- 10 Kettlebell swings
- 5 Kettlebell cleans right
- 5 1-arm rack squats right
- 5 Kettlebell cleans left
- 5 1-arm rack squats left
- 10 Kettlebell swings
- 5 goblet squats
- 5 Kettlebell 1-arm push press right
- 5 Kettlebell one arm bent over row right
- 5 Kettlebell 1-arm push press left
- 5 Kettlebell one arm bent over row left
- 10 Kettlebell sumo deadlift high pulls

Rest 2-3 minutes and repeat for 3 total rounds.



# WORKOUT 9

## ULTIMATE INDOOR TRIATHLON

GOALS: ENDURANCE,  
CONDITIONING, WORK CAPACITY

1,000 Meter Ski

Ergometer

2,000 Meter Row

3-mile Airdyne/Assault  
bike ride

# WORKOUT 10

## TEST YOUR LIMITS

GOALS: MENTAL TOUGHNESS,  
STRENGTH, ENDURANCE, FAT LOSS

Grab a pair of dumbbells

Guys: 20-40 pounds

Ladies: 10-25 pounds

Perform the flowing complex trying not to take your hands off the dumbbells unless you need to wipe some sweat off!

Plank (renegade row)

Push-up

Thruster

Squat thrust

Repeat

Try and complete 30 reps as fast as possible. Record your time and try and beat your time each workout.