

#MetconMonster Challenge Workouts from JillFit

Ground rules:

- You must complete 8 workouts over 10 days (Jan 10th – Jan 19th)
- In order for them to “count,” you have to share each of the 8 workouts on Instagram:
 - Follow @jillfit on Instagram
 - Post your workout (can be the actual workout or a sweaty selfie or quote or anything that relates to the workout, your choice!)
 - Use the hashtags #MetconMonster and then the corresponding workout day, for example #Day1 if this is your first workout of the challenge. You will hashtag posts all the way up to #Day8
 - Tell me your time and/or the # of rounds you completed (more below), the goal being to beat your time/rounds next time, also tell me what weight(s) you used
- You can mix and match any of these workouts below. You don’t have to do them all, just do the ones you want! There’s no order you have to go in.
- Everyone who completes all 8 workouts in the challenge will get placed into a raffle for prizes, and I will also be awarding some of my favorite sharers, too!
- If you have any questions about how to share or how the challenge works, email me info@jillfit.com any time

Terms to Know:

- **TIME CAP** = Each of these workouts has a 30 min time cap, which means either you finish under 30 minutes or you STOP at 30 minutes. I don’t want you going over 30 minutes on any.
- **AMRAP** = As Many Rounds or Reps as Possible: In the time indicated
- **EMOM** = Every Minute on the Minute: set your timer and do an assigned number of reps within the minute – if you get done with time to spare, you use it to rest
- **FT** = For time: Meaning, do the workout as quickly—staying safe—as you can and record your time.
- **RBT** = Rest-based Training: Metabolic Effect’s training brainchild. This means you rest as much as you need to as often as you need to, even if it’s between reps or sets, listen to your body and keep the workout safe – there is no structured downtime given in these workouts, which means it’s up to you to take it when you need it!

The 6 Brand Spankin' New Workouts

"Dead Meat" - 25 minute AMRAP

Equipment: Heavy barbell (or dumbbells), pull-up bar (optional DBs)

4-exercise circuit:

- 10 barbell deadlifts (regression: use DBs)
- 10 pull-ups (regression: heavy DB bent-over row)
- 10 barbell push press (regression: use DBs)
- 10 close-grip push-ups (knees or toes)

Set your timer for 25 minutes and see how many rounds (+ additional reps) you can complete in that time. Share your score on Instagram, along with the weight you used and your daily photo

"Row Your GOAT" - Complete 3 Rounds for Time

Equipment: Rowing machine (or treadmill), 1 set of dumbbells, kettlebell (optional)

- 500m row (or ¼ mile run, or 2 mins of cardio of your choice)
- 40 wall balls (regression: DB thrusters)
- 30 kettlebell swings (can use one dumbbell held with both hands)
- 20 burpees
- 10 pushups

Start your timer and complete 3 rounds of the above as fast as possible, safely, record your time. Share your time on Instagram, along with the weight you used and your daily photo

"Back in the Saddle" – For Time

Equipment: Treadmill/outside and 1 set of dumbbells

Run 800 meters (half mile) – or 1000m row or 5 min cardio of your choice
Then complete 4 rounds of the following circuit:

- 10 pushup/rows
- 10 lunge/rows
- 10 row/fly combo

Then finish with another 800 meters (half mile) run

Set your timer and complete the workout as fast as possible, safely, record your time and share on IG with your daily photo. There's a 30-minute time cap.

“No Weight, No Problem” – Complete 4 Rounds for Time

Equipment: None

20 squats

20 squat jumps (default to pulsing squats if you don't want to jump)

20 burpees

20 situps

Start your timer and complete 4 rounds of the above circuit as fast as possible, safely, record your time, share your time on IG along with your daily photo, 30-min time cap

“Barbell Bliss” – EMOM Heavy Day

Equipment: Moderately heavy barbell or 1 set of heavy dumbbells

Cardio of your choice for 5 minutes to warm-up (30s push, 30s rest x 5) – options include running, rowing, jump rope, burpees, elliptical, etc.

Then complete 10 rounds of the following (takes 20 minutes total):

Minute #1: 10 heavy back squats

Minute #2: 20 plyo lunges (jumping lunges, 10 each leg) – regression: alternating lunges in place

Start your timer and complete each of the assigned reps each minute, and record the weight you used and share on IG along with your daily photo

“Burpee AF” – Complete for time

Equipment: treadmill (or other cardio)

Complete the following once through, record your time:

- Run half mile (800m or 0.5 on the treadmill)
- 50 burpees
- Run ¼ mile (400m or 0.25 on the treadmill)
- 35 burpees
- Run 1/8 mile (200m or 0.12 on the treadmill)
- 20 burpees

Record how long it takes you to complete once through and share your time and daily photo on IG.