

# MRT

## Metabolic Resistance Training

### 4 DAY INTRO SPLIT

Keep the days in order. Try to finish workouts in less than 45 minutes. Keep rest times low. Try to perform the movements in order but if equipment is occupied you can go out of order or improvise with similar movements. Be sure to incorporate stretching and don't skip the warmup cardio!

#### DAY 1 - Legs, Chest, Delts, Calves

EXERCISE	SETS	REPS	NOTES
<b>**10 Minutes Cardio Warmup at moderate pace**</b>			
Seated Leg Curls	3	15	2 Warmup sets then increase weight and get 3 sets of 15 reps.
Barbell Squat	3	10	Warm up one to two sets then increase weight and do 3 working sets of 10 reps.
Leg Press + Stationary Lunge	3	10	SUPERSET: Higher rep range for leg press. Use a wide stance with toes out. Go at about 80% then get up and do stationary lunges. Get 10 reps on the leg press then 5 reps per leg on the lunges.
Incline Press	4	8	Use a machine incline press or smith machine with a bench. Get 2 warmup sets in then 4 working sets, increasing the weight if you can so that the final set is difficult to finish.
Seated DB Lateral Raise	3	10	Sit on the end of a bench and extend arms out to your side, keep a slight bend at the elbows. Lift to about shoulder height then come back down. Make sure form is good here. You don't need to go heavy
Standing Calf Raises	5	10	Get a full range of motion. Keep rest times between sets low.
<b>TOTAL SETS: 21</b>			

#### DAY 2 - Back, Delts, Biceps/Triceps, Abs

EXERCISE	SETS	REPS	NOTES
<b>**10 Minutes Cardio Warmup at moderate pace**</b>			
Bent Over Row + Dumbbell Bench Press	3	8	SUPERSET: Using either dumbbells or a barbell do 8 bent over rows then get on a bench and bench press dumbbells for 8 reps
Wide Grip Lat Pull Down	3	10	Use a shoulder width apart overhand grip, Pull to the top of your chest and arch your back, squeezing your shoulder blades together. Slowly release and repeat.
Overhead/Military Press	4	8	Use a machine or smith machine. Do a warmup set then try to increase weight with each set if possible.
Seated Cable Row	2	15	Use a close grip attachment, keep back upright, only allowing slight movement as you pull the weight towards your chest.
Cable Rope Extension	4	10	Use a rope attachment on a cable machine and do 10 extensions.
Standing DB Curls	4	10	Use a weight that's tough to get 10 reps with
Ab crunch	5	12-15	Ab crunches on the floor or an exercise ball
<b>TOTAL SETS: 25</b>			

### DAY 3 - Legs, Chest, Delts, Calves

EXERCISE	SETS	REPS	NOTES
<b>**10 Minutes Cardio Warmup at moderate pace**</b>			
Leg Press	5	10	Use a wider stance this time and slowly work up in weight until the last two sets are hard to complete
Seated Leg Curl	4	10	Work up in weight if you can with each set
Seated Leg Extension	3	12	Work up in weight if you can with each set
Decline Machine Press	4	8	If your gym doesn't have a decline machine press then you can do a flat press
Truck Drivers	3	10	Use a weight plate, holding straight out in front of you with your arms extended. You turn it back and forth like a steering wheel while not letting it drop. This hits the front part of your shoulder.
Seated Calf Raise	3	12	Use full range of motion. Relax the toes and push off the balls of your feet
<b>TOTAL SETS:</b>		<b>22</b>	

### DAY 4 - Back, Chest, Delts, Biceps/Triceps, Abs

EXERCISE	SETS	REPS	NOTES
<b>**10 Minutes Cardio Warmup at moderate pace**</b>			
Neutral Grip Pull Down	4	12	Do 2 warmup sets. Use an attachment that is about shoulder width apart. Contract hard at the bottom of the movement.
Bent Over Barbell or Dumbbell Row	3	10	Do 2 warmup sets. Use an underhand grip, pull to your stomach.
Reverse Pec Deck or Bent Over Lateral Raises	4	10	Try to just use your shoulders for this, don't let your back take over. Use a lighter weight to make sure this happens.
Chest Press	4	10	Any machine or even dumbbells
Hammer Curls + Straight Bar Extensions	3	15	SUPERSET - keep rest times low
Reverse crunches	4	10	Keep rest time between sets low
<b>TOTAL SETS:</b>		<b>22</b>	