

Sandbell Metabolic Circuit

1. Deadlift
2. Squat to OH Press
3. Lateral Lunge – Left
4. Lateral Lunge – Right
5. SL RDL to Hip Flexion – Left
6. SL RDL to Hip Flexion - Right
7. Front Plank w/ Fwd Reach – Left
8. Front Plank w/ Fwd Reach - Right
9. SL Skater Squat – Left
- 10.SL Skater Squat - Right
- 11.External Feet Deadlift
- 12.Rotational Lunge – Left
- 13.Rotational Lunge - Right
- 14.Deadlift to Rotational Press – Left
Press
- 15.Deadlift to Rotational Press – Right
Press
- 16.RDL w/ Fwd Reach
- 17.Side Plank w/ Stability Press – Left
- 18.Side Plank w/ Stability Press - Right
- 19.Crossunder Lunge – Left
- 20.Crossunder Lunge - Right
- 21.Split Squat to OH Press – Left
- 22.Split Squat to OH Press - Right
- 23.Ankling to SA Punch – Left
- 24.Ankling to SA Punch - Right
- 25.OH Squat
- 26.SL Squat Glute Wind Up – Left
- 27.SL Squat Glute Wind Up - Right
- 28.Front Plank “around the world” –
Left
- 29.Front Plank “around the world” -
Right
- 30.SL RDL Position SA Y – Left
- 31.SL RDL Position SA Y - Right
- 32.Squat Jump to OH Press
- 33.Jack Knife
- 34.Russian Twists
- 35.Fwd Lunge w/ Rotational Press – Left
- 36.Fwd Lunge w/ Rotational Press –
Right
- 37.SL Ankling w/ Punch – Left
- 38.SL Ankling w/ Punch – Right
- 39.OH Reverse Lunge – Left
- 40.OH Reverse Lunge - Right