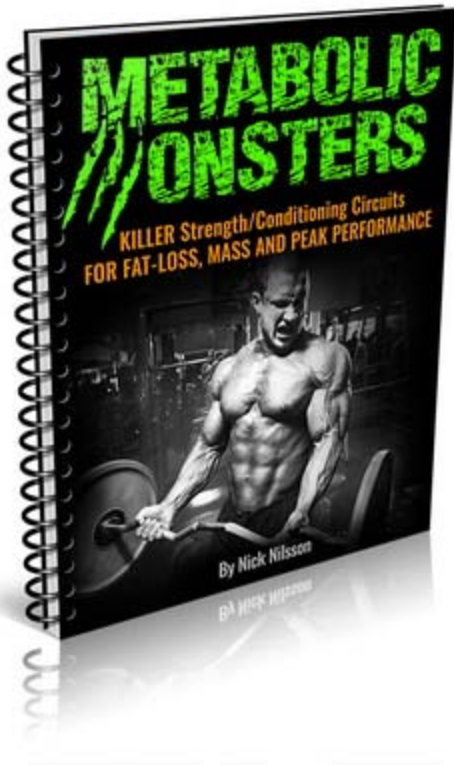


Metabolic Surge - [Metabolic Monsters](#) Sample Workout Template



"[Metabolic Monsters](#)" is packed full of INSANE strength and conditioning, fat-loss, and athletic performance workouts that will push you to your limits.

These circuit workouts will get you SHREDDED while allowing you to KEEP and BUILD muscle mass and strength (and improve athletic performance!). If you enjoy hard training, you will LOVE these workouts.

In this template, I've taken the Metabolic Monster workouts and put them in where they fit optimally into the structure of the Metabolic Surge program. These workouts can

[Read more about Metabolic Monsters here...](#)

- 27 Gym Circuits
- 6 Non-Stop Fat-Loss Circuits
- 3 Bodyweight Circuits
- 4 Special Equipment Circuits
- 3 Hill Training Workouts
- 9 Loaded Carry Workouts

You can use any workout on any day, however because of the specific structure of the program, some workouts are more appropriate than others and will be more effective when done on those days. Feel free to repeat workouts on subsequent rounds of the program, if you find ones that you like and want to stick with, or you can use different ones on the next rounds through.

On days that have similar training styles listed (e.g. Metabolic Circuit Training), you can use any of the suggested workouts on either day. They're totally interchangeable in terms of workouts.

On several of the days, you'll notice I have Loaded Carry Finishers instead of High Intensity Interval Training. On those days, pick a loaded carry and use that for intervals. You can still use "normal" HIIT instead of carries, if you prefer, however on the days where it's only got Loaded Carries or Hill Work listed, I would recommend a longer-duration loaded carry workout or the hill work.

Enjoy!

Nick Nilsson

Phase 1

Day 1 - Low-Carb Eating	Day 2 - Low-Carb Eating	Day 3 - 24 Hour Fasting	Day 4 - Low-Carb Eating	Day 5 - Low-Carb Eating
Metabolic Circuit Training	Metabolic Circuit Training	Rest	Lactic Acid Training Loaded Carry Finisher	Lactic Acid Training
<ul style="list-style-type: none"> - Single Dumbbell Attack - Core Shredder - Punching Power - Full-Body Metabolic Circuit - Ninja Warrior Circuit - Dumbbell Crawling Circuit - One Dumbbell Full-Body Core Twister Circuit - Hammer and Sandbag Circuit 	<ul style="list-style-type: none"> - Lung Crusher - Core Annihilator - Inside-Out Core Crusher - Lateral Focus - Spiderman Circuit - Weighted Bodyweight Exercise Circuit - Empty Bar Circuit - Farmers Walk Circuit 		<ul style="list-style-type: none"> - Full-Body Lactic Non-Stop Circuit - Heavy/Light Sandwich - "Big" Exercise Lactic Acid Circuit 	<ul style="list-style-type: none"> - Double Antagonistic Supersets - "Little" Exercise Lactic Acid Circuit -Strength-Endurance Hits and Carries

Phase 2

Day 6 - Only Protein	Day 7 - Only Fruit
Loaded Carries or Hill Work	Rest
<ul style="list-style-type: none"> - 5-4-3 Hill Training - Hill Dragging - Long Distance Kettlebell Farmers Walks - Weight Vest and Kettlebell Carry - Sandbag and Water Jug Carry - One-Shoulder Barbell Carry - Sandbag and Kettlebell Carry 	

Phase 3

Day 8 - Low-Fat Eating	Day 9 - Low-Fat Eating	Day 10 - 24 Hour Fasting	Day 11 - Low-Fat Eating	Day 12 - Cheat Meal
Hypertrophy/Strength Circuits	Hypertrophy/Strength Circuits	Loaded Carries or Hill Work	Metabolic Circuit Training Loaded Carry Finisher	Rest
<ul style="list-style-type: none"> - Exponential Drop Set Workout - Explosive Strength and Farmers Walks - Total-Body Countdown Circuit - Murder - Bench-Chin-Squat Circuit - Antagonistic Mechanical - Bodyweight Drop Sets 	<ul style="list-style-type: none"> - Dueling Banjo Hell - Descending Press Circuit - Unilateral 3-Exercise 3-Stage Circuit - Inverted Row Push-Up Split-Squat Circuit 	<ul style="list-style-type: none"> - Car Pushing Sprints and Circuits - Heavy Hill Carries - Loaded Sandbag Running - Heavy Trap Bar Farmers Walk Intervals - Heavy Dumbbell Shuttle Carrying 	<ul style="list-style-type: none"> - Swing and Carry Ladders - Heavy Kettlebell Swing Total Body Circuit - Full Spectrum Circuit - Step Ladder - Single Barbell Rack Attack - Bear Hug/Zercher Circuit 	

[Get Metabolic Monsters Now!](#)