

# Metabolic Surge - Metabolic Monster Sample Workout Template



"Metabolic Surge - Rapid Fat Loss" is my 36-day program for burning fat while keeping and even building muscle! It's the perfect template to use with your new "Metabolic Monster" workouts.

If you didn't pick up Metabolic Surge (for the special "all inclusive discount price available on the page), I'm going to give you another chance here to grab it for the same price as the original offer.

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

[Use THIS link to buy Metabolic Surge for the special "fully loaded" package price here...](#)

- Main Program Manual
- Printable Workout Sheets
- Fat-Loss Supplement Guide
- Carb Counter Charts
- Dr. John Berardi Meal Plans
- 300 Healthy Low-Carb Recipes
- 200+ Page Exercise Database
- Bodyweight Surge Add-On Program
- Specialization Surge Add-On Program
- Muscle Surge Add-On Program
- Stink Training Surge Add-On Program

This is a POWERFUL program that is incredibly effective for fat loss (one of the best on the market, in my opinion)

In the Surge program, there are three rounds of training, each with three distinct phases. In the chart below, I've listed which Metabolic Monster workouts would fit best on which days in the structure of the program. These recommendations apply to all three rounds of the program.

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"> <li>- Single Dumbbell Attack</li> <li>- Core Shredder</li> <li>- Punching Power</li> <li>- Full-Body Metabolic Circuit</li> <li>- Ninja Warrior Circuit</li> <li>- Dumbbell Crawling Circuit</li> <li>- One Dumbbell Full-Body Core Twister Circuit</li> <li>- Hammer and Sandbag Circuit</li> </ul>	<ul style="list-style-type: none"> <li>- Lung Crusher</li> <li>- Core Annihilator</li> <li>- Inside-Out Core Crusher</li> <li>- Lateral Focus</li> <li>- Spiderman Circuit</li> <li>- Weighted Bodyweight Exercise Circuit</li> <li>- Empty Bar Circuit</li> <li>- Farmers Walk Circuit</li> </ul>		<ul style="list-style-type: none"> <li>- Full-Body Lactic Non-Stop Circuit</li> <li>- Heavy/Light Sandwich</li> <li>- "Big" Exercise Lactic Acid Circuit</li> </ul>	<ul style="list-style-type: none"> <li>- Double Antagonistic Supersets</li> <li>- "Little" Exercise Lactic Acid Circuit</li> <li>- Strength-Endurance Hits and Carries</li> </ul>

## Phase 2

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

## 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"> <li>- Exponential Drop Set Workout</li> <li>- Explosive Strength and Farmers Walks</li> <li>- Total-Body Countdown Circuit</li> <li>- Murder</li> <li>- Bench-Chin-Squat Circuit</li> <li>- Antagonistic Mechanical</li> <li>- Bodyweight Drop Sets</li> </ul>	<ul style="list-style-type: none"> <li>- Dueling Banjo Hell</li> <li>- Descending Press Circuit</li> <li>- Unilateral 3-Exercise 3-Stage Circuit</li> <li>- Inverted Row Push-Up Split-Squat Circuit</li> </ul>	<ul style="list-style-type: none"> <li>- Car Pushing Sprints and Circuits</li> <li>- Heavy Hill Carries</li> <li>- Loaded Sandbag Running</li> <li>- Heavy Trap Bar Farmers Walk Intervals</li> <li>- Heavy Dumbbell Shuttle Carrying</li> </ul>	<ul style="list-style-type: none"> <li>- Swing and Carry Ladders</li> <li>- Heavy Kettlebell Swing Total Body Circuit</li> <li>- Full Spectrum Circuit</li> <li>- Step Ladder</li> <li>- Single Barbell Rack Attack</li> <li>- Bear Hug/Zercher Circuit</li> </ul>	

[Get Metabolic Surge Now!](#)