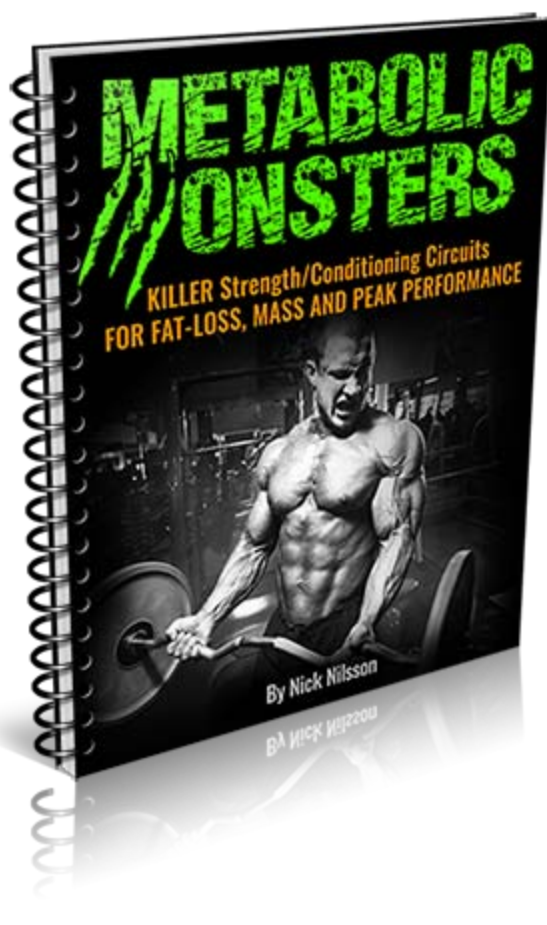


# Metabolic Monsters

## 3 Sample Workouts

By Nick Nilsson...The Mad Scientist of Muscle

*These 3 sample workouts are taken directly from the [Metabolic Monsters](#) book. If you like these, you are going to LOVE what you'll get in the full book.*



### [Workout #1 - Single Dumbbell Attack](#)

**One single dumbbell is going to push your body to the LIMIT....**

- Zero setup time
- Minimal equipment requirements
- Very little training space needed
- Works your whole body
- Done in 3-4 minutes

## [Workout #2 - Total Body Countdown Circuit Murder](#)

This one will either murder YOU...or you're going to want to murder ME....

- Heavy, low-rep, strength-oriented loading
- Only free-weight needed
- Develops "workhorse"-style strength-endurance
- Targets all major muscles in your body
- Set up equipment just once for the entire workout

## [Workout #3 - Inside Out Core Crusher](#)

You might think I'm kidding with that name... I'm not.

- Each exercise hits the core with a different functional focus
- Works all major muscle groups in addition to core
- Dramatically improves core strength and performance
- Develops the capability of your body to transfer force through the core
- Minimal equipment needed (dumbbell, barbell and rack)

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**Please Note:** Any exercise program contains an element of risk. Be aware that the exercises in the book may not be familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises is ultimately your responsibility. Consult your physician before taking part in any exercise program. By reading the information in this book you hereby agree to the Terms and Conditions of use, found in this book.

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# Single Dumbbell Attack



This circuit is the ULTIMATE in training efficiency...a total-body workout with 6 exercises using ONE dumbbell.

You'll go straight from one exercise directly into the next with ZERO rest...which is easy to do because you will NEVER let go of the dumbbell the whole way through.

This circuit takes ZERO setup time and only about 6 square feet of floor space, making it perfect for home gym or CROWDED gym training.

I'll go through the exercises, then I'll tell you exactly WHY this circuit is setup the way it is.

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## **Exercise #1 - One Dumbbell "Goblet" Push Press - anterior-dominant explosive overhead lift - 4-6 reps**

First pick up the dumbbell with both hands on the handle.



Set it on end on your thigh then get your hands under the top set of plates (this is a 105 lb dumbbell). In terms of weight, this exercise should be the "load limiting" exercise, meaning the dumbbell you pick should be based on getting 4-6 reps with this one...everything else will follow.



Now stand up and start in the "goblet" position. Squat down a bit.



The push the dumbbell up and overhead.



When doing this exercise, my recommendation is to pause briefly at the top, lower the dumbbell down, then bend your knees into the partial squat again before using elastic energy to rebound and push-press the weight back up again.

Remember, this is a power movement...don't try to strict press...use your legs to help power the weight up.

When you've done as many reps as you can, stop the press at the bottom and hold in the goblet position and go directly to...

## **Exercise #2 - Goblet Squats - 4-6 reps**

Hold the dumbbell under the top set of plates, in front of your chest.



Then squat down.





That's it!

This exercise will target your legs and your frontal core support muscles (and arms and shoulders).

On the final rep, rest the dumbbell on end on your knee at the bottom then switch your grip from palms under the top plates to fingers gripping under the top plates,





Which leads directly to...

### **Exercise #3 - Single Vertical Dumbbell Rows 15-20+ reps**

This is a very close grip row which I find really targets the "inner" back muscles strongly.







Then, keeping that same grip, stand up then go directly into...

#### **Exercise #4 - Single Dumbbell Stiff-Legged Deadlifts - 4-6 reps.**

Even though the weight is light, your glutes and lower back are already pre-exhausted from the previous exercises. The hams are basically on their own for this one, so it's very effective even with that relatively light dumbbell.



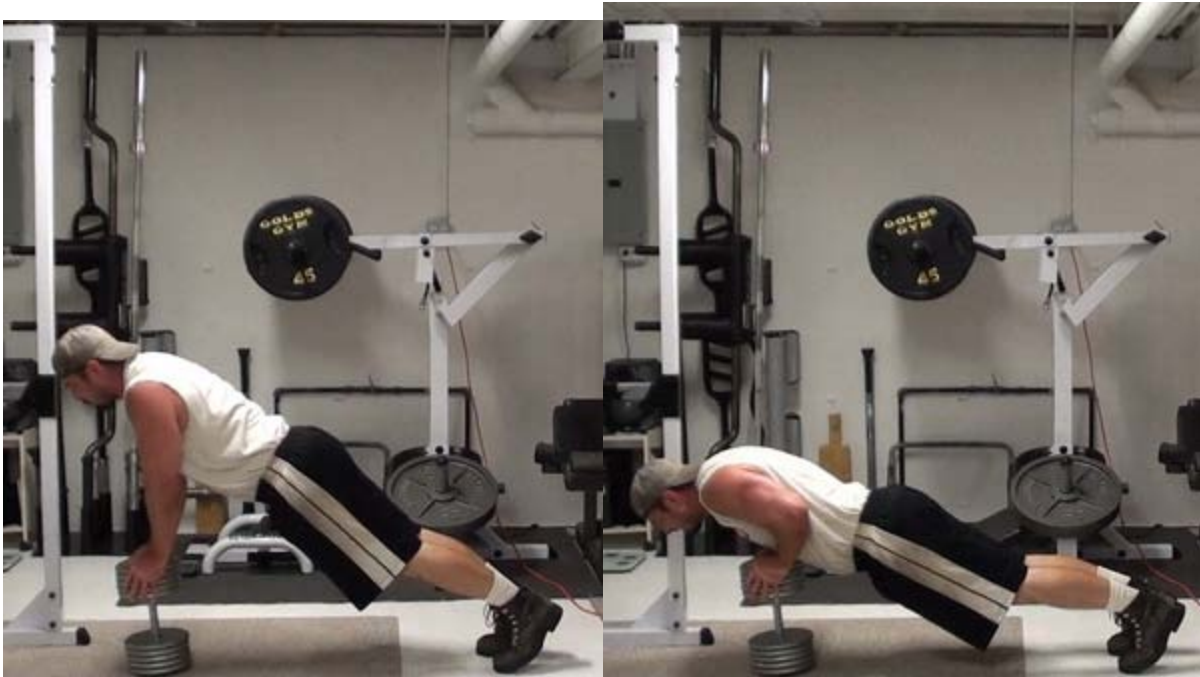


When done, set the dumbbell on end on the ground and set your hands on top and do...

### **Exercise #5 - On-Dumbbell Push-Ups - 15-20+ reps**

This is basically a close-grip push-up. Set your hands so that you're gripping partially on the SIDES of the dumbbell, not just setting them on top. This forces inwards tension onto the pecs in addition to the triceps for pushing up.





When done, bring your feet back beside the dumbbell, stand up and go directly into...

### **Exercise #6 - Dumbbell Swings - 6-8 reps.**

Done exactly like a kettlebell swing only using fingers gripping under the top db plates. This is a posterior-chain dominant explosive exercise.





And you're done!

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**Now, allow me to explain the beauty of this circuit...**

...beyond just using a single dumbbell to hit your whole body in about 6 square feet of floor space (if that)!

Every exercise is matched with an antagonistic movement "book-end" to keep your body in balance.

These are the push-press and the dumbbell swing...the goblet squat and the stiff-leg deadlift...the row and the push-ups. As well, the rep ranges roughly match each

in these pairings.

The order of these exercises shifts focus alternating upper body and lower body to minimize localized fatigue so your performance stays relatively high (similar to PHA or Peripheral Heart Action training originated by Bob Gajda where the idea is basically to "move" bloody supply around the body via targeting widely different areas of the body in successive sets...the end goal of which is increasing metabolic demands on the body).

And it flat-out WORKS.

After the first round, I was dying...so naturally I did 5 more rounds (2-3 minutes rest in between).

I recommend doing 3-5 rounds of this....and depending on the weight you're using, you may only need 2 minutes rest, or you may need 3 minutes in order to maintain performance levels.

Give this one a try...I think you'll like it! It's very time-efficient and easily adjustable to whatever your training level is just by adjusting the dumbbell weight.



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# Single Dumbbell Attack

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Exercise #1 - One Dumbbell "Goblet" Push Press - anterior-dominant explosive overhead lift - 4-6 reps

Exercise #2 - Goblet Squats - 4-6 reps

Exercise #3 - Single Vertical Dumbbell Rows 15-20+ reps

Exercise #4 - Single Dumbbell Stiff-Legged Deadlifts - 4-6 reps

Exercise #5 - On-Dumbbell Push-Ups - 15-20+ reps

Exercise #6 - Dumbbell Swings - 6-8 reps

I recommend doing 3-5 rounds of this....and depending on the weight you're using, you may only need 2 minutes rest, or you may need 3 minutes in order to maintain performance levels.





# Total Body Countdown Circuit/Murder



This total-body circuit is, quite frankly, murderous...and very purposefully so.

You're going to be engaging every major big muscle group in your entire body repeatedly...non-stop...with relatively heavy weight...for an extended period of time.

To accomplish this without dying out immediately, you're going to be cycling through exercises that work different areas of your body strategically and incorporate a brief rest WHILE you're doing the sets, so that continuous loading isn't necessarily going to be a factor that stops you from getting all your target reps.

You'll be doing 5 total rounds (non-stop) of 4 exercises, starting with 5 reps on the first round. Then, on every round after that, you'll decrease the target reps by one, until you get to one rep sets on the last round.

This results in what's called "front loading" the workout, meaning that you do more work towards the front of the training, then as you fatigue, you do less and less volume.

Mentally, you'll know that even though you have to keep going through more and more rounds, you don't have to do as many reps on each round. This allows you to keep grinding through and getting the reps.

This circuit is essentially a way to squeeze as much work out of you as possible in a very short period of time...and it will CRANK up your metabolism.

I would recommend performing (or attempting to perform) two rounds of this training. After the first round, take AT LEAST 5 minutes rest before you go again.

In terms of weight selection, use a weight you could normally get at least 10 to 12 reps on a regular "stand-alone" set. Over the course of the circuit, this weight is going to get VERY heavy...

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## **Exercise #1 - Deadlifts**

For this one, you can use trap bar or straight bar deadlifts...either one is just fine. I'm using trap bar deadlifts with 405 lbs.



This exercise is the "biggest" exercise and will hit you the hardest in terms of heavy loading.

Once you've finished 5 reps, go immediately to the next exercise...

## **Exercise #2 - Dumbbell Floor Presses**

For this one, if you don't wish to do floor presses (or aren't comfortable doing them), you can also do normal dumbbell bench press.

I like floor presses for this circuit due to the brief rest you get at the bottom of the exercise with your upper arms flat on the floor. Not only is this a great way to

develop pressing power out of the bottom, it comes in VERY handy towards the end of the circuit when you can allow yourself that brief rest on each rep at the bottom without continuous loading.

I'll show you the easiest way I've found to get dumbbells into position for this when you're training on your own and using heavy weight. I'm using a pair of 95 dumbbells here and this is the very best way I've found to do it.

Set one dumbbell on the outside of your left leg and the other dumbbell directly IN BETWEEN your legs (NOT outside...you'll see why in a second).

Reach over and grip the left dumbbell with both hands.



Pick it up and set it on end on your thigh.



Now reach down with your right hand and grip the other dumbbell. The end of the dumbbell should be resting on your inner thigh.



And here's where you find out why you positioned it in between your legs.

Instead of lifting it up completely off the ground, like you did with the first dumbbell, brace the end against your inner thigh and PULL the other end up, leveraging the dumbbell up and onto your thigh.



Pull it all the way up until it's also resting on end on your thigh.



Then lean back and get into the bottom position for the floor press.



At the bottom, release the tension in your chest and rest your upper arms fully on the floor. To accentuate this, a good tip is to purposefully push your elbows into the floor...this activates the upper back muscles (which are directly antagonistic to the pecs).

THEN press up to the top.



Repeat the full-stop pause on each rep.

On the final rep, once the dumbbells are at the top, instead of bringing your arms back down, lower the dumbbells back onto your thighs (on end) and use their weight to bring your body back up to the seated position. THEN set the dumbbells back down on the floor under control.

### **Exercise #3 - Pull-Ups, Chin-Ups or Inverted Rows**

For this one, we're looking for a pull exercise that you could do for about 8-10 reps normally. For me, it was wide-grip pull-ups. For you, it could be chin-ups or inverted rows. Any of these variations are fine. If you're quite strong and want to use extra resistance, that's totally fine, too.



Make sure you use good form and do the reps under control. I like to do a pause at the bottom to dissipate the elastic tension in the muscles and force them to do all the work.

#### **Exercise #4 - Bottom-Start Front Squats**

I HIGHLY recommend doing the Front Squats in the rack with a bottom-start style like this. If you do a "normal" rep where you stay loaded the whole time, it will force you to use a LOT less weight in order to get through the whole circuit.

I'm using 185 lbs on the bar for this exercise...if I were to do continuous, I'd probably have used 135 lbs.

This bottom-start style allows you to release the load on every rep, reset your body position, take a BRIEF rest and power it up again out of the bottom (which helps build power out of the bottom).

If you don't have a rack to do this with, you can sub in Goblet Squats with a dumbbell as well. At the bottom of every rep, rotate very slightly to one side and rest the dumbbell on end on your knee to get that same release of loading.



You can use either the crossed-arm style or clean grip for these (I prefer crossed arm, myself).

**Now the fun begins...with NO rest...do all of those exercises**



## **AGAIN.**

This time, however, do sets of 4 reps.

Then repeat with sets of 3 reps...then 2 reps...then 1 rep.

THEN you're done.

All told, this will be about 10-12 minutes of continuous heavy lifting, covering all your major muscle groups.

If you decide to do another round of this, take at least 5 minutes rest **MINIMUM**. This circuit will trash **EVERYTHING** and you will need the recovery.

Also, you may need to reduce the weight on some of the exercises as well, due to fatigue. This circuit is truly a monster. I went for a second round with the same weight and my reps really suffered a lot. I felt it on the very first rep with trap bar deadlifts and immediately cut my reps to sets of 3 reps, then 2, then 1.

If you only do one round, you can move on to a different, less demanding circuit after this (a bodyweight circuit would be a good option).



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# Total Body Countdown Circuit/Murder

You're going to be engaging every major big muscle group in your entire body repeatedly...non-stop...with relatively heavy weight...for an extended period of time.

You'll be doing 5 total rounds (non-stop) of 4 exercises, starting with 5 reps on the first round. Then, on every round after that, you'll decrease the target reps by one, until you get to one rep sets on the last round.

I would recommend performing (or attempting to perform) two rounds of this training. After the first round, take AT LEAST 5 minutes rest before you go again.

In terms of weight selection, use a weight you could normally get at least 10 to 12 reps on a regular "stand-alone" set. Over the course of the circuit, this weight is going to get VERY heavy...

Exercise #1 - Deadlifts - 5 reps

Exercise #2 - Dumbbell Floor Presses - 5 reps

Exercise #3 - Pull-Ups, Chin-Ups or Inverted Rows - 5 reps

Exercise #4 - Bottom-Start Front Squats - 5 reps

**Now the fun begins...with NO rest...go DIRECTLY back to Exercise #1 and do all of those exercises AGAIN.**

This time, however, do sets of 4 reps.

Then repeat with sets of 3 reps...then 2 reps...then 1 rep.

THEN you're done.

All told, this will be about 10-12 minutes of continuous heavy lifting, covering all your major muscle groups.

If you decide to do another round of this, take at least 5 minutes rest MINIMUM. This circuit will trash EVERYTHING and you will need the recovery.

Also, you may need to reduce the weight on some of the exercises as well, due to fatigue. This circuit is truly a monster. I went for a second round with the same weight and my reps really suffered a lot.



# Inside Out Core Crusher



I called it that because the heavy core exercises feel like they're turning you...yep...inside out.

The best part is, these exercises are actually NOT specifically abdominal exercises. They're exercises that work the core in addition to the other PRIMARY targeted bodyparts (you'll see).

This gives you great work while also hitting every other major muscle group in your body as well.

## **Exercise #1 - Lower Body/Upper Body Force Transfer - One-Arm Dumbbell Floor Press - 105 lb db x 5 reps each arm**

First, set the dumbbell on the floor between your legs.

Pick it up with both hands on the handle then set it on your thigh.



Now lie back onto the floor and into the bottom of a bench press position, with your upper arm resting fully on the floor. If you're pressing with your right arm, bend your right knee, with your left leg almost straight.



You have to drive HARD into floor with same side foot when you press, giving you MASSIVE deep core cross-tension. This trains your core to transfer force from lower to upper body.



When you're completed your reps on the right arm, rest the dumbbell on your chest briefly and switch arms.



Then press with the left.





Here's a straight-on view.







## **Exercise #2 - Anti-Rotation - Angled One-Arm Dumbbell Row - 8 reps each arm**

You can use the same dumbbell that you just finished the presses with for this exercise.

This exercise is done very much like a Renegade Row with your hand set about 4 feet up on rack post so your body is at an angle. This works the anti-rotation function of the core with a "pull" exercise.







Maintain an arch in your lower back as you perform the row.





### **Exercise #3 - Frontal Plane Stabilization - Unevenly Loaded Squats - 3-5 reps per side.**

For this exercise, you're going to have more weight on one side of the bar than the other. In my case, I've got one 45 lb plate on one side and two 45's on the other. I would recommend you go lighter than this the first time you try it, though...trust me.

Frontal plane stabilization isn't something that's very commonly worked in most core training and you'll need to develop baseline strength in it before you start going heavy.

(just an fyi, the Frontal Plane is basically the plane that divides your body front and back...for example, side bends work in the frontal plane...they're just not a great exercise is the only problem).

When you get set up under the bar, keep in mind that you'll need to pull down **HARD** with the lighter side hand and **PUSH** with the heavier side hand...this is what works the core in the frontal plane.



Then just squat as you normally would.



The uneven loading will put massive tension on the core.

Do your reps on side, then just re-rack the bar and turn around to work the other side (and yes, you may find yourself leaning a bit more to one side as you fatigue, in order to counterbalance the load).



#### **Exercise #4 - Lower-Back Cross-Loading - One Dumbbell Reverse Lunge/Deadlifts - 5 reps**

You can again use the very same dumbbell you were working with before (that's one of the nice things about this circuit - very minimal equipment needed).

What many people don't realize is that the lower back is a BIG part of your "core"...it's not just your abs. This exercise gives you excellent lower back involvement (and cross-tension), along with obliques and transversus. This happens because you're holding only one dumbbell. The Reverse Lunge hits the legs very effectively.

This exercise looks like a superhero "landing" pose at the bottom. You're basically doing a Reverse Lunge and leaning forward at the same time.



Do your reps on one leg, then switch to the other and switch hands with the dumbbell.



### **Exercise #5 - Anti-Flexion - Barbell Curl Squat x 2-5 reps**

Take a plate off the bar you squatted with to even up the sides again. I'm using 135 lbs on the bar.

Hold the bar in top of a curl position, step out then squat. This is a GREAT anti-flexion core exercise, very similar in feeling to a Front Squat. Anti-flexion simply means keeping the spine from bending forward and supporting the torso in an upright position.

This exercise also loads the breathing muscles strongly, too, which is just brutal at this point.



You're done!

Take 3 min rest then repeat this circuit for 3-5 total rounds.

This circuit will absolutely TRASH your core, while hitting every other major muscle group in your body at the same time.

# Inside Out Core Crusher

These exercises work the core in addition to the other PRIMARY targeted bodyparts. This gives you great work while also hitting every other major muscle group in your body as well.

Exercise #1 - Lower Body/Upper Body Force Transfer - One-Arm Dumbbell Floor Press - 105 lb db x 5 reps each arm

Exercise #2 - Anti-Rotation - Angled One-Arm Dumbbell Row - 8 reps each arm

Exercise #3 - Frontal Plane Stabilization - Unevenly Loaded Squats - 3-5 reps per side

Exercise #4 - Lower-Back Cross-Loading - One Dumbbell Reverse Lunge/Deadlifts - 5 reps

Exercise #5 - Anti-Flexion - Barbell Curl Squat x 2-5 reps

You're done!

Take 3 min rest then repeat this circuit for 3-5 total rounds.



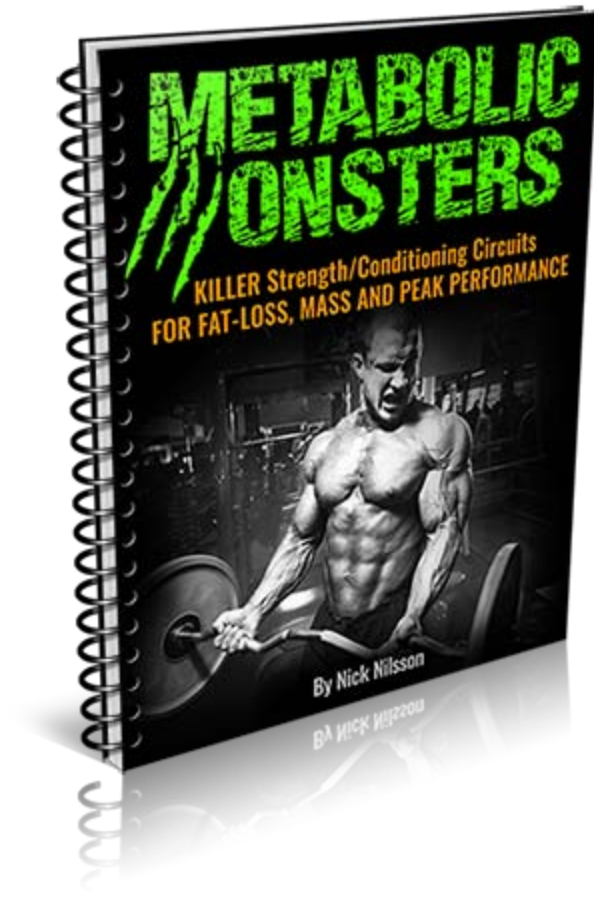
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