

Metabolic Chest

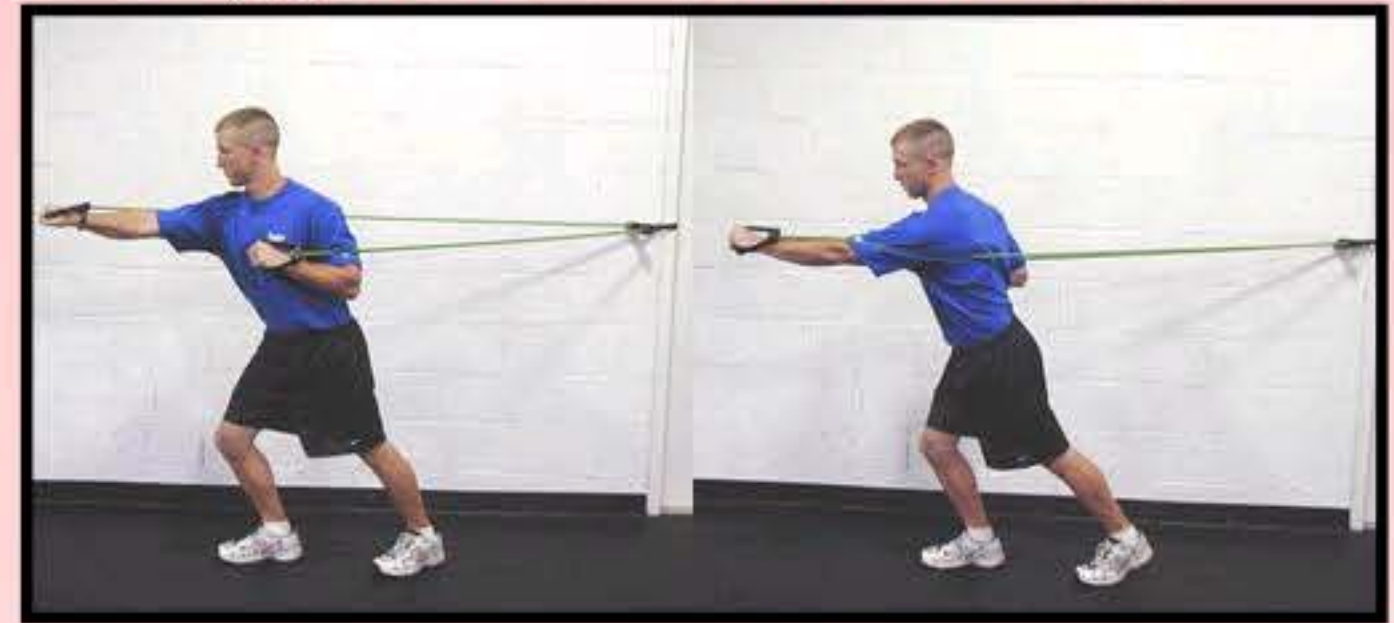
The 'JC' Meta Chest is a quick way to blast the chest. The Meta Chest provides strength, power and power endurance in one quick, but challenging protocol.

1 - Push-up



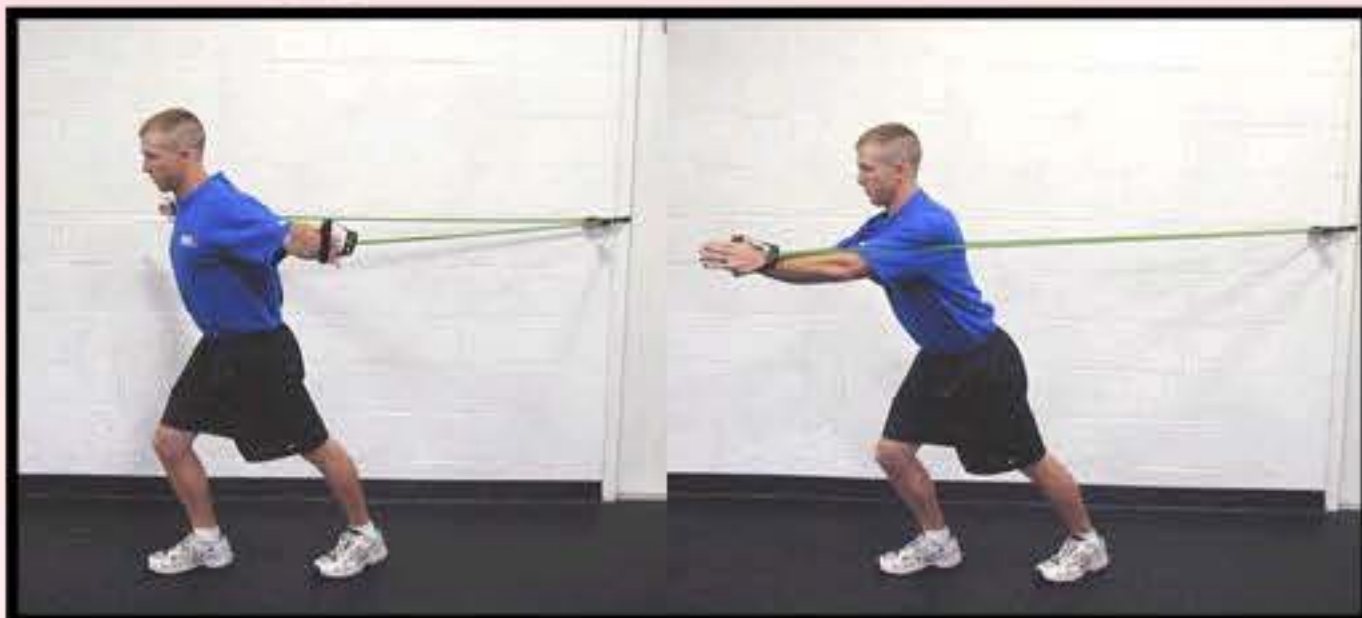
- ✓ Assume the plank position
- ✓ Keeping your body straight, bend the elbows and lower your body
- ✓ Stop a few inches from the ground and press back up
- ✓ Repeat

2 - Staggered Stance Band Press



- ✓ Hold the bands in hand and walk out to provide tension in the bands
- ✓ Stand with feet shoulder width and staggered
- ✓ Perform alternating presses
- ✓ Change stance and repeat the pressing motion

3 - Staggered Stance Fly



- ✓ Hold the bands in hand and walk out to provide tension in the bands
- ✓ Stand with feet shoulder width and staggered
- ✓ Perform alternating flies
- ✓ Change stance and repeat the fly motion

4 - Explosive Push-up



- ✓ Keeping your body straight, bend the elbows and lower your body
- ✓ Stop a few inches from the ground and explode upward - get airborne!
- ✓ Land and immediately lower your body to the push-up position
- ✓ Repeat

How

15sec	Speed Push-ups	20 Reps
10 sec	Split Stance Band Punching (Right leg front)	10 Reps
10sec	Split Stance Band Punching (Left leg front)	10 Reps
10 sec	Split Stance Band Fly (Left leg front)	10 Reps
10 sec	Split Stance Band Fly (Right leg front)	10 Reps
10 sec	Explosive Push-up	10 Reps
65 seconds		