What is Metabolic Training and Why is it so Efficient?
Metabolic circuits combine interval and resistance training for a unique fitness experience to maximize overall results. Metabolic Resistance Training (MRT) workouts use a high time under tension of 45 seconds to 60 seconds with minimal rest time between sets. The actual time your body is exposed to the resistance is very important in maximizing overall muscle demand. Because of this, you experience the fat-burning and heart-healthy benefits of intense cardio along with the muscle-building properties of a resistance training workout.

MRT makes use of compound exercises that work a wide variety of muscle groups across your body. A good example of utilizing a Queenax configuration would be performing a superset that combines “Superfunctional Jump Squats” followed immediately by “Superfunctional Body Weight Rows.”

Anytime circuits or supersets are performed while training with an elevated heart rate and insufficient recovery, this is considered MRT. MRT sessions are exceptionally effective because they require you to move quickly from one movement to the next, burning more fat in less time. Another enormous benefit to MRT is the “after burn effect,” which is a result of excess post-exercise oxygen consumption, or EPOC. High-intensity interval training (HIIT) is the most effective way to stimulate the EPOC effect. Even after your MRT circuit, your body will continue to burn additional calories after the workout is complete. This type of training is a highly effective way to burn fat, increase muscle mass, and improve endurance.

Recovery: Don’t Sell Yourself Short!
MRT is a very efficient training style, however, the key to achieving benefits from this type of training is to prioritize recovery. The process of recovery is vital in returning the body to an overall state of homoeostasis. Actively cooling down after intense exercise prevents venous pooling. Active cool-down might include performing rhythmic exercises that assist in increasing blood flow through the veins and heart therefore speeding up lactate removal from the blood. This recovery period extends well beyond the initial few minutes following exercise. Sleep, proper nutrition, and healthy lifestyle habits after intensive training regimens are critical in recuperating fully and completely for optimal results.

This program was developed by Precor Master Coach, Luis Cornier III. Luis is currently the Group Ex Director at CLAY Health Club + Spa in New York City and has over 30 fitness certifications. Luis has been inspiring his clients and colleagues for twenty years and continues to generate quality programs while achieving maximum results.
Perform each movement for two sets of 45 seconds with 15 seconds rest between movements:

- Superfunctional Squat Jumps
- Box Jumps on Queenax Plyometric Platform
- Superfunctional Assisted Metabolic Pull-Up
- Battle Rope Single Side Waves with Squat Jump
- Torso Trainer Split Squat with Press
- Up Strength Y’s
- Superfunctional Push-Up
- Strong++ Pull-Through