

# The Best Metabolic Conditioning (MetCon) Exercises

Some of the best examples of metabolic workouts include Moderate Intensity Interval Training (MIIT), High- Intensity Interval Training (HIIT), Tabata, Crossfit and Resistance Training.

## 1) Moderate Intensity Interval Training (MIIT)

As I said earlier, the MetCon program is a combination of several workout types, such as MIIT and HIIT. Medium intensity exercises are done at 70 to 80 percent of maximum heart rate, followed by a short interval of resting time.

Moderate intensity exercises combine with high-intensity workouts to design the best MetCon workout program.

For beginners, MIIT workouts would be an excellent way to start Metabolic conditioning.

MIIT is as good as HIIT when it comes to controlling type 2 diabetes – showed in a study published by the Journal of Exercise Rehabilitation.<sup>3</sup>

## 2) MetCon High-Intensity Interval Training (HIIT)

High-Intensity Interval Training (HIIT) is designed to work on the full-body with little or no equipment.

HIIT exercises are intense bursts and are performed in a couple of intervals. For example, 30 seconds work and 30 seconds rest.

Various studies proved the importance of HIIT for overall health and fitness. You can check out the crucial [benefits of HIIT](#).

Most of the HIIT exercises are bodyweight, so you can even do them anywhere you like, such as a [living room](#) or gym.

HIIT is a part of the MetCon training, but not all HIIT exercises includes in the metabolic conditioning program.

The selection of HIIT workouts, level of intensity, intervals between sets, and duration of a workout session all depend on your or your client's goal.

## **Examples of HIIT workouts you can incorporate in the metabolic conditioning.**

- High-knees
- Burpees
- Squat Thruster
- Jumping ropes or jacks
- Mountain climbing
- Running
- Push-ups

**Related:** [A Complete List Of HIIT Workout](#)

### **3) Metcon Tabata Workout**

Tabata is when you do five to six exercises for a set amount of time without a break into a circuit. You'll need to do each workout as fast as you can.

The primary goal of Tabata is to boost stamina, VO2 max, burn more calories, and lower body fats.

An example of circuit training might consist of 6 exercises; pull-ups, push-ups, squats, burpees, high knees, and Crunches.

Duration – 3 minutes

You can do the below exercises in the following manner to complete one round.

1. Do as many pull-ups as you can in 30 seconds
2. Do push-ups as fast as you can for 30 seconds
3. Complete as many squats as you can in 30 seconds
4. Do as many burpees as you can in 30 seconds
5. Perform High knees for 30 seconds
6. Do as many crunches as you can in 30 seconds

Again, you can increase and decrease the work time depending on your fitness level.

### **4) Metabolic Conditioning CrossFit**

CrossFit is one of the most effective and challenging workout program you can incorporate in Metcon training.

It includes activities that we perform in our day in day out activities, such as pulling, pushing, running, and squatting.

**Some of the examples of CrossFit workouts include:**

- Clean & Jerk
- Box Jumps
- Pull-ups
- Spirting
- Snatch
- Thruster
- Jumping Ropes
- Kettlebell Swing
- Split Jerk

I've already written a couple of articles on CrossFit exercises, so you can check out some of the below posts.

- [Bodyweight CrossFit Workouts \(An Ultimate Guide With PDF\)](#)
- [How To Dumbbell CrossFit WOD \(30 Exercises\)](#)
- [HIIT CrossFit Workouts And Workout Plan \(PDF\)](#)

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## 5. Metabolic Resistance Training Workout

Whether you're a male or female, underweight or overweight, beginner or pro; you can incorporate weight training in your Metabolic conditioning training to enhance cardiovascular health, muscles growth, and body composition.

You can plenty of **compound workouts**, such as **deadlift**, **clean and press**, bench press, **overhead press** and squats.

If you work out at home, you can do **dumbbell compound exercises**, such as **IYT raises**, **dumbbell pullover**, **squat to swing**, and many more.

**Related:** [A complete guide to Free weights Exercises](#)