

# The Best Metcon Workout Program for All Fitness Levels

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## Summary And Description

Routine Type	Hybrid (mix of bodyweight & weighted exercises)
Program Duration	4 Weeks
Frequency Per Week	3-4 Days a Week
Training Goal	Improve metabolism and overall fitness
Target Gender	Male and Female
Level	Beginner to Intermediate
Duration of a Session	15, 30, and 45 minutes

Other information related to the program:

- **Intensity:** The exercises in the metabolic conditioning workout plan are performed at moderate to high intensity. Some exercises will be done in a time frame and some will be based on the number of reps and sets, so you can perform accordingly.
- **Exercises type:** Metcon workout program consists of a variety of exercises, from cardio to Crossfit. That's why this program includes a combination of bodyweight and equipment-based weighted exercises to help you help increase your strength, metabolism, and speed, and improve overall fitness.
- **A golden rule for a better metabolism:** Healthy eating and regular physical activity are the keys to maintaining a healthy metabolic rate.

To design metabolic conditioning workout plans, you need a list of various exercises. If you have a list of workouts, you can also create a routine for yourself. Here's a list a of few exercises you can incorporate into your metabolic conditioning workout program.

<b>Bodyweight</b>	<b>Equipment Based Workout</b>
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High-knees	Clean & Jerk
Burpees	Barbell Snatch
Jumping Jacks	Barbell Thruster
Mountain Climber	Kettlebell Swings
Box Jumps	Split Jerk
Jumping Ropes	Farmer's Walk
Push-ups	Weighted step-ups
Walking lunges	Ab Rollout
Step-ups	Renegade Row
Crunches	Barbell Squat
Jump Split Squat	Bench Press

Let's check out the samples of metcon workout plans. You can use one of them or create it for yourself with the help of these exercises.

## 15 Minute Metcon Workout For Beginners

If you're looking for a great, full-body workout program, look no further. This metabolic conditioning workout plan gets you feeling motivated in no time.

- **Jumping Jacks** – 20-sec work, 40-sec rest
- [Mountain Climbers](#) – 20-sec work, 40-sec rest
- [Pushups](#) – 20 reps, 40 seconds rest
- [Squat Jump](#) – 20-sec work, 40-sec rest
- [Dumbbell Push Press](#) – 10 reps, 60-sec rest
- [Farmer Carry Walk](#) – 10 steps forward and backward, 60-sec rest
- [Russian Kettlebell Swings](#) – 10 reps, 60-sec rest
- [Dumbbell Step-up](#) – 10 reps, 60-sec rest
- [Barbell Push Press](#) – 10 reps, 60-sec rest

## 30 Minute Metcon Workout To Speed Up Fat Loss

This metabolic conditioning workout plan is designed to help a person burn lots of calories in a short amount of time while building strength and toning the body.

### Round 1

Exercise	Activity	Rest
<a href="#">High-Knees</a>	30-sec	60-sec
<a href="#">Push-ups</a>	30-sec	60-sec
<a href="#">Crunches</a>	30-sec	60-sec
Kettlebell Swings	10 reps	60-sec
Farmer's Walk	10 reps	60-sec
<a href="#">Barbell Snatch</a>	10 reps	60-sec

## Round 2

Exercise	Activity	Rest
Jumping Jack	30-sec	60-sec
Dumbbell Push Press	10 reps	60-sec
Squat Jump	10 reps	60-sec
<a href="#">Shoulder Tap</a>	10 reps	60-sec
Russian Twist	30-sec	60-sec
Weighted Step-up	10 reps	60-sec

## Round 3

Exercise	Activity	Rest
<a href="#">Jumping Split Lunges</a>	10 reps	60-sec
<a href="#">Leg Raises</a>	10 reps	60-sec
Dumbbell Rowing	10 reps	60-sec
Barbell Squat	10 reps	60-sec
<a href="#">Flutter Kicks</a>	30-sec	60-sec
<a href="#">Squat to Overhead Press</a>	10 reps	60-sec

# 45 Minute Metcon Workout To Help You Achieve Your Best Physique

It's best to combine strength and cardiovascular exercises into your metcon workout program to burn fat and get fit.

This workout plan combines three types of exercise – strength training, aerobics, and [anaerobic](#) that help melt away fat, rev up your metabolism and make muscles look more defined.

## Circuit 1

Exercise	Activity	Rest
High-Knees	30-sec	60-sec
Push-ups	15 reps	60-sec
Kettlebell Swings	10 reps	60-sec
<a href="#">Dumbbell RDL</a>	10 reps	60-sec
<a href="#">DB Renegade Row</a>	10 reps	60-sec
Barbell Snatch	10 reps	60-sec

## Circuit 2

Exercise	Activity	Rest
<a href="#">Air Squats</a>	20 reps	60-sec
<a href="#">Dumbbell Man maker</a>	10 reps	60-sec
<a href="#">Push Jerks</a>	10 reps	60-sec
<a href="#">Hanging Knees Raise</a>	10 reps	60-sec
<a href="#">Burpees</a>	10 reps	60-sec

<a href="#">Box Jump</a>	10 reps	60-sec
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### **Circuit 3**

<b>Exercise</b>	<b>Activity</b>	<b>Rest</b>
Dumbbell Step-up	10 reps	60-sec
Deadbug Crunches	15 reps	60-sec
<a href="#">Dumbbell Snatches</a>	10 reps	60-sec
Overhead Press	10 reps	60-sec
<a href="#">Front Plank</a>	60-sec	60-sec
Side Plank	30-sec/side	–

### **Other Programs:**

- [Metabolic Conditioning Workouts & Benefits](#)
- [Ultimate 6 Week HIIT Workout Plan With PDF](#)
- [12 Week Powerlifting Program With PDF](#)
- [Circuit Workout At Home](#)
- [Full Body Isometric Workout Routine](#)

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