

## INTRODUCTION

This is a sample of the **Metabolic Resistance Training (MRT) - Express** workout that comes with every month of Lift Lab. It is the shortest workout of four, and is great when you're crunched for time.

**There are three levels to every workout in Lift Lab. In general:**

LEVEL 1 is best for those working out with no equipment, or for those new to fitness.

LEVEL 2 requires dumbbells or kettlebells for most exercises, and is best for those with int. fitness experience.

LEVEL 3 requires a full gym for most exercises, and is best for those with int/adv fitness experience.

Each exercise is hyperlinked to a demo video for you to study and learn the movement for proper form.

Best practice is to pick one level and stick closely to it. If anything feels too challenging, simply level down for that exercise. If something feels too easy, level up! And always practice safe sets! LOL. Don't push through sharp pain, nausea or dizziness. Listen to your body, and challenge yourself within your own limits. Work smart and hard. This is the mantra of Lift Lab!

## MRT-X: 15 MINUTES

### HOW TO DO IT:

This workout is for time. Set your own timer for 10 minutes. Perform as many rounds as possible, resting whenever you need, as long as you need. 1 Round = Exercises 1-5. Record how many rounds, including final partial rounds, you get each week, and try to out-do yourself next time.

	REPS	LEVEL 1	LEVEL 2	LEVEL 3
1	10	<a href="#">Split Squats, R</a>	<a href="#">Split Squats w Lat. Raise</a>	<a href="#">Split Squats w Lat. Raise</a>
2	10	<a href="#">Split Squats, L</a>	<a href="#">Split Squats w Shoulder Press</a>	<a href="#">Split Squats w Shoulder Press</a>
3	10	Pushups*	Pushups*	Pushups*
4	10	<a href="#">Speed Squats</a>	<a href="#">Jump Squats</a>	<a href="#">Tuck Jumps</a>

Notes: \*Choose a pushup variation that matches where you're at! [Learn more here!](#)

## FINISHER: 5 MINUTES

1	AMRAP	<a href="#">Rev. Burpees</a>	<a href="#">Burpees</a>	<a href="#">Devil Presses</a>
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Notes: AMRAP means as many reps as possible, with good form. See how many you can get in 5 minutes time!