



METABOLIC METAMORPHOSIS

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BENEFITS

EXERCISE DENSITY: **VERY HIGH**

MUSCLE GAINER: **MODERATELY
HIGH**

FAT BURNING - **HIGH**

WEAKNESS

STRENGTH FOCUS: **LOW**

KEY POINTS

by Dr. Kuntz

Perhaps one of the most exercise dense workout programs that Dr. Kuntz offers is Metabolic Metamorphosis. It combines the powers of Supersets, Compound Sets and Drop Sets to provide an incredible amount of exercise density.

Depending on your diet scheme, this program can be exactly what you need for a serious mass gaining phase, or if done correctly, can help maintain lean muscle while burning stubborn areas of fat.