



METABOLIC MADNESS

DR. CHAD KUNTZ, PT, OCS, SCS, CSCS, CISSN, TPI-1

BENEFITS

EXERCISE DENSITY: **HIGH**

MUSCLE GAINER: **MODERATELY HIGH**

FAT BURNING - **HIGH**

WEAKNESS

STRENGTH FOCUS: **LOW**

KEY POINTS

by Dr. Kuntz

If you're looking for a program that will get you moving, sweating, building muscle and burning fat at the same time, you've come to the right spot. It also has optional BFR (blood flow restriction) cuffs incorporated in it to help develop lean muscle. Regardless of whether you entertain the BFR or not, it will challenge your anaerobic capacity and is progressive throughout the 10 weeks.

Lastly, it incorporates one of a kind Metabolic Drop Sets that will have you finishing your workouts unlike anything you've experienced before!