

Pauline Nordin's
METABOLIC BOOSTER WORKOUT

EXERCISE	SETS	REPS	NOTE
SQUAT	5	15	REST 30 SEC BETWEEN SETS
PUSH-UP	5	10-15	REST 30 SEC BETWEEN SETS
DEADLIFT	5	15	REST 30 SEC BETWEEN SETS
BILATERAL STANDING DUMBBELL PRESS	5	15	REST 30 SEC BETWEEN SETS
SQUAT	3	15	REST 30 SEC BETWEEN SETS
BILATERAL STANDING DUMBBELL PRESS	3	15	REST 30 SEC BETWEEN SETS
UNDERHAND GRIP BENT OVER ROW	3	15	REST 30 SEC BETWEEN SETS
NARROW GRIP BENCH PRESS	3	15	REST 30 SEC BETWEEN SETS
CRUNCH	3	30	REST 30 SEC BETWEEN SETS
SIT-UP	3	15	REST 30 SEC BETWEEN SETS