**21 Metabolic Moves to Get Shredded**

1. Long jump forward, then hop back to skater jump (side to side)
2. Elevated feet, with dead-stop pushup (chest on ground, hands off ground)
3. Goblet clean, to squat up, press dumbbell up
4. Levitating Lunge (single leg lunge to 90\*), dumbbells in hands forward, pull back/down as you extend leg
5. Sit-up to hip up (back bridge table)
6. Bulgarian Split Squat (use bench for supporting back leg)
7. Split squat (non jumping) to shoulder raises (with dumbbells)
8. Side plank with lateral raise (with dumbbells)
9. Breakdancer
10. Bridge to press to pull over (bridge with shoulders and feet, bring dumbbells floor to ceiling)
11. Bear crawl to row to donkey kick
12. Discus Rotations (back and forth with dumbbells)
13. Alternating hand swing (swing in front, switch, catch, repeat)
14. Ground and pound
15. Semi-circle mountain climber
16. Side-to-side blast-off pushup
17. Bent-over row to bicep curls
18. Pull complex (regular bent over rows with double dumbbells, then to raises, then to bicep curls)
19. Bear walk out
20. Sprinter situp
21. King Kongs