An improvement in the Index Score means an immediate improvement on the field or court.

The fastest way to improve test scores is the Metabolic Circuit

Dr. Bill Kraemer created the Metabolic Circuit after years of research on the Nebraska Survivor Circuit.

The image of a great athlete is one that works hard and does the job right. They work hard because they want to.

The effort starts with the off-season workouts, carries over to in-season practice and into the classroom.

Coaches can provide an edge with their motivation, but it is the athletes themselves that make the work ethic. This is something that remains a mystery for those that are not willing to pay the price.
**Metabolic Circuit Levels**

The Metabolic Circuit should not be used year round. The advanced level (three sets) is very advanced and should only be used during the base phase to develop lean muscle and for no more than 4 weeks.

An improvement in Lean Body Mass will result in improved performance.

Use a weight that allows for a set of 10 repetitions with good form.

The speed of movement is not explosive but done under control to allow good form.

More growth hormone (GH) is released when the number of repetitions are ten as opposed to doing five or fewer.

More GH is released when the rest period is one minute or less as opposed to two or three minutes.

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**Warm-up**

- **Light Squat**
  - Warm-up
  - 2 sets of 10 under hurdle
  - 2 sets of 5 snatch squat

**Station #1 Squat**

- 3 sets of 10 with same wt.
  - A clock with a second hand is used for the squat, 60 seconds between sets.

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**Circuit Timer**

All stations (except for the squat) use a circuit timer with 80 seconds for the combined work and rest. Every 80 seconds a new set begins. If your set takes 30 seconds to complete, then you have 50 seconds to rest.

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**Intermediate Level**

- 2 sets of 10 at each station before moving to the next station.
- The circuit is done twice a week on Strength Day in place of slow movements. Still do explosive movements on Explosive Day.

**Advanced Level**

- 3 sets of 10 at each station with heavier loads to increase strength and bone density. The gains made will be at a faster rate than gains achieved through single or double set programs. Total time = 36 minutes.

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**Beginner Level**

- 1 set of 10 reps twice a week on Strength Day.
Station #2 RDL or Leg Curl

Station #3 Single Leg Squat or Leg Extension

Station #4 Bench or Incline Press
Station #5 Lat Pulldown

Station #6 Shoulder Press

Station #7 Low - Row
or Bent-over Row
Station #8 Triceps Choice

Station #9 Biceps Choice
**Half Rack or Power Rack Station**

the Metabolic Circuit

Half Rack or Power Rack with safety level and bench

Station 1 – Squat

Station 2 – Single Leg Squat
Station 3 – RDL

Station 4 – Standing Shoulder Press

Station 5 – Inverted Row
Station 6 – Bench Press

Station 7 – Bent-over Row

Station 8 – Dips
# Station 9 – Bicep Curls

| Name                      | Date | Bicep Phase | Advanced Pickleball | AFC 2023 9.9  
|----------------------------|------|-------------|---------------------|----------------------
| Back Curls                 | Wed  | 2x10        | 2x10                | 2x10                  |
| Bicep Jumps                | Fri  | 2x10        | 2x10                | 2x10                  |
| Bicep Jumps                | Sat  | 2x10        | 2x10                | 2x10                  |

## Weekly Schedule

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## Notes

- Ensure proper form and technique.
- Increase weight as fitness improves.