



## 6 Week Conditioning – WEEK 1

### Day 1

#### Strength

Barbell Squat (4x12) (2)  
Shoulder Press (4x10) (2)

#### Conditioning

5 Rounds  
10x Sit-up  
20x Mountain Climber (2)  
8x Push-up

### Day 2

#### Strength

Bench Press (4x10) (2)  
Pull-up (4x8)

#### Conditioning

4 Rounds  
12x Hang Knee Raise (2)  
10x Squat Jump (2)  
Run 1/4 Mile

### Day 3

#### Strength

Barbell Deadlift (4x8) (2)  
Barbell Upright Row (4x10) (2)

#### Conditioning

4 Rounds  
8ea Lateral Lunge (2)  
20ea Bicycle Crunch (2)  
1 Minute Jump Rope

### Day 4

#### Strength

Dumbbell Lunge (10ea, 10ea, 8ea) (2)  
Dumbbell Incline Bench Press (12ea,  
10ea, 10ea) (2)  
Dumbbell 1-Arm Row (3x10ea) (2)

#### Conditioning

5 Rounds  
5x Burpee (2)  
20ea Russian Twist (2)  
8ea Lunge (2)

**Notice: Consult your physician before beginning any workout or dietary regimen.**

The beginning of any training program should target the establishment of a strong foundation upon which you can build. Your focus should be on proper form and conditioning before anything else. Keep in mind, risk of injury is always present during exercise. That risk is further increased with improper technique. Lastly, upper body conditioning is every bit as important as working your legs, both for balance and to help avoiding injury in a fall. Click adjacent question marks for video demonstrations.

To maintain an elevated heartbeat, these workouts are designed to run continuously, without rest between exercises or sets, with a goal of finishing the entire workout within 20 to 30 minutes. Start your clock!