



## 6 Week Conditioning – WEEK 2

### Day 1

#### Strength

Barbell Squat (12,10,10,8) (?)  
Dumbbell Shoulder Press (10,8,8,8) (?)  
Bent-over Row (12,10,10) (?)

#### Conditioning

3 Rounds  
Run ¼ Mile  
8ea Body Weight Lunge (?)  
:45 sec. Plank Hold (?)  
25ea Russian Twist (?)

### Day 2

#### Strength

Dumbbell Bench Press (10,10,8,8) (?)  
Barbell Upright Row (2x12,2x8) (?)  
Romanian Deadlift (3x10) (?)

#### Conditioning

5 Rounds  
5x Body Weight Squat (?)  
5x Squat Jump (?)  
20ea Mountain Climber (?)  
10x Sit-up

### Day 3

#### Strength

Lateral Lunge (2x8ea, 2x6ea) (?)  
Chin-up (3x8-10) (?)

#### Conditioning

4 Rounds  
8x Push-ups  
1:00 min Jump Rope  
8ea One-Arm Row (?)  
20ea Bicycle Crunch (?)

### Day 4

#### Strength

Barbell Deadlift (12,8,8,6) (?)  
Close Grip Push-up (2x12,2x10) (?)

#### Conditioning

10! (10 Rounds, first round do 10 of each, second round 9 of each, then 8 and so forth all the way to 1 on the last round)  
Burpee (?)  
Sit-up

**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!