



6 Week Conditioning – WEEK 3

Day 1

Strength

Barbell Squat (12,8,8,8,8) (?)
One-Arm Row (4x8ea) (?)
Hang Knee Raise (4x15) (?)

Conditioning

4 Rounds

Run 1/8 Mile (200m)
12x Upright Row (?)
10x Squat Jump (?)

Day 2

Strength

Bench Press (12,10,8,8,8) (?)
Dumbbell Step-up (4x8ea) (?)

Conditioning

3 Rounds

25ea Mountain Climber (?)
12x Weighted Sit-up
3 Rounds
90-second Jump Rope
8ea Lateral Lunge (?)

Day 3

Strength

Barbell Deadlift (5x8) (?)
Pull-up (4x 6 to 8)

Conditioning

4 Rounds

8x Burpee (?)
25x Crunch (feet elevated) (?)
3 Rounds
12x Hanging Knee Raise (?)
10x Overhead Tricep Extension (?)

Day 4

Strength

Dumbbell Incline Press (12,8,8,6) (?)
Romanian Deadlift (4x8) (?)
Curl + Press (1x10, 2x8) (?)

Conditioning

4x Cone Shuffle (Shuffle back and forth between 2 cones place 15ft apart from one another for 20 seconds, Rest for 20 seconds and repeat) (?)

THEN

3 Rounds
25ea Weighted Russian Twis) (?)
8x Push-ups

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!