

6 Week Conditioning – WEEK 4

Day 1

Strength

Barbell Squat (5x8ea) (?)
Bent-Over Row (12ea, 10ea, 8ea, 8ea) (?)
Hanging Knee Raise (2x20ea, 2x15ea) (?)

Conditioning

5 Rounds
20x Mountain Climber (?)
6ea Split Jump (?)
15x Weighted Sit-up

Day 2

Strength

Dumbbell Bench Press (10ea, 8ea, 8ea, 8ea) (?)
Box Jump (8ea, 8ea, 8ea, 8ea) (?)
Barbell Upright Row (10ea, 10ea, 8ea, 8ea) (?)

Conditioning

4 Rounds (Escalating)
Run 1/10 Mile
4x Burpee (?)
(Each round add 1/10 mile and 2 Burpee)
e.g. Round 4: Run 4/10mile, 10x Burpees

Day 3

Strength

Barbell Deadlift (8ea, 8ea, 6ea, 6ea, 6ea) (?)
Chin-up (5x6-8ea) (?)

Conditioning

4 Rounds
8x Push-up
8ea Lateral Lunge (?)
15x Suitcase Sit-up (?)
3 Rounds
8ea Split Squat (?)
8ea Alternating V-up (?)

Day 4

Strength

Barbell Push Press (4x8ea) (?)
Barbell Incline Press (12ea, 8ea, 8ea, 6ea, 6ea) (?)
Romanian Deadlift (4x8ea) (?)

Conditioning

4 Rounds
8ea Speed Skater Jumps (?)
10x Sumo High Pull (?)
20ea Weighted Russian Twist (?)
Checkout:
25x Squat Jump (?)
25x Bodyweight Squats

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!