

6 Week Conditioning – WEEK 5

Day 1

Strength

Barbell Squat (8ea, 8ea, 6ea, 6ea, 6ea) (?)
Bent-Over Row (10ea, 8ea, 8ea, 8ea, 8ea) (?)
Hanging Knee Raise (5x15ea) (?)

Conditioning

5 Rounds
8ea Curl+Press (?)
8ea Skater Jumps (?)
15ea Weighted Sit-up

Day 2

Strength

Bench Press (3x8ea, 2x6ea) (?)
Box Jump (2x12ea, 3x8ea) (?)
Barbell Upright Row (5x8ea) (?)

Conditioning

3 Rounds
15ea Walking Lunge (?)
10ea Push-up
10ea Burpee (?)
Checkout:
50ea Weighted Russian Twist (?)
25ea Reverse Crunch (?)

Day 3

Strength

Barbell Deadlift (3x6ea, 3x3ea) (?)
Chin-up (50 total reps)
Rear Deltoid Fly (2x12ea, 2x8ea) (?)

Conditioning

3 Rounds
12ea Kettlebell Swing (?)
Run .25 Mile
:30 Plank (?)
3 Rounds
100ea Jump Rope
8ea Alternating V-up (?)

Day 4

Strength

Dumbbell Incline Bench (1x12ea, 2x8ea, 1x6ea) (?)
Romanian Deadlift (10ea, 10ea, 8ea, 8ea) (?)

Conditioning

20-15-10-15-20ea KB Sumo High Pull (?)
10-8-6-8-10ea Split Jump (?)
Checkout:
100x 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!