



## 6 Week Conditioning – WEEK 6

### Day 1

#### Strength

Barbell Squat (8ea, 6ea, 6ea, 4ea, 4ea) (?)  
One-Arm Dumbbell Row (2x10ea 3x8ea) (?)  
Hang Knee Raise (2x20ea, 3x15ea) (?)  
Dumbbell Walking Lunge (3x8ea) (?)

#### Conditioning

4 Rounds

10x Body Row (?)  
10ea Sprinter Sit-up (?)  
25ea Weighted Russian Twist (?)  
10x Sumo High Pull (?)

### Day 2

#### Strength

Incline Bench Press (10ea, 8ea, 8ea, 6ea, 6ea) (?)  
Box Jump (5x8ea) (?)  
Plate Raise (2x10ea, 2x8ea) (?)

#### Conditioning

Check-in: Run .25 Mile

3 Rounds

15x Kettlebell Swing (?)  
20ea Mountain Climber (?)

2 Rounds

50x Weighted Sit-up  
25x Body Weight Squats (?)

Check-out: Run .25 Mile

### Day 3

#### Strength

Barbell Deadlift (2x5ea, 2x3ea, 3x2ea) (?)  
Pull-up (40 Total Reps)  
Rear Deltoid Fly (2x12ea, 2x8ea) (?)

#### Conditioning

For Time:

250m, 200m, 150m, 100m: Row Machine\*  
25ea, 20ea, 15ea, 10ea: Burpees (?)

*\* If you do not have access to a rower, substitute running instead:*

400m (.25mi) run for 250 & 200 Row  
200m (.125mi) run for 150 & 100 Row

### Day 4

#### Strength

Dumbbell Bench Press (10ea, 10ea, 8ea, 8ea) (?)  
Romanian Deadlift (4x8ea) (?)  
Push Press (4x8ea) (?)

#### Conditioning

4 Rounds

8ea Dumbbell Lateral Lunge (?)  
10x Push-up  
8ea Split Jump (?)

Checkout: 25ea Marching Plank (?)

**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!