



# CONDRON FITNESS: Try This Workout

## Core Workout 1

This is Workout 1 of 6. Perform this workout once a week for up to 4 weeks.

For customized workout program contact [declan@condronfitness.com](mailto:declan@condronfitness.com)



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**CF** Exercise Intensity

15 Reps

3 Sets

Perform 3 sets of 15 reps for each exercise. Use a challenging weight that allows you to complete all reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

**CF** Crunch

Abs

1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.  
 2 - Lift your head and shoulders off the floor, keeping your feet flat.  
 • Do not pull your head up with your hands.  
 • Lower your head and shoulders and repeat.

Sets	Reps	Weight	Notes
1	20		
2	20		
3	20		
4			
5			
6			

**CF** Lower Body Twist

Abs

1 - Lie on your back with your knees bent and feet raised, placing your hands at your sides.  
 2 - Roll your legs to one side touching your knee to the floor.  
 • Roll your legs to the opposite side to touch, keeping your knees bent and your upper body stable throughout.  
 • Alternate sides with each

Sets	Reps	Weight	Notes
1	20		
2	20		
3	20		
4			
5			
6			

**CF** Reverse Crunch

Abs

1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.  
 2 - Bring your knees into your chest with your legs bent, slightly rounding your lower back at the top position.  
 • Slowly lower your legs with your knees still bent to tap your heels on the floor and repeat.

Sets	Reps	Weight	Notes
1	20		
2	20		
3	20		
4			
5			
6			

**CF** Lying Superman

Lower Back

1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.  
 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.  
 • Hold this position briefly then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1	20		
2	20		
3	20		
4			
5			
6			

**CF** Oblique Crunch

Abs

1 - Lie on your back with your lower body twisted to one side and your knees bent, placing your hands to the sides of your head.  
 2 - Lift your head and shoulders off the floor, keeping your lower body stable.  
 • Lower your head and shoulders and repeat.  
 • Complete all reps on one

Sets	Reps	Weight	Notes
1	20		
2	20		
3	20		
4			
5			
6			

**CF** Side Bridge

Abs

1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.  
 2 - Raise your body off the floor, resting on your forearm and foot.  
 • Try to keep your body in a straight line and your elbow directly under your shoulder.  
 • Hold, then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

**CF** Front Bridge

Lower Back

• Lie face down on the floor with your legs straight and arms tucked in by your sides.  
 1 - Raise your body off the floor, resting on your toes and forearms.  
 • Try to maintain your body in a straight line and keep your back neutral/flat.  
 • Hold briefly, then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

**CF** Side Bridge

Abs

1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.  
 2 - Raise your body off the floor, resting on your forearm and foot.  
 • Try to keep your body in a straight line and your elbow directly under your shoulder.  
 • Hold, then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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