

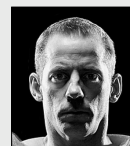


# COND RON FITNESS: Try This Workout

## Core Workout 2

This is Workout 2 of 6. Perform this workout once a week for up to 4 weeks.

For customized workout programs 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** Reverse Crunch

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	10		
2	10		
3	10		
4			
5			
6			

**CF** Russian Twist

1 - Start in a sit up position with your feet flat, knees bent and your arms extended out in front at chest height.  
 2 - Twist your torso to one side.  
 • Twist your torso back to the other side, keeping your feet flat and arms straight throughout.  
 • Alternate sides with each rep.

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			

**CF** Torso Twist

1- Stand upright facing to the front with your arms extended out in front at shoulder height.  
 2- Twist your torso to one side, turning your head and shoulders.  
 3 - Twist back to the opposite side, allowing your hips to move.  
 • Alternate sides with each rep.  
 Sub: Dumbbell, Plate

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

**CF** Alternating Superman

• Lie face down on floor with your legs straight and your arms outstretched overhead.  
 1 - Raise one arm and the opposite leg straight up about 18 inches off the floor.  
 2 - Lower both and repeat with the other arm and leg, keeping your arms and legs straight throughout and your head steady.  
 • Perform one rep on one

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

**CF** Quad Hip Extension

1 - Begin on all fours with both knees & hands on the floor.  
 2 - Raise one leg straight up behind to shoulder height.  
 • Complete all reps on one side before switching to the other side.

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			

**CF** Dead Bug

1 - Lie on your back with your knees bent and feet raised with your arms straight up over your chest.  
 2 - Lower one leg and the opposite arm straight down toward the floor, keeping the other leg and arm steady.  
 • Raise the leg and arm back to the upright position and repeat with the opposite leg and arm.

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			

**CF** Glute Bridge

1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.  
 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.  
 • Lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			

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