

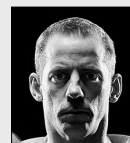


# COND RON FITNESS: Try This Workout

## Core Workout 3

This is Workout 3 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** Feet Up Crunch

Abs

- 1 - Lie on your back with your knees bent, feet raised and your hands at the sides of your head.
  - 2 - Lift your head and shoulders off the floor, keeping your knees bent and your legs steady.
- Do not pull your head up with your hands.
  - Lower your head and shoulders and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

**CF** Alternate Leg Lowering

Abs

- 1 - Lie on your back with your legs straight up and your arms by your sides.
  - 2 - Lower one leg straight down towards the floor.
- Raise this leg back up and lower the other leg down.
  - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

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

**CF** Scissor Kick

Abs

- Lie on your back with your legs straight and your arms by your sides.
- 1 - Raise your legs straight up off the floor about 12 inches and cross your ankles.
  - 2 - Open your legs wide out to the sides.
- Close and open your legs in scissor like movements.

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

**CF** Oblique Heel Touch

Abs

- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
  - 2 - Reach one hand to your heel on the same side.
- Return to the start position and reach to the other heel with the other hand, keeping your back on the floor and repeat.

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

**CF** Hip Raise

Abs

- 1 - Lie on your back with your legs straight up in the air and your hands by your sides.
  - 2 - Push your feet up towards the ceiling, raising your hips off the floor.
- Use your abdominal muscles to pull you up and do not push with your hands.
  - Lower your hips 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			

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