

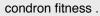
## **CONDRON FITNESS: Try This Workout**

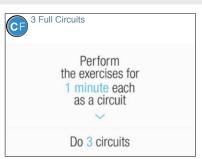
Fit Workout 1

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

For customized workout programs contact declan@condronfitness.com







Perform each exercise in a circuit for 1 minute each, resting for 60 seconds at the end of the circuit.
Perform 3 full circuits.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Support your body on y knees and hands with your elbows bent, feet raised ar your chest nearly touching floor.

2 - Push up to a straight an

2 - Push up to a straight an position.

• Lower your body back to t start position and repeat, keeping your back flat and hips in line with your shoulders throughout.

				1		И
our	Sets	Reps	Weight		Notes	
r nd	1					
the	2					
rm	3					
the	4					
	5					
	6					



Stand upright with your feet together and your arms by your sides.

 Run on the spot raising

your knees as high as possible each step. 2 - Rapidly switch feet and use your arms as if running

et	Sets	Reps	Weight	Notes
	1			
	2			
	3			
<b>]</b> .	4			
	5			
	6			



					1
	1 - Stand upright with your	Sets	Reps	Weight	Notes
	feet together and your arms by your sides.	1			
	,,	2			
	2 - Jump up, splitting your feet out to the sides.	3			
	3 - Simultaneously swing your	4			
arms u	arms up to the sides in an arc over your head.	5			
	over your nead.	6			

• Reverse the direction of the



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.



on a bench and your arms at your sides.	
2 - Step up onto the bench by 2	
pushing down on your front foot.	
Step down onto the back foot and then repeat.     4	
Complete all reps on one side before switching to the	
other side.	



1 - Stand upright with you feet flat and shoulder-wid apart and your hands at t sides of your head.
 2 - Lower your body towarthe floor, pushing your hip back and down and bend your knees.
 3 - Push through your heating to the ton position.

return to the top position, keeping your back flat, your head up and your hands at the

4		宣		
	Sets	Reps	Weight	Notes
dth the	1			
	2			
ard iips	3			
ding	4			
eels to	5			
our	6			



<ul> <li>Begin on all fours with both</li> </ul>	Sets	Reps	Weight	Notes
knees and hands on the floor.  1 - Raise one arm and the	1			
opposite leg straight up to	2			
shoulder height.  2 - Slowly lower your arm and eg and repeat with the other arm and leg.  Perform one rep on one side, then switch to the other side. Alternate sides with each	3			
	4			
	5			
	6			



1 - Place your palms on a bench behind you and your heels on the floor with your knees bent and arms straigh 2 - Bending at the elbows, lower your body towards the floor. 10or.
3 - Push up through your palms to return to the start

nt.	2		
•	3		
	4		
	5		
	6		

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legs straight and your hands
to the sides of your head.
1 - Raise your head and
shoulders, bringing one knee
towards your chest and the
opposite elbow to this knee,
twisting your torso.
2 - Lower your upper body

towards your chest and the opposite elbow to this knee, twisting your torso.

2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.

	Sets	Reps	Weight	Notes
	1			
	2			
	3			
t	4			
	5			
	6			



-				
1 - Lie face down on the floor	Sets	Reps	Weight	Notes
with your legs straight and your arms stretched out	1			
overhead.	2			
<ul> <li>2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.</li> <li>Hold this position briefly then lower yourself back to the floor</li> </ul>	3			
	4			
	5			
and repeat.	6			