



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



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CF 3 Full Circuits

Perform the exercises for **1 minute** each as a circuit

Do **3** circuits

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 | | | |

CF Kneeling Push Up

Chest

1 - Support your body on your knees and hands with your elbows bent, feet raised and your chest nearly touching the floor.
 2 - Push up to a straight arm position.
 • Lower your body back to the start position and repeat, keeping your back flat and hips in line with your shoulders throughout.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |

CF High Knees

Cardio

• Stand upright with your feet together and your arms by your sides.
 1 - Run on the spot raising your knees as high as possible each step.
 2 - Rapidly switch feet and use your arms as if running.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |

CF Jumping Jacks

Cardio

1 - Stand upright with your feet together and your arms by your sides.
 2 - Jump up, splitting your feet out to the sides.
 3 - Simultaneously swing your arms up to the sides in an arc over your head.

• Reverse the direction of the

| 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 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |

CF Step Up

Legs

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

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |

CF Prisoner Squat

Legs

1 - Stand upright with your feet flat and shoulder-width apart and your hands at the sides of your head.
 2 - Lower your body toward the floor, pushing your hips back and down and bending your knees.
 3 - Push through your heels to return to the top position, keeping your back flat, your head up and your hands at the

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1 | | | |
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| 3 | | | |
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CF Quad Superman

Lower Back

• Begin on all fours with both knees and hands on the floor.
 1 - Raise one arm and the opposite leg straight up to shoulder height.
 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
 • Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |

CF Modified Bench Dip

Triceps

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

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1 | | | |
| 2 | | | |
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| 6 | | | |

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Abs

• Lie on your back with your 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 and leg to the floor and repeat to the opposite side, using your other leg.

| Sets | Reps | Weight | Notes |
|------|------|--------|-------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
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| 6 | | | |



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 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |