

CONDRON FITNESS: Try This Workout

Fit 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

3 Full Circuits				
Perform the exercises for 1 minute each as a circuit				
Do 3 circuits				
Perform each exercise in a	Sets	Reps	Weight	Notes
circuit for 1 minute each, resting for 60 seconds at the end of the circuit. Perform 3 full circuits.	1			
	2			
	3			
	4			
	5			
	6			

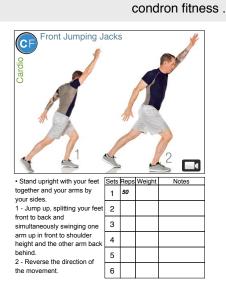


				2
1 - Lie on your back with your	Sets	Reps	Weight	Notes
knees bent and feet raised with your arms straight up	1			
over your chest.	2			
2 - Lower one leg and the opposite arm straight down	3			
toward the floor, keeping the other leg and arm steady.	4			
Raise the leg and arm back	5			
to the upright position and repeat with the opposite leg and arm.	6			

Peverse Lunge I	Kick		2	
Stand upright with your arms	Sets	Rens	Weight	Notes
by your sides.	1	25	moight	
 Step backward, dropping your back knee to the floor 	2			
and leaning your torso slightly	2			
forward with your weight on	3			
your front leg. 2 - In one motion, push off	4			
your front foot to return upright and kick out your back leg in	5			
front to waist height.	6			











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 Lie face down on the floor 	Sets	Reps	Weight	Notes
with your legs straight and arms tucked in by your sides.	1			
1 - Raise your body off the	2			
floor, resting on your toes and forearms.	3			
 Try to maintain your body in a straight line and keep your 	4			
back neutral/flat. • Hold briefly, then lower	5			
yourself back to the floor and	6			
repeat.				

Side Bridge		At a start		1
1 - Lie on one side propped up on one elbow with your legs	Sets	Reps	Weight	Notes
straight out on top of one	1			
another.	2			
2 - Raise your body off the floor, resting on your forearm	3			
and foot.Try to keep your body in a	4			
straight line and your elbow directly under your shoulder.	5			
Hold, then lower yourself	6			

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