



# CONDRON FITNESS: Try This Workout

## Fit 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** 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** Mountain Climber

Cardio

1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.  
2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

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1			
2			
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**CF** Split Squat

Legs

1 - Stand upright with your feet split front to back with your hands at your sides.  
2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.  
3 - Push off the front foot to return to start position.  
• Complete all reps on one side before switching to the

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**CF** Glute Bridge

Legs

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			
2			
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**CF** Reverse Lunge Kick

Cardio

• Stand upright with your arms by your sides.  
1 - Step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.  
2 - In one motion, push off your front foot to return upright and kick out your back leg in front to waist height.  
• Step back to lunge position

Sets	Reps	Weight	Notes
1			
2			
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**CF** Vertical Jumps

Cardio

• Stand upright with your arms by your sides.  
1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.  
2 - Push off your feet, jumping straight up and raising your arms up overhead.  
• Land in semi-squat with your arms back by your sides and repeat the jump.

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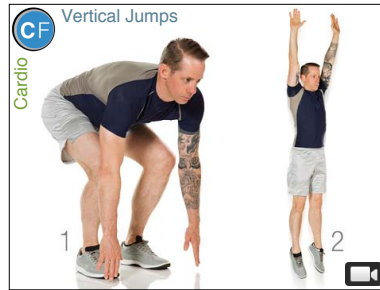
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