



COND RON 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



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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 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	25		
2			
3			
4			
5			
6			

CF Front Jumping Jacks

Cardio

• Stand upright with your feet together and your arms by your sides.
 1 - Jump up, splitting your feet front to back and simultaneously swinging one arm up in front to shoulder height and the other arm back behind.
 2 - Reverse the direction of the movement.

Sets	Reps	Weight	Notes
1	50		
2			
3			
4			
5			
6			

CF Toe Taps

Cardio

1 - Stand upright with one foot on a bench and the other foot on the floor with your hands at your sides.
 2 - Rapidly change feet alternating between touching the bench and floor in a running motion.

Sets	Reps	Weight	Notes
1	50		
2			
3			
4			
5			
6			

CF Side Punches

Cardio

• Stand upright with your feet with your fists clenched up by your chin with elbows bent.
 1 - Twist your torso and hips to one side, moving your feet slightly and punching the opposite arm out and across your body to a straight arm position.
 2 - Twist to the other side

Sets	Reps	Weight	Notes
1	25		
2			
3			
4			
5			
6			

CF Side to Side

Cardio

1 - Stand upright with one foot on a bench to one side and your arms by your sides.
 2 - Step both feet up onto the bench then one down the other side to the floor.
 • Repeat back and forth up and over the bench, alternating with one foot on the bench and one on the floor.

Sets	Reps	Weight	Notes
1	50		
2			
3			
4			
5			
6			

CF Dead Bug

Abs

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

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

CF Russian Twist

Abs

1 - Start in a sit up position with your feet flat, knees bent and your arms extended out in front at chest height.
 2 - Twist your torso to one side.
 • Twist your torso back to the other side, keeping your feet flat and arms straight throughout.
 • Alternate sides with each rep.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

CF Side Bridge

Abs

1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
 2 - Raise your body off the floor, resting on your forearm and foot.
 • Try to keep your body in a straight line and your elbow directly under your shoulder.
 • Hold, then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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- 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			



- 1 - Lie on one side propped up on one elbow with your legs straight out on top of one another.
- 2 - Raise your body off the floor, resting on your forearm and foot.
- Try to keep your body in a straight line and your elbow directly under your shoulder.
- Hold, then lower yourself back to the floor and repeat.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			