

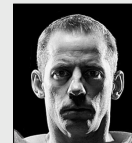


CONDRON FITNESS: Try This Workout

Strong 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



condron fitness .

CF Exercise Intensity

12 Reps

3 Sets

Perform 3 sets of 12 reps for each exercise. Use a challenging weight that allows you to complete all reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

CF Goblet Squat

Legs

1 - Stand upright holding one dumbbell in both hands at chest height with your feet flat, shoulder-width apart.
 2 - Lower your body toward the floor, sending your hips back and down and bending your knees.
 3 - Push through your heels to return to the start position, keeping your back flat and head up throughout the

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			

CF Bent Over Row

Back

1 - Bend forward at your waist with your knees slightly bent and your back flat while holding dumbbells with your arms straight and palms facing in.
 2 - Lift the dumbbells up to the sides of your chest.
 • Lower the dumbbells back to a straight arm position, keeping your back flat throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

CF Close Grip Floor Press

Chest

1 - Lie on the floor holding dumbbells at shoulder level with your elbows bent and your palms facing in.
 2 - Press the dumbbells straight up over your chest, keeping your palms facing in.
 • Lower the dumbbells back to shoulder level and repeat.
 Equipment Sub: Kettlebells

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

CF Step Up

Legs

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

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			

CF Military Press

Shoulders

1 - Sit upright holding dumbbells at shoulder height with your elbows bent and your palms facing forward.
 2 - Press the dumbbells overhead, extending your arms fully.
 • Keep your back flat and remain upright throughout the movement.
 Equipment Sub: Barbells

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

CF Extension

Triceps

1 - Sit on a bench holding one dumbbell in both hands overhead with your arms straight.
 2 - Lower the dumbbell down behind your head, bending at the elbows.
 3 - Raise the dumbbell back up overhead, extending your arms.
 Equipment Sub: Barbell, Plate

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			

CF Curl

Biceps

1 - Stand upright holding dumbbells with your arms straight and your palms facing out.
 2 - Raise the dumbbells up to shoulder height, bending at the elbows.
 • Do not turn at the wrists, finish with your palms facing back.
 Equipment Sub: Barbell

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

CF Feet Up Crunch

Abs

1 - Lie on your back with your knees bent and feet raised, holding a dumbbell up over your chest with your arms straight.
 2 - Lift your head and shoulders off the floor, keeping your feet raised and arms straight.
 • Lower your head and shoulders and repeat.
 Equipment Sub: Plate, Med

Sets	Reps	Weight	Notes
1	10		
2	10		
3	10		
4			
5			
6			

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