

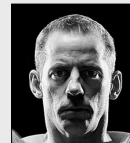


# CONDRON FITNESS: Try This Workout

## Strong Workout 3

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](mailto: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** Reverse Lunge

Legs

1 - Stand upright holding dumbbells by your sides with your arms straight.  
 2 - Take a step backward, dropping your back knee to the floor and leaning your torso slightly forward with your weight on your front leg.  
 3 - Push off your front foot to return to the start position.  
 • Complete all reps on one side before switching to the

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			

**CF** Upright Row

Shoulders

1 - Stand upright holding the dumbbells at your thighs with your arms straight and palms facing back.  
 2 - Raise the dumbbells up to just below your chin, keeping your elbows above your hands.  
 • Keep the dumbbells close to your body.  
 Equipment Sub: Barbell, Plate

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			

**CF** Bent Over Row

Back

1 - Holding a dumbbell in one hand with your arm straight, place the opposite knee and hand on a bench, keeping your back flat.  
 2 - Lift the dumbbell up to the side of your chest, bending at your elbow.  
 • Lower the dumbbell back to a straight arm position, keeping your back flat throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

**CF** Flat Fly

Chest

1 - Lie on your back holding dumbbells up over your chest with your arms straight.  
 2 - Lower the dumbbells out and away from your body and down to shoulder level.  
 3 - Raise the dumbbells back up over your chest, keeping your arms straight throughout.  
 Equipment Sub: Plates

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

**CF** Stiff Leg Deadlift

Legs

1 - Stand upright holding the dumbbells at your thighs with your arms straight and your feet hip-width apart.  
 2 - Lower the dumbbells to just below your knees shifting your hips back and keeping your legs straight and back flat.  
 3 - Return to the upright start position.  
 Equipment Sub: Barbell,

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			

**CF** Twisting Curl

Biceps

1 - Stand upright holding the dumbbells by your sides with your arms straight and your palms facing inward.  
 2 - Raise the dumbbells up to your shoulders, turning at the wrists, finishing with your palms facing back.  
 • Keep your elbows close to your sides throughout and do not swing your arms or upper body.

Sets	Reps	Weight	Notes
1	15		
2	15		
3	15		
4			
5			
6			

**CF** French Press

Triceps

1 - Lie on a bench holding dumbbells with your arms straight up over your chest.  
 2 - Bend at the elbows, lowering the dumbbells down to the sides of your head.  
 3 - Straighten your arms, raising the dumbbells back up straight over your chest.  
 Equipment Sub: Barbell

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, holding a dumbbell out in front with your arms straight.  
 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			

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