

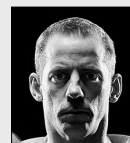


CONDRON FITNESS: Try This Workout

Strong Workout 1

This is Workout 1 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 Deadlift

Legs

1 - Start in a squat position with your feet hip-width apart, your head up and your hips low holding a dumbbell on the floor between your feet.
 2 - Stand up with the dumbbell, keeping your arms straight and your back flat.
 3 - Lower the dumbbell back to the floor, sending your hips back and down and bending your knees.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

CF Bench Press

Chest

1 - Lie on a bench holding dumbbells at shoulder level with your elbows bent.
 2 - Press the dumbbells up over your chest, straightening your arms.
 • Lower the dumbbells back to shoulder level and repeat.
 Equipment Sub: Barbell

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

CF Overhead Press

Shoulders

1 - Stand 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 throughout the movement.
 Equipment Sub: Barbell

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

CF Pullover

Chest

1 - Lie on your back holding one dumbbell in both hands with your arms extended up over your chest.
 2 - Lower the dumbbell back behind your head, keeping your arms straight.
 3 - Raise the dumbbell back up over your chest, returning to the start position.
 Equipment Sub: Barbell, Plate

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

CF Torso Twist

Abs

• Stand upright facing to the front holding a dumbbell in both hands with your arms extended out in front at shoulder height.
 1 - Twist your body to one side, turning your head, shoulders and hips and moving your feet.
 2 - Twist back to the opposite side, allowing your hips and feet to move.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			

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