

CONDITIONING - WITHOUT TRAINER

INCLUDE WITH EVERY WORKOUT:

6 ROUNDS – 3 MIN – NO BREAKS – SKIPPING (20-30 min)

3 Exercises for abs including upper, lower and oblique's (3 sets of each)

**Try to include 2-3 runs per week – approx 5 km (25-30 min)*

CHOOSE ONE OF THE FOLLOWING CIRCUITS:

1. DECK OF CARDS – INTERMEDIATE STYLE

HEARTS = PUSHUPS

DIAMONDS = JUMPING SQUATS

SPADES = BURPIES

CLUBS = Jabs – Cross' - 1-2'S WITH 5LBS WEIGHTS

I.e. – 10 of Hearts = 10 Push ups, King of Spades = 13 Burpees

(AIM TO FINISH IN 15 MINS)

** Increase difficulty or change up workout by substituting different exercises*

2. “50’s” WITH JUMP SQUATS AND 1-2’S WITH 5LBS WEIGHTS

- REGULAR SQUATS – BACK STRAIGHT AND BEND KNEES TO 90°

	Beginner - 1-2'S	SQUATS
	Advanced - Pushups	Advanced - Jumping
R E P S	45	5
	40	10
	35	15
	30	20
	25	25
	20	30
	15	35
	10	40
	5	45

3. “20 DOWN TO 1” WITH BURPIES AND PUSHUPS

BURPIES	PUSHUPS
20	20
19	19
18	18
...	...
...	...
2	2
1	1

4. “100 SKIPS – 20 JUMPING SQUATS – 20 PUSHUPS – 20 WEIGHTED 1-2S” TIMES 10

- IF POSSIBLE FOR THE SKIPPING – DOUBLES OR KNEE HIGHS
- FOR THE JUMPING SQUATS – HANDS INFRONT OF YOU PARRALEL TO THE GROUND AT ALL TIMES AND BEND KNEES TO 90°