

CONDITIONING

EXERCISE	BEGINNER	INTERMEDIATE	ADVANCED
PUSH UPS	<ul style="list-style-type: none"> ➤ Push ups from knee ➤ 10x 	<ul style="list-style-type: none"> ➤ 10x 	<ul style="list-style-type: none"> ➤ 10 reps ➤ 2x
BENT OVER ROWS	<ul style="list-style-type: none"> ➤ Just bar with no weight ➤ 10x 	<ul style="list-style-type: none"> ➤ 2 pounds ➤ 10 reps ➤ 2x 	<ul style="list-style-type: none"> ➤ 3 pounds ➤ 15 reps ➤ 2x
CHIN UPS	<ul style="list-style-type: none"> ➤ Chin hold ➤ 10sec 	<ul style="list-style-type: none"> ➤ 5x 	<ul style="list-style-type: none"> ➤ 10x
SQUATS	<ul style="list-style-type: none"> ➤ 5 reps ➤ 2x 	<ul style="list-style-type: none"> ➤ 5 lb kettleball ➤ 5 reps ➤ 2x 	<ul style="list-style-type: none"> ➤ 10 lb kettleball ➤ 10 reps ➤ 2x
V UPS	<ul style="list-style-type: none"> ➤ 5 reps ➤ 2x 	<ul style="list-style-type: none"> ➤ 10 reps ➤ 2x 	<ul style="list-style-type: none"> ➤ 15 reps ➤ 2x
PLANKS		<ul style="list-style-type: none"> ➤ 30 sec ➤ 2x 	<ul style="list-style-type: none"> ➤ 60 sec ➤ 2x
LEG CURLS	<ul style="list-style-type: none"> ➤ On fitness ball ➤ 5 reps ➤ 2x 	<ul style="list-style-type: none"> ➤ On fitness ball ➤ 10 reps ➤ 2x 	<ul style="list-style-type: none"> ➤ On fitness ball ➤ 15 reps ➤ 2x
SIT UPS	<ul style="list-style-type: none"> ➤ 10 reps ➤ 2x 	<ul style="list-style-type: none"> ➤ 20 reps ➤ 2x 	<ul style="list-style-type: none"> ➤ 30 reps ➤ 2x
HANDSTAND DRILLS		<ul style="list-style-type: none"> ➤ Press Handstands ➤ 5x 	<ul style="list-style-type: none"> ➤ Press Handstands ➤ 10x