

CONDITIONING PROGRAM #3

1 DUMBBELL (or weight alternative)

LEVEL 1 Work :10 + Rest :10sec x5 Rounds

Perform each exercise for 10 seconds and rest 10 seconds between each.
Rest 90 seconds between each round. Complete 5 rounds.

LEVEL 2 Work :20 + Rest :10sec x8 Rounds

Perform each exercise for 20 seconds straight and rest 10 seconds between each. Rest 90 seconds between each round. Complete 3 Rounds.

LEVEL 3 Reps x15 + Rest :10sec x5 Rounds

Perform each exercise for 10 repetitions and rest 30 seconds between each.
Rest 90 seconds between each round. Complete 3 Rounds.

LEVEL 4 Work :30 + Rest :10sec x8 Rounds

Perform each exercise for 30 seconds straight and rest 10 seconds between each. Rest 90 seconds between each round. Complete 3 Rounds.

DB Alternating Reverse Lunge
DB Weighted Lateral Plank Hip Raise
DB Squat to Overhead Press
DB 2-Arm Front Raise
DB Chest Press, Hollow Hold Position
DB Seated Twist
DB Squat Jumps