



## Sample Conditioning Workouts

- All Type Squats = 1<sup>st</sup> goal is 100 straight (pausing for a few breaths is acceptable)
  - All Type Pushups = 1<sup>st</sup> goal is 50 straight (pausing for a few breaths is acceptable)
  - AMRAP = As Many Rounds As Possible
  - Always time yourself and record time/reps combo = helps you track progress
  - Any time below combinations aren't as challenging – increase duration or reps
  - Bodyweight Conditioning CAN be done DAILY
  - Recommendation is to train 1<sup>st</sup> thing in AM on empty stomach
  - Soreness is natural in beginning, rest as needed. You DO NOT need to alternate days off unless you feel overtrained. (Constantly sore, tired, dragging ...)
  - Stretches DAILY
  - Breathe DEEPLY when doing ALL exercises
1. Any type pushup/squat
    - 10 squats/5 pushups – AMRAP in 10 minutes
    - 15 squats/10 pushups – AMRAP in 10 minutes
    - 20 squats/15 pushups – AMRAP in 10 minutes
  2. Any type pushup/squat
    - Do exercise to failure/rest 1 min/next set to failure/repeat total of 8 sets
  3. Any type squat
    - 100 total in short as time as possible
  4. Any type pushup
    - 50 in total in short as time as possible
  5. Any type squat/pushup
    - Countdowns – 10 squats/10 pushups, then 9 squats/9 pushups, down to 1
  6. Any type squat/pushup
    - Deck of Cards – black cards are squats, red cards are pushups/flip one card at a time/# on card is # of reps of that color exercise/face cards and Aces are 20 reps
  7. Any type squat/pushup
    - Up Downs – 1 rep at a time/alternating exercise/AMRAP in 10 minutes