

Name: Conditioning							Name: Conditioning						
WEEK 3							WEEK 4						
Strength				Cardio			Strength				Cardio		
Date:				Date:			Date:				Date:		
Day	Exercise	Sets	Reps	Weight	Activity	Time	Day	Exercise	Sets	Reps	Weight	Activity	Time
Monday							Monday						
Chest/abs	Incline Barbell Press	3	12 to 15		Spinning	45minutes	Chest/abs	Incline Barbell Press	3	12 to 15		Spinning	45minutes
	Flat Barbell Press	3	12 to 15					Flat Barbell Press	3	12 to 15			
	Dumbbell Flyes	3	12 to 15					Dumbbell Flyes	3	12 to 15			
	Push Up	3	12 to 15					Push Up	3	12 to 15			
	Crunches	3	12 to 15					Crunches	3	12 to 15			
	Reverse Crunches	3	12 to 15					Reverse Crunches	3	12 to 15			
Tuesday							Tuesday						
Legs	Squats	3	12 to 15		Spinning	45 Minutes	Legs	Squats	3	12 to 15		Spinning	45 Minutes
	Straight leg Dead Lift	3	12 to 15					Straight leg Dead Lift	3	12 to 15			
	Leg Curl	3	12 to 15					Leg Curl	3	12 to 15			
	Leg Press	3	12 to 15					Leg Press	3	12 to 15			
	Leg Extension	3	12 to 15					Leg Extension	3	12 to 15			
	Standing Calf Raise	3	12 to 15					Standing Calf Raise	3	12 to 15			
	Seated Calf Raise	3	12 to 15					Seated Calf Raise	3	12 to 15			
Wednesday							Wednesday						
Back	Bent Over Barbell Row	3	12 to 15		Stepmill	30minutes	Back	Bent Over Barbell Row	3	12 to 15		Stepmill	30minutes
	1 Arm Dumbbell Row	3	12 to 15		Cross Trainer	30minutes		1 Arm Dumbbell Row	3	12 to 15		Cross Trainer	30minutes
	Cable Pull Row	3	12 to 15					Cable Pull Row	3	12 to 15			
	Wide grip Pulldown	3	12 to 15					Wide grip Pulldown	3	12 to 15			
	Dumbbell Shrug	3	12 to 15					Dumbbell Shrug	3	12 to 15			
	Hyperextensions	3	12 to 15					Hyperextensions	3	12 to 15			
Thursday							Thursday						
Arms	Standing barbell Curls	3	12 to 15		Spinning	45	Arms	Standing barbell Curls	3	12 to 15		Spinning	45
	Preacher Curls	3	12 to 15					Preacher Curls	3	12 to 15			
	Hammer Curls	3	12 to 15					Hammer Curls	3	12 to 15			
	Triceps press Down	3	12 to 15					Triceps press Down	3	12 to 15			
	Skull Crushers	3	12 to 15					Skull Crushers	3	12 to 15			
	Weighted Dips	3	12 to 15					Weighted Dips	3	12 to 15			
	V-Ups	3	30 to 40 secs					V-Ups	3	30 to 40 secs			

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	Leg Raises	3	30 to 40 secs					Leg Raises	3	30 to 40 secs			
Friday							Friday						
Saturday							Saturday						
Shoulder	Seat front Raise	3	12 to 15		Run	60minutes	Shoulder	Seat front Raise	3	12 to 15		Run	60minutes
	Seat overhead Raise	3	12 to 15		CT	15minutes		Seat overhead Raise	3	12 to 15		CT	15minutes
	Side Lateral Raise	3	12 to 15		SM	15minutes		Side Lateral Raise	3	12 to 15		SM	15minutes
	Rear deltoid machine	3	12 to 15					Rear deltoid machine	3	12 to 15			
	Starting Calf raises	3	12 to 15					Starting Calf raises	3	12 to 15			
	Seated Calf Raises	3	12 to 15					Seated Calf Raises	3	12 to 15			
Sunday							Sunday						
ABS	Woodchopper	4	20		Spinning	60minutes	ABS	Woodchopper	4	20		Spinning	60minutes
	Toss and squat	4	20					Toss and squat	4	20			
	Decline Crunch	4	20					Decline Crunch	4	20			
	Oblique - Standing	4	20					Oblique - Standing	4	20			
	Crunch and Twist	4	20					Crunch and Twist	4	20			
	Week1 - 15							Week1 - 15					
	week2 - 12							week2 - 12					
	Week3 - 15							Week3 - 15					
	Week4 - 12							Week4 - 12					