



Days Two & Five
Conditioning at Home

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Push Ups (on knees is fine)	4	1 min										
Bicep Curls w/Resistance Bands	4	1 min										
Tricep Kickbacks w/Resistance Bands	4	1 min										
Shoulder Press (can use resistance bands or dumbbells)	4	1 min										
Plank Shoulder Taps (keep core tight & back straight)	4	1 min										
Jumping Jacks	4	1 min										
V-Ups	4	1min										
Instructions / Cardio:	Go through each of the given exercises in a set back to back with minimal rest.... Then rest one minute BETWEEN sets on all days. (Note: Sets are vertical column)											