

## Conditioning/Weight Loss - 4 Days a Week - Version 1

### Week 1

#### Monday/Day 1

5 rounds for time-  
0.25 Mile (400m) Run  
10 Burpees

#### Tuesday/Day 2

10 rounds on a stationary bike:  
1 min Fast (6 or 7 effort out of 10)  
1 min Slow (2 or 3 out of 10)

#### Friday/Day 5

5 rounds-  
4 min Jog  
15 Pushups (use your legs to help kip if necessary)

#### Saturday/Day 6

20 min AMRAP (as many rounds as possible):  
8 Hanging Strict Leg/Knee Raises  
1 min Stationary Bike/Rower  
15 Weighted Ab Mat Situps  
10 Burpees

### Week 2

#### Monday/Day 8

16 min bike  
\*Every 2 min do 10 Pushups

#### Tuesday/Day 9

7 rounds-  
300m row fast  
~then 500m row slow and easy between each 300

#### Friday/Day 12

For Time-  
400m run  
300 Single Unders Jump Rope  
30 DB Walking Lunges

30 Situps  
200 Single Unders  
20 DB Walking Lunges  
20 Situps  
100 Single Unders  
10 DB Walking Lunges  
10 Situps  
400m run

### **Saturday/Day 13**

5 rounds-  
10 Scooter/Barbell/Ab Wheel Rollouts  
1 min plank  
Max HAnging L-sit (if you cant, do it with a knee raise)

### **Week 3**

### **Monday/Day 15**

10 rounds-  
1 min bike cal bike  
7 DB Thrusters (light)  
5 V-ups

### **Tuesday/Day 16**

20 min Alt EMOM (every minute on the minute):  
Even: 150m row  
Odd: 15 Kettlebell Swings light

### **Friday/Day 19**

For Time-  
5 rounds-  
400m run  
25 Air Squats  
15 Pushups  
10 Burpees

### **Saturday/Day 20**

3 rounds-  
10 Scooter/Barbell/Ab Wheel Rollouts  
1 min plank  
Max HAnging L-sit (if you cant, do it with a knee raise)

## **Week 4**

### **Monday/Day 22 - Chest**

2 rounds-  
5 min row  
5 min bike  
5 min run

### **Tuesday/Day 23**

20 min Alt EMOM:  
Min 1: Light Kettlebell Swings  
Min 2: Med Ball Weighted Situps  
Min 3: Box Jumps  
Min 4: 30 sec of Pushups

### **Friday/Day 26**

12 min EMOM:  
5-10 Burpees + 5-10 V-ups

### **Saturday/Day 27**

120 Hollow Rocks  
~every 20 rocks, do 10 hip extensions

## **Week 5**

### **Monday/Day 29**

5 rounds-  
400m run  
20 pushups

### **Tuesday/Day 30**

3 rounds-  
21 Kettlebell Swings  
15 Box Jumps  
9 Burpees

### **Friday/Day 33**

20 min steady pace on bike

### **Saturday/Day 34**

5 rounds-  
30 Mountain Climbers

12 Burpees  
10 Hollow Rocks

## **Week 6**

### **Monday/Day 36**

30-20-10

Pushups

Burpees

### **Tuesday/Day 37**

10 min row

10 min run

### **Friday/Day 40**

5 rounds-

10 DB Push Press

10 DB Deadlifts

10 DB Front Squats

### **Saturday/Day 41**

4 rounds-

20 Air Squats

20 cal row

20 Kettlebell Swings

## **Week 7**

### **Monday/Day 43**

Bike Intervals:

5 rounds-

30 sec hard

30 sec medium

1 min slow

### **Tuesday/Day 44**

10 rounds-

5 Situps

10 Air Squats

15 Russian Twists

### **Friday/Day 47**

6 rounds-  
500m row  
~rest 2 min

### **Saturday/Day 48**

3 rounds-  
15 Hanging Leg Raises  
.5 mile bike  
15 Hollow Rocks

## **Week 8**

### **Monday/Day 50 - Chest**

5 rounds for time-  
0.25 Mile (400m) Run  
10 Burpees

### **Tuesday/Day 51**

3 rounds-  
10 pullups on pullup machine  
1 min bike  
50 Flutter Kicks

### **Friday/Day 54**

*-Conditioning:*  
20 min Row at steady pace

### **Saturday/Day 55**

10 min AMRAP:  
10 Situps  
7 Burpees  
5 V-ups

## **Week 9**

### **Monday/Day 57**

Rowing Intervals:  
3 rounds-  
1000m row  
~rest 3 min

### **Tuesday/Day 58**

Every 2 min for 20 min:

15 Kettlebell Swings + 10 Ab Mat situps

**Friday/Day 61**

Bike Intervals-

10 rounds-

30 sec hard

1 min slow

**Saturday/Day 62**

20 min AMRAP:

400m/.25 mile run

20 Decline Situps

15 Pushups

**Week 10**

**Monday/Day 64**

300 jump rope

30 cal row

200 jump rope

20 cal row

100 jump rope

10 cal row

**Tuesday/Day 65**

Every 4 min for 24 min:

400m run

**Friday/Day 68**

30-20-10

Barbell/Ab Wheel Rollouts

Burpees

**Saturday/Day 69**

3 rounds-

30 pushups

30 V-ups

**Week 11**

**Monday/Day 71**

5 rounds-

400m/.25 mile run  
80 jump rope  
.25 mile bike

### **Tuesday/Day 72**

40-30-20-10  
Kettlebell Swings  
Box Jumps

### **Friday/Day 75**

3 rounds-  
1000m row  
~then slow 250m row between rounds as rest

### **Saturday/Day 76**

20 min AMRAP:  
10 DB Power Cleans  
10 DB Burpees  
10 Hanging Leg Raises  
10 DB Burpees  
10 DB Shoulder to Overhead

## **Week 12**

### **Monday/Day 78**

5 rounds-  
1 min bike  
15 pushups  
10 burpees

### **Tuesday/Day 79**

3 rounds-  
15 Hip Extensions on GHD Machine  
12 V-ups  
10 Decline Situps

### **Friday/Day 82**

3 rounds-  
800m run  
~rest 1 min  
400m run  
~rest 30 sec

200m run  
~rest 15 sec

**Saturday/Day 83**

3 rounds-  
1 min Kettlebell Swings  
1 min row  
1 min DB Deadlifts  
1 min Rest