

## Conditioning/Weight Loss - 3 Days a Week -Version 1

### **Week 1**

#### **Monday/Day 1**

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

#### **Wednesday/Day 3**

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)

### **Week 2**

#### **Monday/Day 8**

16 min bike  
\*Every 2 min do 10 Pushups

#### **Wednesday/Day 10**

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

### **Week 3**

#### **Monday/Day 15**

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

#### **Wednesday/Day 17**

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

### **Week 4**

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

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

#### **Wednesday/Day 24**

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

## **Week 5**

### **Monday/Day 29**

5 rounds-  
400m run  
20 pushups

### **Wednesday/Day 31**

3 rounds-  
21 Kettlebell Swings  
15 Box Jumps  
9 Burpees

### **Friday/Day 33**

20 min steady pace on bike

## **Week 6**

### **Monday/Day 36**

30-20-10  
Pushups  
Burpees

### **Wednesday/Day 38**

10 min row  
10 min run

### **Friday/Day 40**

5 rounds-  
10 DB Push Press  
10 DB Deadlifts  
10 DB Front Squats

## **Week 7**

### **Monday/Day 43**

Bike Intervals:  
5 rounds-  
30 sec hard  
30 sec medium  
1 min slow

**Wednesday/Day 45**

10 rounds-  
5 Situps  
10 Air Squats  
15 Russian Twists

**Friday/Day 47**

6 rounds-  
500m row  
~rest 2 min

**Week 8****Monday/Day 50 - Chest**

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

**Wednesday/Day 52**

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

**Friday/Day 54**

-Conditioning:  
20 min Row at steady pace

**Week 9****Monday/Day 57**

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

**Wednesday/Day 59**

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

## **Week 10**

### **Monday/Day 64**

300 jump rope  
30 cal row  
200 jump rope  
20 cal row  
100 jump rope  
10 cal row

### **Wednesday/Day 66**

Every 4 min for 24 min:  
400m run

### **Friday/Day 68**

30-20-10  
Barbell/Ab Wheel Rollouts  
Burpees

## **Week 11**

### **Monday/Day 71**

5 rounds-  
400m/.25 mile run  
80 jump rope  
.25 mile bike

### **Wednesday/Day 73**

40-30-20-10  
Kettlebell Swings  
Box Jumps

### **Friday/Day 75**

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

## **Week 12**

### **Monday/Day 78**

5 rounds-  
1 min bike  
15 pushups  
10 burpees

### **Wednesday/Day 80**

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