

Conditioning/Weight Loss - 5 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)

Wednesday/Day 3

15 min AMRAP (as many rounds as possible):
15 Air Squats

15 Box Jumps

50 Jump Rope

15 Situps (with an Abmat if available)

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

Wednesday/Day 10

20 min AMRAP:

8 Kettlebell Swings (moderate
weight)

8 Burpee

8 DB Thrusters (moderate)

8 V-ups

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

Wednesday/Day17

20 min EMOM:
5 Ab Mat Situps + 5 V-ups

Friday/Day19

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

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

Wednesday/Day 24

10 rounds-

30 sec plank

20 Jumping Alternating
Lunges

8 Hanging Leg Raises

30 sec bike

Friday/Day 26

12 min EMOM:

5-10 Burpees + 5-10 V-ups

Saturday/Day27

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

Wednesday/Day 31

100 Air Squats

100 Russian Twists

100 Reverse
Lunges

100 Ab Mat Situps

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

Wednesday/Day 38

3 rounds-
100m walking lunges (~50
reps)

60 sec plank

1 min bike

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

Wednesday/Day 45

2 rounds-

50 Reverse Lunges

50 KB Sumo
Deadlifts

50 V-ups

Friday/Day47

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 -

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

Wednesday/Day52

40-30-20-10

Squat Jumps

Hollow Rocks

Friday/Day 54

20 min Row at steady pace

Saturday/Day55

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

Wednesday/Day59

21-15-9

Burpees

DB Thrusters

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

Wednesday/Day66

5 rounds-

1 min bike

1 min ab mat situps

1 min box step ups

Friday/Day68

30-20-10

Barbell/Ab Wheel
Rollouts

Burpees

Saturday/Day69

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

Wednesday/Day73

5 round-

8 Decline Situps

8 V-ups

8 Hollow Rocks

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

Wednesday/Day 80

20 min AMRAP:

12 DB Weighted Reverse Lunges

15 cal row

20 situps

Friday/Day82

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