

General Conditioning

(Male)

5 DAYS PER WEEK

The purpose of training five days per week is to get more results in a shorter amount of time. This program covers both strength and aerobic conditioning and will yield results quickly. By training five days per week the time required for each session is considerably reduced, however, maximum effort should be put into each session. Be sure to watch the time if you are wanting or needing to complete the sessions in 45 minutes. Move quickly using the recommended rest intervals but as always pay attention to your form in all movements.

Approximate Time Required:	35-45 minutes
Warm-up:	5 minutes cardio (your choice) Additional warm-up may be listed below
Cool-down:	included in program
Rest Intervals:	listed below

Session I:

<u>Incline Smith Press (FW)</u>	12-15 reps (rest 30 seconds) 10-12 reps (heavier weight) (rest 30 seconds) 10-12 reps (heavier weight)
<u>Single Knee Extension (1)</u>	12-15 reps (each) (rest 15 seconds) 12-15 reps (each w / heavier weight) (rest 15 seconds) 12-15 reps (each w / heavier weight)
<u>Triceps Extension (8)</u>	12-15 reps (rest 30 seconds) 10-12 reps (heavier weight) (rest 30 seconds) 10-12 reps (heavier weight)
<u>Stability Ball Crunch</u>	15-20 reps (rest 15 seconds)
<u>Vertical Knee Raise</u>	12-15 reps (rest 15 seconds)
<u>Ab Crunch (9)</u>	15-20 reps
<u>Cardio (your choice)</u>	5 minutes @ 65%-70% MHR 10 minutes @ 75%-80% MHR 5 minutes @ 60%-65% MHR

Session II:

Lat Pull (6)

12-15 reps
(rest 30 seconds)
10-12 reps (heavier weight)
(rest 30 seconds)
10-12 reps (heavier weight)

Hamstring Curl (1)

12-15 reps
(rest 30 seconds)
10-12 reps (heavier weight)
(rest 30 seconds)
10-12 reps (heavier weight)

Rear Deltoid (7)

12-15 reps
(rest 30 seconds)
10-12 reps (heavier weight)
(rest 30 seconds)
12-15 reps (moderate weight)

Lateral Raise (FW)

12-15 reps
(rest 30 seconds)
12-15 reps
(rest 30 seconds)
12-15 reps

Back Extension (9)

15-20 reps
(rest 30 seconds)
12-15 reps (heavier weight)
(rest 30 seconds)
12-15 reps (heavier weight)

Cardio (your choice)

Alternate 1 minute of work with 2 minutes of rest until a total of 20 minutes is reached. Use the following scale:
Rest = same level of difficulty as your warm-up
Work = maximum effort speed, resistance, incline or a combination

Session III:

Pec Fly (5)

12-15 reps
(rest 30 seconds)
12-15 reps

Chest Press (5)

10-12 reps (heavier weight)
(rest 30 seconds)
10-12 reps (heavier weight)
(rest 30 seconds)
12-15 reps (moderate weight)

Knee Extensions (1)

15-20 reps
(rest 20 seconds)
15-20 reps

Leg Press (2)

12-15 reps
(rest 30 seconds)
12-15 reps

Arm Curls (8) (FW)

12-15 reps
(rest 30 seconds)
10-12 reps (heavier weight)
(rest 30 seconds)
12-15 reps

Stability Ball Crunch

15-20 reps
*Perform three (3) sets resting 15 seconds
after each set*

Cardio

Same as "Session I"

Session IV:

Row (6)

12-15 reps
(rest 30 seconds)
10-12 reps (heavier weight)
(rest 30 seconds)
10-12 reps (heavier weight)

Reverse Grip Pulldown (6)

12-15 reps
(rest 30 seconds)
10-12 reps (heavier weight)

Hamstring Curl (1)

12-15 reps
(rest 30 seconds)
10-12 reps (heavier weight)
(rest 30 seconds)
10-12 reps (heavier weight)

**Triceps Pressdowns (6)
(use rope)**

12-15 reps
(rest 30 seconds)
10-12 reps (heavier weight)
(rest 30 seconds)
10-12 reps (heavier weight)

Hyperextension

12-15 reps
(rest 30 seconds)
10-12 reps (hold extra weight at chest)
(rest 30 seconds)
12-15 reps

Cardio

Same as "Session II"

Session V:

Stability Ball Crunch

15-20 reps
(rest 15 seconds)
15-20 reps

Vertical Knee Raise

10-15 reps
(rest 15 seconds)
10-15 reps

Ab Crunch (9)

15-20 reps
(rest 15 seconds)
15-20 reps

Back Extension (9)

15-20 reps
(rest 30 seconds)
15-20 reps

Cardio (your choice)

5 minute warm-up @ 60%-65% MHR
Repeat the following cycle eight (8) times:
30 seconds - work interval
1 minute – rest interval
5 minutes @ 60%-65% MHR
2 minutes cool-down (slow, easy pace)