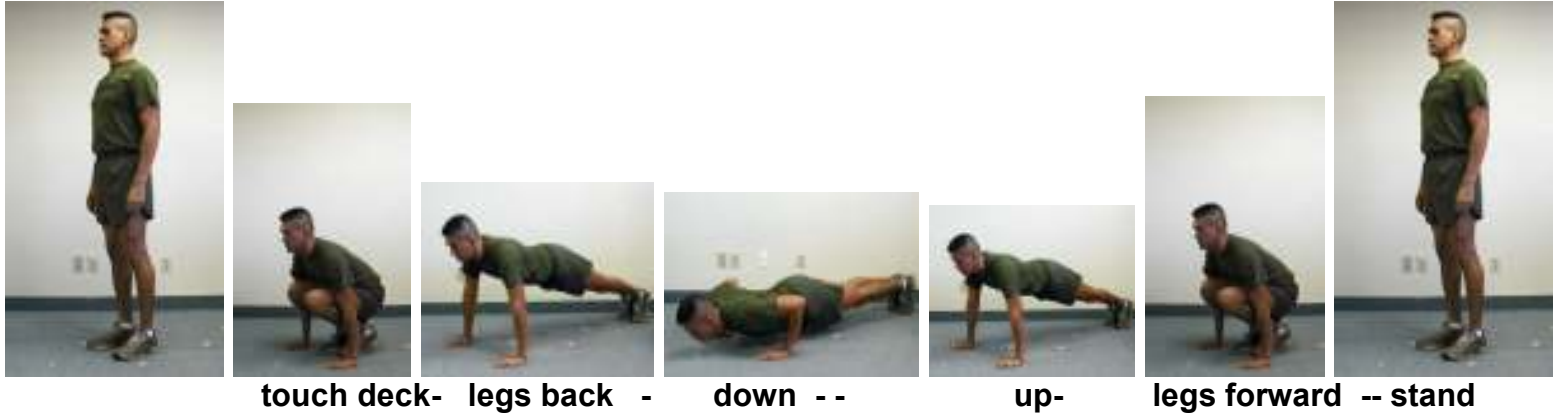


Conditioning Drill Two

1. Six Count Bodybuilders



2. Six Count Lower Body



3. Boot Strappers



4. Burpees



5. Dirty Name (one set shown)



Complete 2-10 pushups... then stand up or kneel from the ground...



...wave your arms over your head, about 10-25 times...



...Get back into the pushup position...do 2-10 more pushups...stand or kneel...



Wave arms, 10-25 more times... repeat pushups and arm waves at your discretion

6. Bottoms Up



Legs jump forward, arms stay in place, legs straight... Legs jump back



7. Half Side Straddle Hops

<u>Exercise</u>	<u>0 Week</u>	<u>Week 1</u>	<u>Week 2</u>	<u>Week3</u>	<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
6 count bodybuilders	5	5	10	10	10	15	15
6 count lower body	5	10	10	15	15	20	20
boot strappers	10	10	10	15	15	20	20
burpees	10	10	15	15	15	20	20
"Dirty Name"	1 set	1 set	2 sets	2 sets	2sets	3 sets	3 sets
bottoms up	5	5	6	7	8	9	10
1/2 straddle hops	20	30	30	40	40	50	50