

# Conditioning Program - May&June

## Warm up

### 1. General Movement on The Spot

jogging 30s X 2  
[High Knees 30s X 2](#)  
[Butt Kicks 30s X 2](#)

### 2. Dynamic Stretching

[Worlds Greatest X 5 each side](#)  
[Inch Worms X 5](#)  
[Knee Hug + Lateral Lunge X 5 each side](#)

### 3. Activation

[Prone Leg Lifts X 12](#)  
[Tall Plank Holds 30s X 2](#)  
[Calf Raises X 30](#)

### Aerobic Training RPE 7/10

[Guided Meditation](#)

Select 1 Mode	Work interval	Rest	Sets
1. Running Or	1 minute	30s	20
2. Skipping Or			
3. Stationary Bike			

Total Work 20 minutes, Total Active Rest 10 minutes, Total Time Exercising 30 minutes

**Description:** Select 1 of the three modes of exercise (Run, skipping, or bike). Perform warm-up outlined above then complete 60s at a moderate pace or 7/10 RPE. Rest for 30s in between sets at a low intensity 4/10 RPE. This is active rest so you should still be moving i.e. light walk.

**Caution\*\*** If you decide to run, take into consideration the surface you are running on- If pavement hurts your shins, try running on grass, but be careful of divet.



Vs.



### Circuit Training RPE 10

[Guided Meditation](#)

Exercise	Set 1	Set 2	Set 3	RPE
<a href="#">A2. Shoulder Taps</a>				
<a href="#">A3. Lunges Left Leg Forward</a>				
<a href="#">A4. Lunges Right Leg Forward</a>				
<a href="#">A5. Banded Bent Over Row</a>				
<a href="#">A6. V-Sits</a>	20s Each	20s Each	20s Each	10
<a href="#">A7. Burpees</a>	Exercise	Exercise	Exercise	
<a href="#">A8. Push Ups</a>				
<a href="#">A9. Glute Marches</a>				
<a href="#">A10. Lateral Bear Crawl</a>				
<a href="#">A11. Mountain Climbers</a>				
<a href="#">A12. Handstand Holds</a>				

10s transition for each exercise, 60s rest between sets

Work Per Set 4 minutes, Transition Rest Per Set 2 minutes, Rest Between Sets 1 Minute. Total Time Exercising 20 minutes

**Description:** Complete as many reps as you can, you should be at a 10 on the RPE scale for each exercise. Each exercise will be 20s in length, you will then have 10s to transition to the next exercise. Once you complete exercises A1 to A12 you will rest 60s. Exercises A1 to A12 is considered 1 set, you will complete a total of 3 sets.

### Cool Down

#### Foam Roll Routine

[Full Body Routine](#)

#### Sets

1-2 times

#### Reps

30s-1min

#### Stretching Routine

[Full Body Routine](#)

#### Sets

1-2 times

#### Reps

30s-1min