



Main goal : Lose Fat
Training level : Beginner - Full Body
Program duration : 8 Weeks
Days per week : 5 Days
Time per workout : 45-60 Minutes
Equipments : Barbell, Bodyweight, Kettle Bells, Other
Client : Male & Female



5 CROSS TRAINING WORKOUTS FOR GENERAL CONDITIONING

Main Goal

The following 5 cross-training daily workout routines contain a variety of exercises aimed at improving your overall conditioning.

Workout Schedule

Day 1 - Saturday : Active
Day 2 - Sunday : Active
Day 3 - Monday : Active
Day 4 - Tuesday: Off
Day 5 - Wednesday : Active
Day 6 - Thursday: Active
Day 7 - Friday : Off

WEEK / DAY	Day 1 Saturday	Day 2 Sunday	Day 3 Monday	Day 4 Tuesday	Day 5 Wednesday	Day 6 Thursday
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						

Note : Mark the day you went to training .

Workout Description

The following workouts are for general conditioning. They each contain at least four exercises, and are performed in rounds - or circuits.

Rest only as long as needed between each circuit. Each workout has a target number of rounds you should aim for. Try to build up your conditioning slowly over time until you can perform the stated number of rounds using minimal rest.



DAY 1 - CROSSFIT WOD The Olympian General Conditioning - 8 Rounds

EXCERSICE	SETS	REPS
Hang Clean to Push Press	1	8
Push Ups	1	10
Pull Ups	1	10
Burpees	1	10
Sprint	1	50m

DAY 2 - CROSSFIT WOD Brutalistic General Conditioning - 5 Rounds

EXCERSICE	SETS	REPS
Tire Flips	1	6
Bodyweight Squats	1	30
Clapping Push Ups	1	20
Prowler Push	1	100 Feet
Leg Raises	1	20
Jumpe Squat	1	15

DAY 3 - CROSSFIT WOD The Miler General Conditioning - 4 Rounds

EXCERSICE	SETS	REPS
Sprint	1	400m
Deadlifts	1	10
Box Jumps - 24" to 30"	1	6
Decline Push Up	1	30
Kettlebell Swings	1	40

DAY 3 - CROSSFIT WOD Sky High General Conditioning - 8 Rounds

EXCERSICE	SETS	REPS
Overhead Squats	1	10
Burpees	1	10
Push Ups	1	10
Hang Clean	1	10
Row Machine	1	200m



DAY 3 - CROSSFIT WOD The Beat Down General Conditioning - 5 Rounds

EXCERSICE	SETS	REPS
Push Jerk	1	8
Bodyweight Deadlifts	1	10
Fast Run	1	200m
Barbell or Dumbbell Thrusters	1	10
Sit Ups	1	30
Hand Stand Push Ups	1	5

Article link : <https://waleedalmadawy.com/the-complete-guide-to-lose-weight-with-nutrition-and-exercises/>