

P RTP Conditioning

Week 232

21 & 23 JUL 26

Tuesday, 21 JUN 26

30-60-90-120
Run or Air Bike
1:1 Work:Rest

2X 30 secs
2X 60 secs
4X 90 secs
2X 120 secs

Plank

3X
30 sec Side Plank
30 sec Side Plank L
15 secs Rest

Thursday, 23 JUL 26

EMOM, 5 minutes per station
(unless otherwise noted, 25-27
secs of work per minute)

1: Broad Jump Burpees
2: Row
3: Squat Jumps
4: Lateral Plank Walk
5. 12 sec Air Bike Max Burst

Bird Dog Plank Series

3X
Left 30 secs
Right 30 secs
Rest 30 secs

