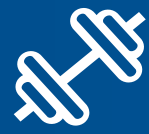




# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



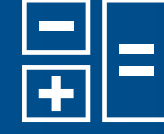
Diet Plans



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Tools

## THE CONDITIONING COMEBACK: 8 WEEK TOTAL BODY FITNESS WORKOUT

Improve your overall conditioning and endurance with this 3 day workout plan, designed to get you back to your peak performance with limited equipment.

Link to Workout: <https://www.muscleandstrength.com/workouts/conditioning-comeback-8-week-conditioning-workout>

**Main Goal:** General Fitness

**Training Level:** Beginner

**Program Duration:** 8 Weeks

**Days Per Week:** 3 Day

**Time Per Workout:** 45-60 Mins

**Equipment:** Bands, Dumbbells

**Target Gender:** Male & Female

**Author:** [Roger "Rock" Lockridge](#)

### Day 1: Lower Body

Exercise	Sets	Reps
<a href="#">Goblet Squat</a>	*	100
<a href="#">Dumbbell Lunge</a>	*	100 (50 Each)
<a href="#">Banded Good Morning</a>	*	100
<a href="#">Lying Leg Raise</a>	*	100
<a href="#">Dumbbell Farmer's Walk</a>	*	100

\*As few sets as possible

### Day 2: Upper Body

Exercise	Sets	Reps
<a href="#">Dumbbell Floor Press</a>	*	100
<a href="#">Dumbbell Pullover</a>	*	100
<a href="#">Banded Lateral Raise</a>	*	100
<a href="#">Hammer Curl</a>	*	100 (50 Each)
<a href="#">Close Grip Pushup</a>	*	100

\*As few sets as possible

### Day 3: Full Body

Exercise	Sets	Reps
<a href="#">Goblet Squat</a>	AMRAP	5 Minutes
<a href="#">Dumbbell Lunge</a>	AMRAP	5 Minutes
<a href="#">Dumbbell Floor Press</a>	AMRAP	5 Minutes
<a href="#">Dumbbell Pullover</a>	AMRAP	5 Minutes
<a href="#">Hammer Curl</a>	AMRAP	5 Minutes
<a href="#">Lying Leg Raise</a>	AMRAP	5 Minutes

AMRAP: As many reps as possible