

*Game Changer*  
**CONDITIONING**

## **WAIVER AND RELEASE**

PLEASE READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS PROGRAM

I acknowledge and understand that there are risks involved in participating in any exercise program and in exercises contained in this program. I agree that I will assume the risk and full responsibility for determining the need for medical clearance from my physician and obtaining such clearance, the safety and/or efficacy of any exercise program recommended to me, and any and all injuries, losses, or damages, which might occur to me / or my family while utilizing the information in this program.

I agree to waive, release, indemnify RELENTLESS GYM and Jake Males from any and all claims, suits, or related causes of action against RELENTLESS GYM or Jake Males for injury, loss, death, costs, or other damages to me while utilizing all the information or partaking in the exercises contain within this program.

## CONDITIONING

### CONDITIONING WORK OUT – VIEW VIDEO BELOW

<https://www.youtube.com/watch?v=oD1i-Q-jEAg&t=4s>

(TEXT)

#### Pre-movement preparation (Warm up)

- A) Hip flexor stretch           x 20sec each side
- B) Hip switch                    x 20sec each side
- C) Figure 4 glute bridge       x 10 reps each side
- D) Y-handcuff                   x 10 reps
- E) Split squat                   x 10 reps each leg
- F) Inchworm                     x 5 reps
- G) Roll to V-sit                 x 10 reps

#### Workout

##### 1. Push up sprint

Complete 4 sets x 5-10m  
30-45sec rest between sets

##### 2. Broad jump w/Stick landing

Complete 2 sets x 6 reps (Jump, Jump, Stick, Jump, Jump, Stick)  
30sec rest between sets

##### 3. Get up drill

Complete 2 sets x 1min  
2min rest between sets

##### 4. Side Shuffle Drill

Complete 2 sets x 1min  
1-2mins rest between sets  
Anywhere from 2-10 steps each side

##### 5. Modified grape squasher drill

Complete 2 sets x 1min  
2min rest between sets  
High knees x 10, drop down (x2), High knees x 10, Tuck jump (x 1)

# **BONUS WORKOUT**

Pick One exercise from “A” and one exercise from “B”

A: Battle ropes, Assault bike Sled sprint, burpees

B: Heavy farmers hold/loaded carry, high plank

## **Complete the following**

**A x 15sec / B x 45sec**

**A x 30sec / B x 30sec**

**A x 45sec / B x 15sec**

**A x 45sec / B x 15sec**

**A x 30sec / B x 30sec**

**A x 15sec / B x 45sec**