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Isometric Conditioning Circuit

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Introduction

The following circuit may be used for athletes seeking to improve their work capacity. This workout should ONLY be done following speed and strength training in order to avoid performance decrements.

Level	Sets	Time Of Hold	Rest
Level 1	2	1:00	30 Seconds
Level 2	2	1:15	30 Seconds
Level 3	2	2:00	30 Seconds
Level 4	1	3:00	
Level 5	1	3:45	
Level 6	1	4:30	
Level 7	1	5:00	

Circuit

1. Isometric Hindu Squat Trap Shoulder Bicep Hold

REST 2 – 3 MINUTES

2. Isometric Chest Hold

REST 2 – 3 MINUTES

3. Bent Over Isometric Hamstring Glute Back Hold

REST 2 – 3 MINUTES

4. Supine Isometric Back Glute Hamstring Hold

