

Weekly Training: Schedule A

Day	Format	Area(s)	Calisthenics/Warm-up	Drop Set: Body Part 1a	Drop Set: Body Part 2a	Drop Set: Body Part 1b	Drop Set: Body Part 2b
Sunday	Rest						
Monday	Strength	Chest/Back	Step X for progression in the Push Ups described by the Convict Conditioning regimen Step X for progression in the Pull Ups described by the Convict Conditioning regimen	Chest (DB Flies, or variant) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps	Back (DB Flies, or variant) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps	Chest (DB Press, or variant) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps	Back (DB Rows, or variant) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps
Tuesday	HIIT/Core	Core	Step X for progression in the Leg Raises described by the Convict Conditioning regimen	25 reverse crunches (or P90X variant)	25 bicycles (or P90X variant)	50 Russian Twists w/ball	1:00 Plank w/alternating leg lifts every 0:15
Wednesday	Strength	Legs	Step X for progression in the Squats described by the Convict Conditioning regimen	Legs (Barbell Squats) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps	Legs (DB Calf Presses) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps	Legs (Split Squats, or variant) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps	Legs (Dead Lifts, or variant) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps
Thursday	Rest						
Friday	Strength	Shoulders/Arm	Step X for progression in the Bridges described by the Convict Conditioning regimen Step X for progression in the Handstand Push Ups described by the Convict Conditioning regimen	Arms (Bicep curls, or variant) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps	Shoulders (Side-Rear flies) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps	Shrugs or variant Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps	Shoulders (Press, or variant) Set 1 70% max, 6-8 reps Set 2 60% max, 9-10 reps Set 3 50% max, 11-12 reps Set 4 40% max, 13-15 reps
Saturday	HIIT/Core	Core	Step X for progression in the Leg Raises described by the Convict Conditioning regimen	25 reverse crunches (or P90X variant)	25 bicycles (or P90X variant)	50 Russian Twists w/ball	1:00 Plank w/alternating leg lifts every 0:15

Schedule A focuses more on **strength** training, so three of the five days are given to it. This schedule is for January, March, May, July, September, and November.

Weekly Training: Schedule B

Day	Format	Body Part(s)	Calisthenics/Warm-up	Drop Set: Body Part 1	Drop Set: Body Part 2	Drop Set: Body Part 3
Sunday	Rest					
Monday	HIIT/Core	Core	Step X for progression in the Leg Raises described by the Convict Conditioning regimen	P90X Core workout	1:00 Plank w/alternating leg lifts every 0:15	Surya Namascar x 10 to stretch and cool down
Tuesday	Strength	Chest/Back/Legs	Step X for progression in the Push Ups described by the Convict Conditioning regimen Step X for progression in the Pull Ups described by the Convict Conditioning regimen Step X for progression in the Squats described by the Convict Conditioning regimen	Chest (Flies, or variant) Set 1 Dumbbell Flies, 70% max, 6-8 reps Set 2 Dumbbell Flies, 60% max, 9-10 reps Set 3 Dumbbell Flies, 50% max, 11-12 reps Set 4 Dumbbell Flies, 40% max, 13-15 reps	Back (Flies, or variant) Set 1 Dumbbell Flies, 70% max, 6-8 reps Set 2 Dumbbell Flies, 60% max, 9-10 reps Set 3 Dumbbell Flies, 50% max, 11-12 reps Set 4 Dumbbell Flies, 40% max, 13-15 reps	Legs: Dumbbell Squats to Calf Presses Set 1 Squat Presses, 70% max, 6-8 reps Set 2 Squat Presses, 60% max, 9-10 reps Set 3 Squat Presses, 50% max, 11-12 reps Set 4 Squat Presses, 40% max, 13-15 reps
Wednesday	HIIT/Core	Core	Step X for progression in the Leg Raises described by the Convict Conditioning regimen	P90X Core workout	1:00 Plank w/alternating leg lifts every 0:15	Surya Namascar x 10 to stretch and cool down
Thursday	Rest					
Friday	HIIT/Core	Core	Step X for progression in the Leg Raises described by the Convict Conditioning regimen	P90X Core workout	1:00 Plank w/alternating leg lifts every 0:15	Surya Namascar x 10 to stretch and cool down
Saturday	Strength	Shoulders/Arms	Step X for progression in the Bridges described by the Convict Conditioning regimen Step X for progression in the Handstand Push Ups described by the Convict Conditioning regimen	Shoulders (Flies, or variant) Set 1 Side-Rear flies, 70% max, 6-8 reps Set 2 Side-Rear flies, 60% max, 9-10 reps Set 3 Side-Rear flies, 50% max, 11-12 reps Set 4 Side-Rear flies, 40% max, 13-15 reps	Arms (Bicep curls, or variant) Set 1 DB Hammer curls, 70% max, 6-8 reps Set 2 DB Hammer curls, 60% max, 9-10 reps Set 3 DB Hammer curls, 50% max, 11-12 reps Set 4 DB Hammer curls, 40% max, 13-15 reps	Traps (Shrugs, or variant) Set 1 Shrugs, 70% max, 6-8 reps Set 2 Shrugs, 60% max, 9-10 reps Set 3 Shrugs, 50% max, 11-12 reps Set 4 Shrugs, 40% max, 13-15 reps

Schedule B focuses more on **HIIT/Core** training, so three of the five days are given to it. This schedule is for February, April, June, August, October, and December.