

XLLathlete.com

These are workouts that I have used with athletes to get the best results for fat lost and general get in shape. Down load the pdfs and click on the exercise name and the video will appear. Work up to the highest levels and don't do the same one, mix up the workouts.

Click on all links underlined in blue

[Super Endurance General Workout For Sport 1](#)

[Super Endurance General Workout For Sport 2](#)

[GPP Ultimate Single Lift Workout For Sport](#)

[Adaptability Training Collection For Sport](#)

[Simple Dumbbell Conditioning Circuit I](#)

[Simple Dumbbell Conditioning Circuit II](#)

[Simple Dumbbell Conditioning Circuit III](#)

The following are core workout you can do every other day and also a note if your want results you need to train 6 days a week.

[Core Workouts With Equipment For Sport](#)

[Core Workouts Without Equipment For Sport](#)

[Rotational Core Workout For Sport](#)

[Team Core Workout For Sport 1](#)

[Team Core Workout For Sport 2](#)

Do these workouts twice a week.

[Band Stretching 1](#)

[Band Stretching 2](#)

[Foam Roller Work](#)

[Partner Stretching](#)

[Self Stretching](#)

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Plate Workouts great conditioning with a plate

[Plate Workout For Sport 1](#)

[Plate Workout For Sport 2](#)

Other Region Specific Conditioning Workout

[Isometric Circuit](#)

[Upper Body Workouts Circuits Level 1](#)

[Upper Body Workouts Circuits Level 2](#)

[Panther Dumbbell Conditioning Circuit](#)

[Tv Workout](#)

Treadmill workout

[25 Minute Interval Treadmill Workout Level 12 Time Counts Down](#)

[25 Minute Interval Treadmill Workout Level 12 Time Counts Up](#)

[25 Minute Interval Treadmill Workout Level 11 Time Counts Down](#)

[25 Minute Interval Treadmill Workout Level 11 Time Counts Up](#)

[25 Minute Interval Treadmill Workout Level 10 Time Counts Down](#)

[25 Minute Interval Treadmill Workout Level 10 Time Counts Up](#)

[25 Minute Interval Treadmill Workout Level 9 Time Counts Down](#)

[25 Minute Interval Treadmill Workout Level 9 Time Counts Up](#)

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Fitness training on bikes

[20 Minute Cardiovascular Bike Workout II Time Counts Up](#)

[20 Minute Cardiovascular Bike Workout Time Counts Down](#)

[20 Minute Cardiovascular Bike Workout Time Counts Up](#)

[25 Minute Cardiovascular Bike Workout II Time Counts Down](#)

[25 Minute Cardiovascular Bike Workout II Time Counts Up](#)

[25 Minute Cardiovascular Bike Workout Time Counts Down](#)

[25 Minute Cardiovascular Bike Workout Time Counts Up](#)

[27 Minute Interval Bike Workout Level 7 Time Counts Down](#)

[27 Minute Interval Bike Workout Level 7 Time Counts Up](#)

[32 Minute Interval Bike Workout Level 7 Time Counts Down](#)

[32 Minute Interval Bike Workout Level 7 Time Counts Up](#)

[37 Minute Interval Bike Workout Level 7 Time Counts Down](#)

[37 Minute Interval Bike Workout Level 7 Time Counts Up](#)

[40 Minute Cardiovascular Bike Workout Time Counts Down](#)

[40 Minute Cardiovascular Bike Workout Time Counts Up](#)

[45 Minute Interval Bike Workout Level 7 Time Counts Down](#)

[45 Minute Interval Bike Workout Level 7 Time Counts Up](#)

Tabata Training – this is the worst stuff ever only do when highly motivated and at the end of a workout.

Tabata Intervals For Sport: Bike

Other non traditional conditioning methods

Bulgarian Jump Squat Conditioning

Pool Workout

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Group Conditioning

[Russian Basketball](#)

[Trashball](#)

Rehab and Prehab

[Shin Splint Injury Prevention](#)

[Knee Prehab](#)

[Groin Prehab](#)

[Forearm Training](#)

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