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## Modified 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 Split Squat

**REST 2 – 3 MINUTES**

#### 2. Push Up Isometric

### Hold

**REST 2 – 3 MINUTES**

#### 3. Isometric Wall Sit

**REST 2 – 3 MINUTES**

#### 4. Supine Isometric Back Glute

Ham Hold (water bottles as weights)



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