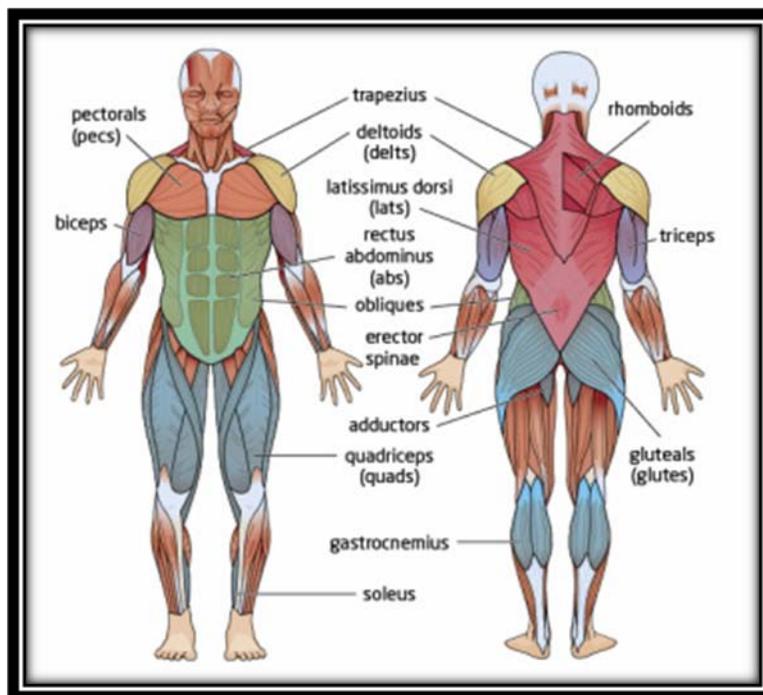


# FULL BODY MUSCULAR ENDURANCE

## CIRCUIT #2

PRESCRIPTION: 2-3 SETS X 12-15 REPETITIONS X 15-30 SECONDS REST

ESTIMATED TIME: 30-45 MINUTES



Picture found at: <http://www.what-is-fitness.com>

## Circuit # 2

**Goal:** Total Body Muscle Endurance

**Workout Volume:** 2-3 sets X 12-15 repetitions X 15-30 second Rest

**\*\* This is a workout that combines cardiovascular and strength training. Be sure to keep your rest times short and get to the next stations with the proper weight ready as quickly as possible. Good luck!**

### Warm-up:

1. Jog 2 minutes on the track or treadmill. Jog at a moderate pace. You should be able to hold a conversation with someone.
2. Perform some dynamic movements of the body: full range of motion in hips, knees, ankles, shoulders and wrists. Do not hold any stretches as it could hinder performance and cause injury.

### Workout:

1. Pec Fly: 2-3 sets X 12-15 repetitions X 15-30 seconds rest
  - a. Choose a weight that is moderate to light and will allow you to complete 12-15 repetitions. If you are not struggling to do all the repetitions at the end, then the weight may be too light.
  - b. Sit with your back on the pad and your biceps against the circular pads. When you are ready, contract your chest muscles and pull your forearms towards the center line of your chest then slowly release and return to the starting positions. Make sure you are under control so that the weights do not slam down. Perform 12-15 repetitions with 15-30 second rest between sets.



2. Hip Abduction: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Choose a weight that will allow you to complete 12-15 repetitions. The weight should be moderate to light in weight. If you are not struggling to do all the repetitions at the end, then the weight might be too light.
- b. Sit on the seat and place your legs on the movement bars. Using the yellow lever, change the angle of the movement by moving them towards the center. Place the pads so that they are on the outside of your knees. When you are ready, contract your hips and glutes to push your legs apart. Once you have opened your legs as far as you can return to the starting position. Make sure to keep the movement under control so that the weights do not slam down. Perform 12-15 repetitions with 15-30 second rest between sets.



3. Triceps Press: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Use a bar with weight on it. Choose a weight that will allow you to complete 12-15 repetitions that is moderate to light in weight. If you are not struggling to do all the repetitions at the end, then the weight might be too light.
- b. Lie flat on your back on a bench with your feet on the floor and your head on the bench. Place your hands on the bar with your hands close together. They can be touching or 2-3 inches apart. Bring the bar so that it is above your chest then lower the bar towards your chest. Your elbows should be in close to the sides of your body. When the bar is 2-3 inches from your chest push the bar back towards the starting position. When the bar is above your body make sure that your arms have a slight bend at the elbows, they should not be locked. Perform 12-15 repetitions with 15-30 second rest between sets.



Starting Position

End Position

4. Stability Ball Back Extensions: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Use a stability ball and find an open space on the floor.
- b. Lie on your stomach on the stability ball. Place your feet in a wide stance, shoulder width or wider. For increased difficulty keep knees off the ground. Place your hands behind your ears, but do not pull on your neck or head. If it is more comfortable you can place your arms a crossed you chest. When you have your balance, contract your back muscles and pull your chest away from the ball. Do not extend too far to avoid straining your back. Lower yourself back to the ball. Perform 12-15 repetitions with 15-30 second rest between sets.



5. Dumbbell Side Dips: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Choose a weight that will allow you to complete 12-15 repetitions. The weight should be moderate to light in weight. If you are not struggling to do all the repetitions at the end, then the weight might be too light.
- b. While standing straight up put the weight in your right hand on the side of your body and put your left hand on your head. Bend to the right side, lowering the weight as far as you can. The pulling with your oblique abs stand back up. Perform 12-15 repetitions then switch and put the weight in your left hand and perform 12-15 repetitions on the other side. Rest 15-30 seconds between sets.



6. Push-Up: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. No weight is needed for this exercise. Use a floor mat if you would like.
- b. Unmodified Push Up: Position your hands about shoulder-width or a bit wider apart on the mat. Then, straighten your legs out so that your body weight rests on the shoulders and on your toes. Your arms should be straight, do not lock your elbows. Your back should be in a straight line. When ready, lower your body to the floor. Lower your body until your chest is 2-3 inches from the floor, push up and return to the start position. Perform 12-15 repetitions with 15-30 second rest between sets.



- c. Modified Push-Ups: If you cannot do many push ups with your full body weight going to your knees can make it a bit easier to do pushups due to the shorter lever between arms and knees. When ready, lower your body to the floor. Lower your body until your chest is 2-3 inches from the floor, push up and return to the start position. Perform 12-15 repetitions with 15-30 second rest between sets.



7. Wall sit: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Find a space on a wall that has nothing obstructing the lower part of the wall.
- b. Sit against the wall with your back on the wall. Lower yourself down until your thighs are parallel to the ground. Do not place your hands on your legs for support, its best to keep them up around your head or at your side to avoid the temptation. Hold this position for 30-45 seconds (1 set) and then rest 15-30 seconds between sets.



**Cool down:**

1. Great job! You did it! Now take a few laps around the track, either jogging or walking.
2. Stretch. Focus on your shoulders, biceps, upper and lower back, quads and inner thighs. Hold each stretch for 10-30 seconds.

Circuit #2			
Exercises	Set 1	set 2	set 3
Pec Fly			
Hip Abduction			
Triceps Press			
SB Back Extension			
Oblique Abs			
Push-up			
Wall Sit			

Circuit #2
Notes:

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