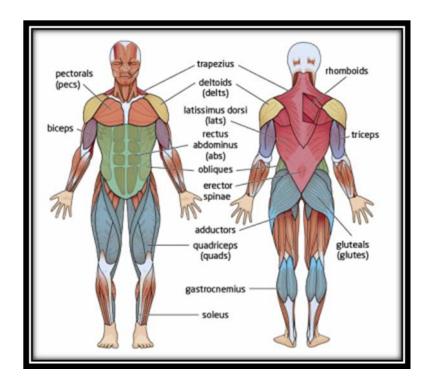
FULL BODY MUSCULAR ENDURANCE

CIRCUIT #1

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

ESTIMATED TIME: 30-45 MINUTES



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



Circuit #1

Goal: Total Body Muscle Endurance

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

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. Bench Press: 2-3 sets X 12-15 repetitions X 15-30 seconds rest
 - a. Choose an amount of weight for your barbell that will allow you to complete 12-15 repetitions with good form. The weight should be light to moderate. If you are not struggling to finish the last few repetitions, it might be to light.
 - b. Sit on the bench with feet flat on the floor and knees bent to 90 degrees. Grab the bar about shoulder-width apart or a bit wider if desired. Lift the bar off of the rack. The bar should be parallel to the bottom of your sternum. Keep your abdominals contracted throughout this exercise and do not arch your back. When ready, bend at your elbows to lower the barbell toward the bottom of your sternum. At the bottom of the movement, your arms should form a goal-post shape with your elbows out. The bar should be 2-3 inches from the sternum. Contract your pectoralis muscles, extend your elbows, and push the barbell back toward the ceiling. Perform 12-15 repetitions with 15-30 second rest between sets.





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

- a. Green = light resistance, Red = medium resistance, Blue = heavy resistance
- b. Hold the resistance tubing handles, one in each hand. Step onto the resistance band with both feet. In the starting position, your feet should be shoulder-width apart and firmly pressing the band to the floor. Keep the tubing handles close to your shoulders. When ready, flex your hips and push back like you are sitting on a chair. Once you hit the bottom slowly begin to extend you knees and straighten your body to the original starting position. Make sure there is no tension on the tubing when you step off it so you do not snap yourself. Perform 12-15 repetitions with 15-30 second rest between sets.





Starting Position: Front and Profile View

End Position: Front and Profile View

3. Mid Rows: <u>2-3 sets X 12-15 repetitions X 15-30 seconds rest</u>

- a. Select a moderate to heavy weight. Make sure you can lift that weight 8-12 repetitions. Adjust the seat height so that your arms have a slight downward angle to reach the grips. You can also adjust the chest pad in and out. Be sure that you arms can reach the handles while sitting down.
- b. Once everything is adjusted, grab the handles and contract your shoulder blades together while pulling the handles towards your chest. Once you have pulled it all the way in, to return to the beginning position in a controlled manner so that the weights do not slam down. Perform 12-15 repetitions with 15-30 second rest between sets.





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

- a. Go to the leg press machine. Select a light to medium weight that you can do 12-15 repetitions.
- b. Sit on the machine chair and lean back so that your back is firmly pressed against the chair back. Pull the yellow lever if need to adjust forward or backward so that your legs so that your knees are flexed to 90 degrees and your feet are placed against the foot rest. When ready, contract your quadriceps muscles and push the foot rest away from your body, extending your knees. Avoid locking the knees in this extended position. Then bring your knees back toward your body, returning to the original 90 degree bend. Avoid slamming the weight stack down on your return. Perform 12-15 repetitions with 15-30 second rest between sets.





5. Curl to Press: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Choose an amount of weight for your dumbbells that will allow you to complete 12-15 repetitions with good form. The weight should be light to moderate. If you are not struggling to finish the last few repetitions, it might be to light.
- b. Standing with feet shoulder-width apart and hands at side palms facing away from the body. When you are ready contract the biceps, pulling the weights toward the shoulder in a bicep curl. Once at the shoulder rotate the palms so that they are facing out again. Then pushing with your shoulders, press the weight above the head. Extend your arms all the way, but do not lock the elbows. Then lower the weight slowly in the same way you lifted them. Perform 12-15 repetitions with 15-30 second rest between sets.









Start Position

After the Curl

Before the Press

End Position

- 6. Side lunges: <u>2-3 sets X 12-15 repetitions X 15-30 seconds rest</u>
 - a. Beginners use your bodyweight. Others feel free to use dumbbells for added weight.
 - b. Standing with feet together and hands at chest level without weight (If you have weights hold them in front of your thighs). With the right leg, step to the right to a wide stance (wider than shoulder-width apart) and squat down so that knees are at about 90 degrees. If you have weights when you are in the squat the weights should be between your legs in the middle of your body. Stand up and move right foot back to starting stance, feet together. Then, step with the left leg to a wide stance, squat and then stand up. Perform 12-16 repetitions total, not each leg. Rest 15-30 seconds between sets.





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

- a. Use a mat and find an open area.
- b. Lie down on your back with your knees bent and your feet resting flat on the floor. Place your hands either crossed in front of your chest or behind your head (never clasp your hands behind your head). When ready, contract your abdominals, lifting your shoulder blades off the floor (do not pulling on your head). Hold this contraction at the top for 2 seconds and then slowly lower your shoulder blades back toward the floor. Perform 12-15 repetitions with 15-30 second rest between sets.





8. Thrusters: <u>2-3 sets X 12-15 repetitions X 15-30 seconds rest</u>

- a. Use the mat you used in the previous exercise.
- b. In the same position as the crunch, lie on your back with feet on the ground. Place your hands at your side. Push your hips to the ceiling making a bridge from your shoulders to your knees. Make sure to lift with your hips and back and glutes. Do not push up with your knees and thighs. Once at the peak of the position, lower yourself back down to the mat. Perform 12-15 repetitions with 15-30 second rest between sets.
- c. To increase difficulty, if needed, put your feet on a stability ball and do the same thing. This requires more balance and extra effort from the glutes and hips.





9. Leg raises: 2-3 sets X 12-15 repetitions X 15-30 seconds rest

- a. Use the mat you used in the previous exercise.
- b. Lie on your back with your feet straight out in front of you and with your hands under your buttocks. When ready, contract your abdominals and raise your legs so they are directly above your hips. Be sure to keep your legs as straight as possible while keeping your abdominals contracted. Then lower your legs but do not let them touch the ground. Perform 12-15 repetitions with 15-30 second rest 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 #1			
Exercises	Set 1	set 2	set 3
Bench Press			
Squats			
Mid Rows			
Leg Press			
Curl to Press			
Side Lunge			
Crunches			
Thrusters			
Leg Raises			

Circuit #1				
Notes:				

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