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# STRENGTH ENDURANCE

## WORKOUT 1

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**Corrective Flexibility:** Perform each SMR (self myofascial release) technique for as long as necessary. Remember to hold pressure on hot spots/knots for a minimum of 20-30 sec. If you are short on time focus on just one body part to roll.

| Body Part | Time                |
|-----------|---------------------|
| Calves    | 30- 60 sec ea. side |
| IT Band   | 30- 60 sec ea. side |
| Quads     | 30- 60 sec ea. side |

**Dynamic Warmup:** Perform each movement for the prescribed number of repetitions one time through with no rest between movements.

| Movement                                     | Repetitions |
|--|-------------|
| Knee Hug to Lunge (World's Greatest Stretch) | 6 ea. side  |
| Drop Step Lunges                             | 6 ea. side  |
| Lateral Lunge to Internal Rotation           | 6 ea. side  |

**Drills:** Perform 1-2 sets of each drill with minimal rest between each drill.

| Drill                               | Repetitions |
|-------------------------------------|-------------|
| Skipping w/ quick turn-over         | 3 x 10 m.   |
| Lateral Skipping w/ quick turn-over | 3 x 10 m.   |

**Main Set 1:** Perform 2 sets of each exercise in order, with up to 1 min rest between exercises. Load is determined by reps. Use a weight that allows you to do no more than 12 reps.

| Exercise                        | Repetitions |
|---------------------------------|-------------|
| Squat w/ bar                    | 10-12       |
| Single leg squat                | 10-12       |
| Chest press w/bar               | 10-12       |
| Single arm chest press off SB   | 10-12       |
| Single arm cable row/standing   | 10-12       |
| Single arm dumbbell row with SB | 10-12       |
| Single arm shoulder press w/bar | 10-12       |
| Rotational pushups              | 10-12       |

**Main Set 2:** Perform 2 sets of each exercise in order, with little to no rest between exercises. Between sets, recover for 1 minute.

| Exercise               | Repetitions |
|------------------------|-------------|
| TRX Runners            | 30 sec      |
| Plank Runners          | 45 sec      |
| TRX Side Plank         | 30 sec      |
| Side Plank- 'Starfish' | 45 sec      |

**Yoga Stretch:** Perform the following yoga poses for a dynamic cool down stretch

| Pose/Movement        | Repetitions |
|----------------------|-------------|
| Downward Facing Dog  | 10 ea. side |
| Pigeon Pose (L side) | 20          |
| Downward Facing Dog  | 8 ea. side  |
| Pigeon Pose (R side) | 6 ea. side  |

| Pose/Movement                  | Repetitions |
|--------------------------------|-------------|
| Downward Facing Dog            |             |
| 1/2 Kneeling (L side)          |             |
| Revolved 1/2 Kneeling (L side) |             |
| Downward Facing Dog            |             |
| 1/2 Kneeling (R side)          |             |
| Revolved 1/2 Kneeling (R side) |             |
| Downward Facing Dog            |             |
| Wide- stance forward fold      |             |
| Mountain Pose                  |             |