

Name: _____

Endurance Program

This type of program is to increase the amount of time a muscle can withstand the exertion of force placed upon that muscle. Following an increase in muscle threshold, the recruitment of muscle tissue will allow for further development of the oxidation process. During this phase muscle fibers are trained to fire efficiently against light resistance throughout a extended period of time.

- 4-6 weeks
- 2-3 sets
- 12-20 reps
- 15-30 seconds rest between each set
- 50-65% 1RM

Design an endurance program using the guidelines given. Items included in a quality program are as follows:

- **# of days lifting**
- **Muscle identified**
- **Amount of rest**
 - **# of sets**
- **# of repetitions**
- **Exercises performed**

The table attached is a guideline for program design, it is up to you to supply the material to create a productive and safe lifting program.