

Endurance -Ability to withstand and continue the exertion of force over an extended period of time.

Endurance Program

	Date				Date				Date				Date			
Exercise	Set/ Reps	Set/ Reps	Set/ Reps	Rest	Set/ Reps	Set/ Reps	Set/ Reps	Rest	Set/ Reps	Set/ Reps	Set/ Reps	Rest	Set/ Reps	Set/ Reps	Set/ Reps	Rest

(Ex: Exercise/ Muscle/ # of reps/ # of sets)

Day 1

Day 2

Day 3

Day 4

Less rest...less weight...more repetitions, check the guidelines!!!