

MUSCULAR ENDURANCE TARGET ZONES

	Threshold	Target zone
F Frequency	3 days per week	3-6 days per week
I Intensity	20% of the maximum you can lift at one time	20-55% of the maximum you can lift at one time
T Time	1 set of 11-25 reps each exercise	1-3 sets of 11-25 reps for each exercise

Rest 2 minutes between sets.