

GUIDELINES FOR MUSCULAR ENDURANCE EXERCISE

- **Always warm up and stretch first.**
- **Breathe normally.**
- **Start with low intensity and progress slowly.**
- **Use good body mechanics and correct technique.**
- **Take your time and work rhythmically.**
- **Always use a full range of motion.**
- **Avoid working the same muscles in two consecutive exercises.**
- **Exercise each specific muscle group.**
- **Vary your routine.**