

# Muscular Endurance

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- 3-4 day/ week
  - Equipment –  
Bodyweight, Resistance  
bands/Resistance  
Tubes
  - Program 8 weeks
  - Goal – Build  
stamina and  
increase work  
tolerance
- Day 1 : Upper Body
    - Push Ups 3x15
    - Band rows 3x15
    - Bicep Curl 3x15
    - Tricep Extension 3x15
  - Day 2 : Lower Body
    - Squat 3x12
    - Single Leg extension 12x  
each leg
    - Calf raises 3x15
    - Wall sits 30seconds x 3
  - Day 3 : Full body
    - Squat and Reach 3x12
    - Shoulder press 3x15
    - Lunges 3x15
    - Plank 30 seconds x 3

# Muscular Endurance

- Schedule
  - Monday – Day 1
  - Tuesday – stretch & Cardio
  - Wednesday – Day 2
  - Thursday – Recovery - Meditations
  - Friday – Day 3
  - Saturday – Cardio
  - Sunday – Rest, Light Cardio 10k steps
- Progression plan
    - Increase weight/resistance by 2-3% every 4 weeks
    - Focus on recovery and review InBody every 3 months to checkbody comp