**Workout #5: Aerobic & Strength Exercises**

**Achieved Goals (2):**

Increase Muscle Endurance

Increase Stamina

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**Day #1: Endurance- Focused Workout (15 Minutes)**

### **Exercise 1: Endurance Circuit (15 Minutes)**

Repeat **3 rounds** with **15-second rest** between rounds:

1. **Wall Sit with Heel Lifts – 1 Minute**Description: Hold a wall sit position while alternating lifting heels off the ground, activating quads and calves.

*Rest 15 seconds*

1. **Step-Ups with Controlled Descents – 1 Minute**Description: Step onto a box or bench with one leg, then step down slowly to focus on eccentric control.

*Rest 15 seconds*

1. **Bear Crawl – 1 Minute**Description: Move forward and backward in a crawling position, keeping knees close to the ground and engaging the core.

*Rest 15 seconds*

1. **Superman Hold – 1 Minute**Description: Lie face down and lift arms, chest, and legs off the ground, holding to strengthen the lower back and glutes.

*Rest 15 seconds*

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**Day #2: Endurance- Focused Workout (15 Minutes)**

#### **Exercise 1: Endurance Circuit (15 Minutes)**

Repeat **3 rounds** with **15-second rest**:

1. **Push-Up to Shoulder Tap – 1 Minute**Description: Perform a push-up, then tap one shoulder with the opposite hand, alternating sides.

*Rest 15 seconds*

1. **Split Squat Hold – 30 Sec Each Side (1 Minute)**Description: Hold a lunge position without moving, keeping tension in the legs.

*Rest 15 seconds*

1. **Side-Stepping Squats – 1 Minute**Description: Take a step to the side, squat, return to standing, and repeat.

*Rest 15 seconds*

1. **Slow Jumping Jacks – 1 Minute**Description: Perform jumping jacks at a controlled pace.

*Rest 15 seconds*

**Day #3: Endurance- Focused Workout (15 Minutes)**

#### **Exercise 1: Endurance Circuit (15 Minutes)**

Repeat **3 rounds** with **15-second rest**:

1. **Isometric Push-Up Hold – 1 Minute**Description: Lower halfway into a push-up and hold.

*Rest 15 seconds*

1. **Slow Side Lunges – 1 Minute**Description: Alternate side lunges, focusing on depth and control.

*Rest 15 seconds*

1. **Resistance Band Rows – 1 Minute**Description: Use a resistance band to perform slow, controlled rows.

*Rest 15 seconds*

1. **Single-Leg Romanian Deadlifts – 30 Sec Each Side (1 Minute)**Description: Balance on one leg, hinging forward to engage the hamstrings and glutes.

*Rest 15 seconds*

**Day #4: Endurance- Focused Workout (15 Minutes)**

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#### **Exercise 1: Endurance Circuit (15 Minutes)**

Repeat **3 rounds** with **1-minute rest**:

1. **Isometric Squat Hold with Arm Extensions – 1 Minute**Description: Hold a squat position while slowly extending arms forward and back.

*Rest 15 seconds*

1. **Modified Push-Ups with Slow Negative – 1 Minute**Description: Lower yourself to the ground in 3-4 seconds, then push back up.

*Rest 15 seconds*

1. **Plank with Elbow Circles – 1 Minute**Description: From a plank position, move your forearms in small circular motions.

*Rest 15 seconds*

1. **Standing Calf Raise with Hold – 1 Minute**Description: Slowly raise onto your toes, hold for 3 seconds, then lower.

*Rest 15 seconds*