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

**Achieved Goals (2):**

Increase Muscle Endurance

Increase Stamina

### 

**Day #1: Endurance- Focused Workout (30 Minutes)**

### **Warm-Up (3 Minutes)**

**Warm-Up: Arm Swings (1 Minute)**Description: Swing both arms forward and backward in large, controlled arcs. Alternate directions every 30 seconds.

**Warm-Up: Standing Hip Circles (1 Minute)**Description: Stand with feet shoulder-width apart, place hands on hips, and rotate hips in a large circle. Perform 10 circles clockwise, then 10 counterclockwise.

**Warm-Up: Dynamic Lunges with Torso Twist (1 Minute)**Description: Step forward into a lunge, then twist your torso toward your forward leg. Alternate sides for 10 reps each leg.

#### **Exercise 1: Endurance Circuit (24 Minutes)**

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

1. **Push-Up Walkouts – 1 Minute**Description: From a standing position, walk your hands out to a push-up, perform one, and return to standing.

*Rest 15 seconds*

1. **Slow Lateral Step with Pause – 1 Minute**Description: Take a wide step to the side, pause for 2 seconds, and return to center. Alternate sides.

*Rest 15 seconds*

1. **Bird Dog Crunch – 1 Minute**Description: In a tabletop position, extend opposite arm and leg, then crunch them together under your body.

*Rest 15 seconds*

1. **Overhead Squats – 1 Minute**Description: Perform squats with arms extended overhead to engage the shoulders and core.

*Rest 15 seconds*

1. **Superman Swimmers – 1 Minute**Description: In a prone position, alternate lifting opposite arms and legs, mimicking a swimming motion.

*Rest 2 Minutes*

### **Post-Workout Stretch (3 Minutes)**

1. **Standing Forward Fold – 1 Minute**Description: Bend at the hips and let your head hang, stretching the hamstrings and lower back.
2. **Cat-Cow Stretch – 1 Minute**Description: Alternate between arching and rounding your back in a tabletop position to stretch the spine.
3. **Butterfly Stretch – 1 Minute**Description: Sit with soles of your feet together, gently pressing knees toward the ground to stretch the inner thighs.

This workout emphasizes endurance through slower, controlled movements and sustained holds while integrating both cardio and strength elements for long-duration exertion

**Day #2: Endurance- Focused Workout (30 Minutes)**

#### **Warm-Up (3 Minutes)**

* **Standing Arm Crossovers (1 Minute):** Swing arms across your chest, alternating the top arm.
* **Lateral Lunges with Reach (1 Minute):** Step to the side, sink into a lunge, and reach toward the foot. Alternate sides.
* **High Knee Walks (1 Minute):** March forward with high knees, reaching toward the opposite knee with each step.

### **Exercise 1: Endurance Circuit (24 Minutes)**

Repeat **3 rounds** with **2-minute 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. **Plank Hold with Slow Arm Reaches – 1 Minute**Description: Maintain a plank while slowly reaching one arm forward, alternating sides to engage the core and shoulders.

*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. **Slow-Paced High Knees – 1 Minute**Description: Bring your knees up to hip height at a slower, deliberate pace to emphasize endurance and control.

*Rest 2 Minute*

### **Cool Down (3 Minutes)**

* **Light Jump Rope (3 Minutes):** A steady pace, focusing on rhythmic breathing.

**Day #3: Endurance- Focused Workout (30 Minutes)**

#### **Warm-Up (3 Minutes)**

* **Overhead Arm Stretch (1 Minute):** Alternately reach arms overhead and pull gently.
* **Step-Back Lunges (1 Minutes):** Step back into a lunge, alternating sides.
* **Dynamic Hamstring Kicks (1 Minute):** Swing one leg forward and touch it with the opposite hand, alternating sides.

#### **Exercise 1: Endurance Circuit (24 Minutes)**

Repeat **3 rounds** with **2-minute 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*

1. **Reverse Plank Hold – 1 Minute**Description: Sit with legs extended, lift hips toward the ceiling, engaging glutes and shoulders.

*Rest 2 minutes*

**Cool Down (3 Minutes)**

* **Jumping Jacks (3 Minutes):** Perform at a steady pace.

**Day #4: Endurance- Focused Workout (30 Minutes)**

#### 

#### **Warm-Up (3 Minutes)**

* **Dynamic Toe Touches (1 Minute):** Swing one leg forward and reach for your toes with the opposite hand, alternating sides.
* **World’s Greatest Stretch (1 Minute):** Step into a lunge, rotate your torso, and reach one arm overhead. Alternate sides.
* **Butt Kicks (1 Minute):** Jog in place, bringing your heels to your glutes.

#### **Exercise 1: Endurance Circuit (24 Minutes)**

Repeat **3 rounds** with **2-minute 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**Description: Balance on one leg, hinging forward to engage the hamstrings and glutes.

*Rest 15 seconds*

1. **Half-Burpees – 1 Minute**Description: Perform burpees without the jump.

*Rest 2 Minutes*

#### **Post-Workout Stretch (3 Minutes)**

1. **Seated Forward Fold with Side Reach – 1 Minute**Description: Stretch forward and alternate reaching to each leg.
2. **Butterfly Stretch with Gentle Bounce – 1 Minute**Description: Press knees downward gently for a deeper stretch.
3. **Thread the Needle Stretch – 1 Minute**Description: From a tabletop position, thread one arm under the other and twist gently.