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

**Achieved Goals (2):**

Increase Muscle Endurance

Increase Stamina

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**Day #1: Endurance- Focused Workout (45 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 (21 Minutes)**

Repeat **3 rounds** with **1-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 40 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 40 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 40 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 1 Minute*

### **Exercise 2: Core Endurance Circuit (18 Minutes)**

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

1. **Side Plank with Reach-Through – 45 Sec Each Side, 15 Sec Rest (1 Minute)**Description: In a side plank, reach your top arm under your torso and back up to work obliques.
2. **Dead Bug – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Lie on your back, extend opposite arm and leg downward, alternating sides slowly for core stability.
3. **Seated Leg Circles – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Sit slightly reclined with legs extended and make small, controlled circles with both legs, engaging the lower abs.
4. **Flutter Kicks – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Lie on your back and alternate small, quick leg kicks to target the core and hip flexors.
5. **Slow Bicycle Crunches – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Perform a bicycle crunch with slow, deliberate movements to engage all sections of the abs.

*Rest 1 Minute*

### **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 (45 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 (21 Minutes)**

Repeat **3 rounds** with **1-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 40 seconds*

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

*Rest 40 seconds*

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

*Rest 40 seconds*

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

*Rest 1 minutes*

#### **Exercise 2: Long-Duration Burnout Circuit (18 Minutes)**

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

1. **Wall Ball Squats – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Perform squats with a medicine ball, throwing it against a wall.
2. **Step-Up to Knee Drive – 20 Sec Each Side, 20 Sec Rest (1 Minute)**Description: Step onto a bench and drive the opposite knee upward.
3. **Plank to Side Plank Rotations – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Transition from a forearm plank to a side plank on each side.
4. **Bodyweight Good Mornings – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Hinge at the hips and return to standing, keeping your back straight.
5. **Box Shuffle – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Stand in front of a box and step up, down, and around quickly.

*Rest 1 Minute*

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

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

**Day #3: Endurance- Focused Workout (45 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 (21 Minutes)**

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

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

*Rest 40 seconds*

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

*Rest 40 seconds*

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

*Rest 40 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 1 Minutes*

#### **Exercise 3: Long-Duration Burnout Circuit (18 Minutes)**

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

1. **Lateral Step-Overs – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Step laterally over a bench or object.
2. **Kettlebell Swings 45 Sec On, 15 Sec Rest (1 Minute)**Description: Swing a kettlebell with controlled hip thrusts.
3. **Dynamic Side Plank Dips – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Alternate between side planks with a quick hip dip.
4. **Walking Lunges – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Perform forward lunges, alternating sides.
5. **Bear Hold with Knee Taps – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Hold a bear crawl position and tap knees to the ground slowly.

*Rest 1 Minute*

**Cool Down (3 Minutes)**

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

**Day #4: Endurance- Focused Workout (45 Minutes)**

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#### **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 (21 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 40 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 40 seconds*

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

*Rest 40 seconds*

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

*Rest 1 Minutes*

#### **Exercise 2: Core Endurance Circuit (18 Minutes)**

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

1. **Reverse Plank with Knee Drive – 45 Sec On, 15 Sec Rest (1 Minute)**Description: In a reverse plank, alternate driving knees toward the chest.
2. **Alternating Toe Reaches – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Lie on your back and reach for opposite toes with alternating hands.
3. **Leg Scissors – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Lie on your back and alternate crossing your legs over each other.
4. **Slow Mountain Climbers – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Perform mountain climbers with a slow, controlled motion.
5. **Superman Lifts – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Lift your chest and legs off the ground in a prone position, then lower slowly.

*Rest 1 Minute*

#### **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.

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