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

**Achieved Goals (2):**

Increase Muscle Endurance

Increase Stamina

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**Day #1: Endurance- Focused Workout (60 Minutes)**

### **Warm-Up (5 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 (3 Minutes)**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 (15 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. **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.
3. **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.
4. **Boat Pose Hold – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Hold a boat pose with legs lifted and torso reclined, engaging the core.

*Rest 1 Minutes*

### **Exercise 3: Long-Duration Burnout Circuit (15 Minutes)**

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

1. **Low-Impact Burpees – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Perform a burpee at a slower pace, skipping the jump at the top to maintain endurance.
2. **Bodyweight Squat with 3-Second Hold – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Lower into a squat and hold for 3 seconds at the bottom before standing.
3. **Resistance Band Rows – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Use a resistance band to perform slow, controlled rows to strengthen the back and arms.
4. **Standing Calf Raises – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Slowly rise onto the balls of your feet and lower back down, focusing on the calves.

*Rest 1 minutes*

### **Post-Workout Stretch (4 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. **Runner’s Lunge Stretch – 1 Minute**Description: Hold a deep lunge position to stretch the hip flexors and quads. Alternate sides after 1 minute.
4. **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 (60 Minutes)**

#### **Warm-Up (5 Minutes)**

* **Standing Arm Crossovers (1 Minute):** Swing arms across your chest, alternating the top arm.
* **Lateral Lunges with Reach (2 Minutes):** Step to the side, sink into a lunge, and reach toward the foot. Alternate sides.
* **High Knee Walks (2 Minutes):** 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: Core Endurance Circuit (15 Minutes)**

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

1. **Plank Shoulder Taps – 45 Sec On, 15 Sec Rest (1 Minute)**Description: In a plank, alternate tapping shoulders with opposite hands.
2. **Standing Side Crunches – 45 Sec Each Side (1 Minute)**Description: Stand and bring one knee up while crunching your torso sideways.
3. **Straight-Leg Sit-Ups – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Perform sit-ups with legs extended straight in front of you.
4. **Side Plank with Arm Reach – 45 Sec Each Side (1 Minute)**Description: Hold a side plank and extend the top arm overhead.

*Rest 1 Minute*

#### **Exercise 3: Long-Duration Burnout Circuit (15 Minutes)**

Repeat **3 rounds** with **2-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. **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 (4 Minutes)**

* **Light Jump Rope (4 Minutes):** A steady pace, focusing on rhythmic breathing.

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**Day #3: Endurance- Focused Workout (60 Minutes)**

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#### **Warm-Up (5 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 (2 Minutes):** Step into a lunge, rotate your torso, and reach one arm overhead. Alternate sides.
* **Butt Kicks (2 Minutes):** 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 (15 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.

*Rest 1 Minute*

#### **Exercise 3: Long-Duration Burnout Circuit (15 Minutes)**

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

1. **Lateral Band Walks – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Place a resistance band around your thighs and take slow, controlled side steps.
2. **Box Hold with Alternating Toe Taps – 45 Sec On, 15 Sec Rest (1 Minute)**Description: Sit in a boat pose and tap your toes to the floor alternately.
3. **Slow Climber Deadlifts – 20 Sec Each Side, 20 Sec Rest (1 Minute)**Description: Perform a single-leg deadlift, moving slowly and deliberately.
4. **Plank with Alternating Side Taps – 45 Sec On, 15 Sec Rest (1 Minute)**Description: In a plank, tap one leg out to the side and back, alternating sides.

*Rest 1 Minute*

#### **Post-Workout Stretch (4 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. **Low Lunge with Side Bend – 1 Minute**Description: Hold a low lunge and reach your arm over your head to stretch the side body.
4. **Thread the Needle Stretch – 1 Minute**Description: From a tabletop position, thread one arm under the other and twist gently.

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