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

**Achieved Goals (2):**

Increase Muscle Endurance

Increase Stamina

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**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.