

Full-Body Endurance Ladder

High-Intensity Circuit Workout

Created on August 21, 2023 by Antonius Torode

This workout is designed to challenge your endurance and pacing. The goal is to maintain a consistent pace throughout the entire workout, without stopping for more than short rests. Break up each exercise into however many you can do while maintaining consistent rest periods to complete the set.

Warm-up

Begin with a few minutes of dynamic stretching to prepare your muscles. This warm-up will help increase blood flow and range of motion. **Perform three sets of the following!**

- Jumping jacks - 20 reps
- Arm circles - 15 reps in each direction
- Leg swings - 12 reps on each leg
- Wrist Stretches - 15 seconds per wrist.

Perform the following exercises in sequence. **Complete 20 reps of each exercise, then 18 reps, and continue decreasing by 2 reps until you reach 0.** Maintain a steady pace. Rest as needed, but aim for consistency. Break up each exercise with short rests to maintain a steady pace.

Exercise 1

Barbell Thrusters - Adjust the weight for thrusters based on your experience level.

Exercise 2

Burpees - Remove the push up component to reduce difficulty.

Exercise 3

Pull-ups - Use resistance bands for assistance with pull-ups as needed.

Cool-down

After completing the workout, cool down your body with light activity and static stretching. **Perform two sets of the following!**

- Slow jog or brisk walk - 4 minutes
- Hamstring stretch - 20 seconds per leg
- Standing quad stretch - 20 seconds per leg
- Shoulder stretch - 20 seconds per arm
- Your preferred stretches - 1 minute