

PHYSICAL EDUCATION WORKOUTS

MUSCULAR ENDURANCE

ACTIVITY

RECOMMENDED

CORE EXERCISES: (SITUPS/CRUNCHES LEG LIFTS, ETC.)	2 SETS OF 30 SEC. GRADUALLY PROGRESSING
STEP UPS	2 SETS OF 30 SEC. GRADUALLY WORKING UP TO 1 MIN
MOUNTAIN CLIMBERS	2 SETS OF 30 SEC. GRADUALLY WORKING UP TO 1 MIN
RESISTANCE TRAINING	2 TIMES GRADUALLY PROGRESSING
SUICIDES	2 TIMES GRADUALLY PROGRESSING
STAIRS	SET OF 8 GRADUALLY PROGRESSING
SPRINTS	1 SET EQUALS 4 TIMES DOWN AND BACK THE LENGTH OF THE GYM FLOOR (2 SETS MINIMUM)
BURPEES	1 SET OF 60 SECONDS
ROPES CIRCUIT	3 EXERCISES AT 30 SECONDS EACH (INCREASING THE NUMBER OF EXERCISES)
WEIGHTLIFTING: (BENCH, CURLS, SQUATS LEG PRESS, ETC.)	2+ SETS OF 12+ REPS (HIGH REPS, LOWER WEIGHT) **ASK INSTRUCTOR ABOUT ACCEPTED LIFTS

*** PROGRESSION SHOULD OCCUR EVERY 4-5 WEEKS**