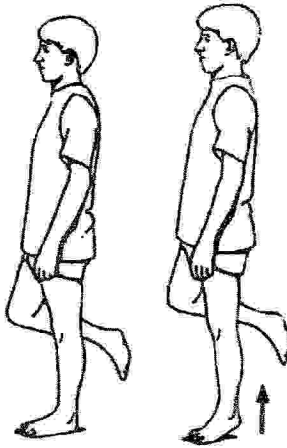
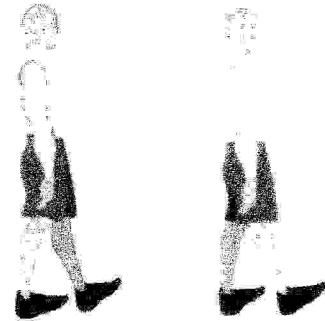


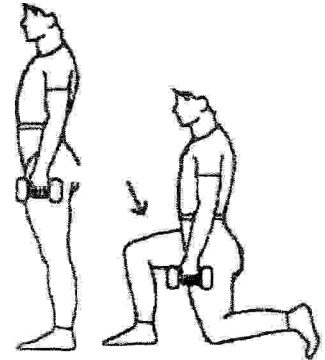
ENDURANCE STRENGTH TRAINING



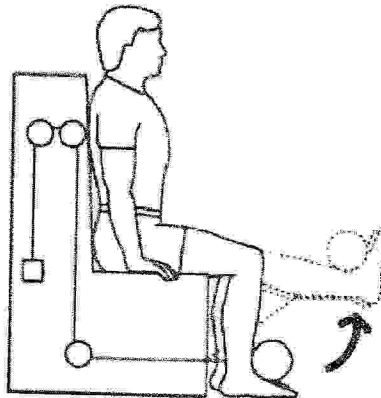
Calf Raises: Perform as many reps as possible on one leg, then match with the other. You may add a dumbbell and hold next to straight leg or use a calf machine.



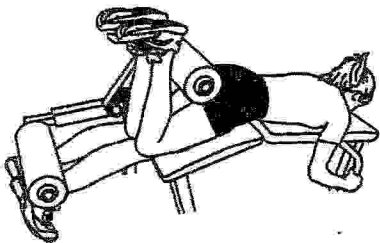
Heel Walk: Find an open area in the weight room. Walk a straight line with your weight on your heels. Try not to let your toes touch the ground. 40 total steps.



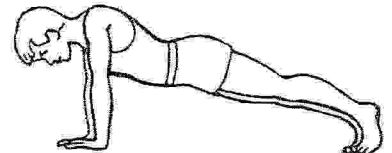
Reverse Lunge: Use 10lb or greater. This should be challenging. You may substitute with regular lunge, but make sure your knees stay behind your toes and above your ankles.



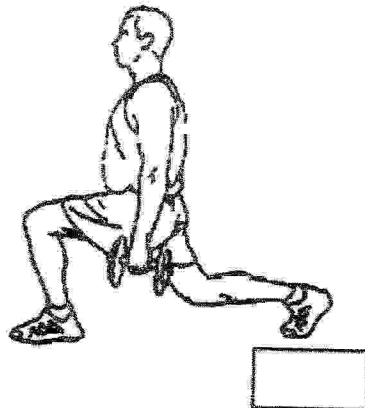
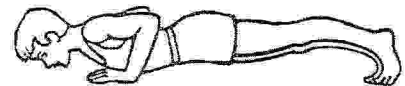
Leg Extensions: Reverse motion of leg curl. This will help strengthen your quadriceps.



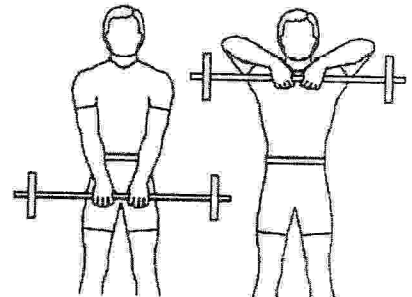
Leg Curl: Choose machine or stability ball. This will help strengthen your hamstrings. If you have done single leg stability ball curl before, stick with that instead of going back to double leg.



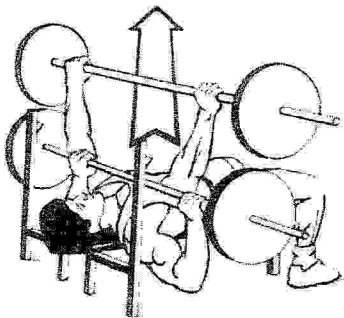
Push-Ups: Lead with your chest and keep back straight.



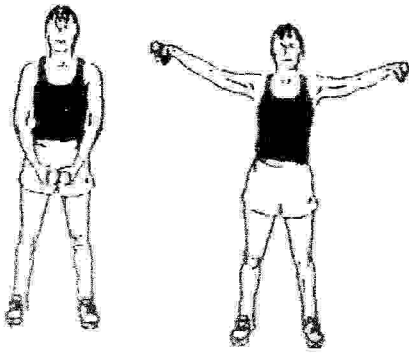
SL Squat: Prop back foot up on a bench. Take a big step forward with the front-leg enough to squat into a lunge position without your knee going over your toe. Drop straight down and return to start. Hold dumbbells by your side and increase weight as the exercise becomes less difficult.



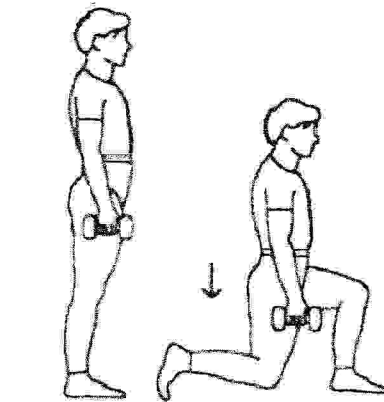
Upright Row: Stand up straight. Pull your elbows up past shoulders. Make sure you keep the movement slow. You may use a barbell, dumbbells, or exercise band.



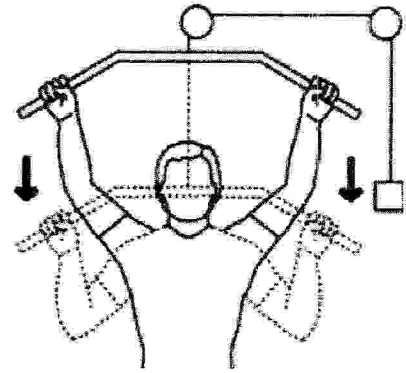
Bench Press: Choose any bench press: Dumbbell, Barbell, or Machine.



Side Raise: You may use dumbbells or a machine. Make sure your arms get parallel to the ground.



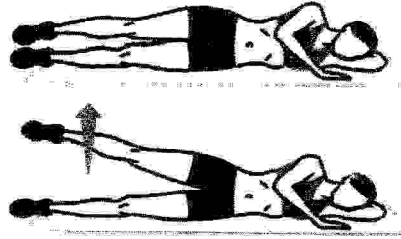
Walking Lunge: Use the highest weight you got to on workout 1 lunges. Walk 20 steps total. Keep steps big and make sure knees don't pass over toes.



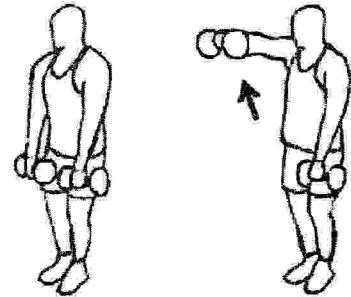
Pull-down: Keep the movement slow and pull the bar past your chin.



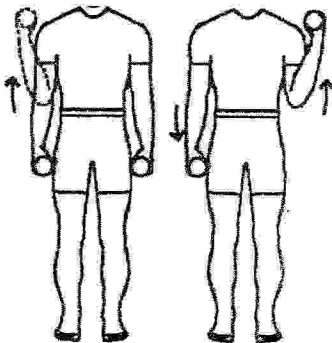
Triceps Extension: Use any equipment you like: Cable pushdown, dumbbell, dips.



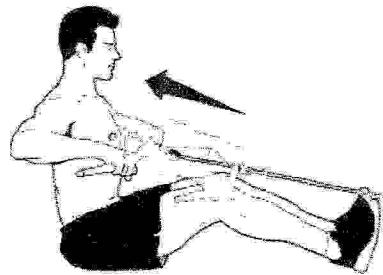
Lat Hip Hold: Lying on your side, raise top leg in the air and hold for 5 seconds. Lower leg, and repeat for 15 reps.



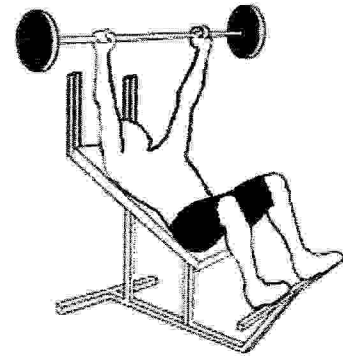
Front Raise: Using a plate or dumbbells, raise the weight to eye level, keeping your arms straight.



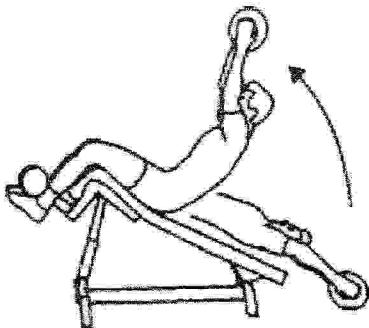
Bicep Curl/Hammer Curls: Use any equipment you like: Cable, dumbbell, barbell. Hammer curls replicate running motion with an exaggerated arm swing.



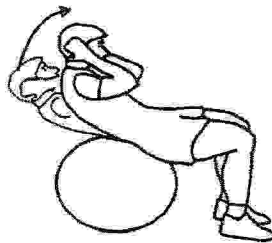
Row: Choose any row: Machine, cable, dumbbell. Remember to pinch with shoulder blades first.



Incline Bench: Choose machine, dumbbell, or barbell. Adjust bench so it is about half way inclined. Make sure to incline the seat also. Get someone to spot you if the weight gets heavy.



Weighted Abs: Use a medicine ball or 10lb plate. Keep the weight close to your head and face and choose your own exercises.



Stability Ball Abs: Using a stability ball, choose exercises up to 150 reps. You can do crunches, toe touches, leg lifts, alternating superman's, etc.

