

The image features a bold, geometric design. The top-left corner is a white triangle. The top-right and bottom-right corners are white triangles. The remaining areas are filled with solid colors: a large orange rectangle in the top-right, a large black rectangle in the bottom-left, and a large white rectangle in the bottom-right. The text is centered in the black area.

ENDURANCE

PLEDGE TO FITNESS

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WHAT IS ENDURANCE?

Endurance refers to the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

We will be focusing on creating muscular endurance for the next **4-6 weeks**. This program can be performed in congruence with your *Pledgendary training sessions* or as a standalone. Speak with your Pledge Team Coach to create an optimized balance between your in-session work and this on-your-own program.



BEFORE STARTING

Always **monitor yourself** when performing a workout: avoid any exercise if it hurts, **work your way up** to our suggested set and repetition counts as you build your endurance. You should recover once a week with an **Active Rest Day** performing rolling and stretching of any tightness, and/or enjoy fun physical activities.

Perform all exercises with “Proper Form”. This means maintaining a wide chest, your shoulders down and back, a tight core (suck in your belly button towards your spine), and glutes engaged to maintain your hips directly below your rib cage.

For any given exercise, select weights and resistance based on what you can lift while maintaining proper form. A good rule of thumb for finding the right amount of weight to use: your last three repetitions should burn.

EQUIPMENT

Recommended Equipment for Endurance Training:

- **Stopwatch**
- **Mat**
- **Bands**

Recommended Equipment for Weighted Movements:

- **Dumbbells / Barbells**
- **Cables**
- **Kettlebell**

While our **PTFStudios** have all the equipment one could dream of, each exercise can be modified with different equipment you have available at the moment.

Use what you have at your disposal.

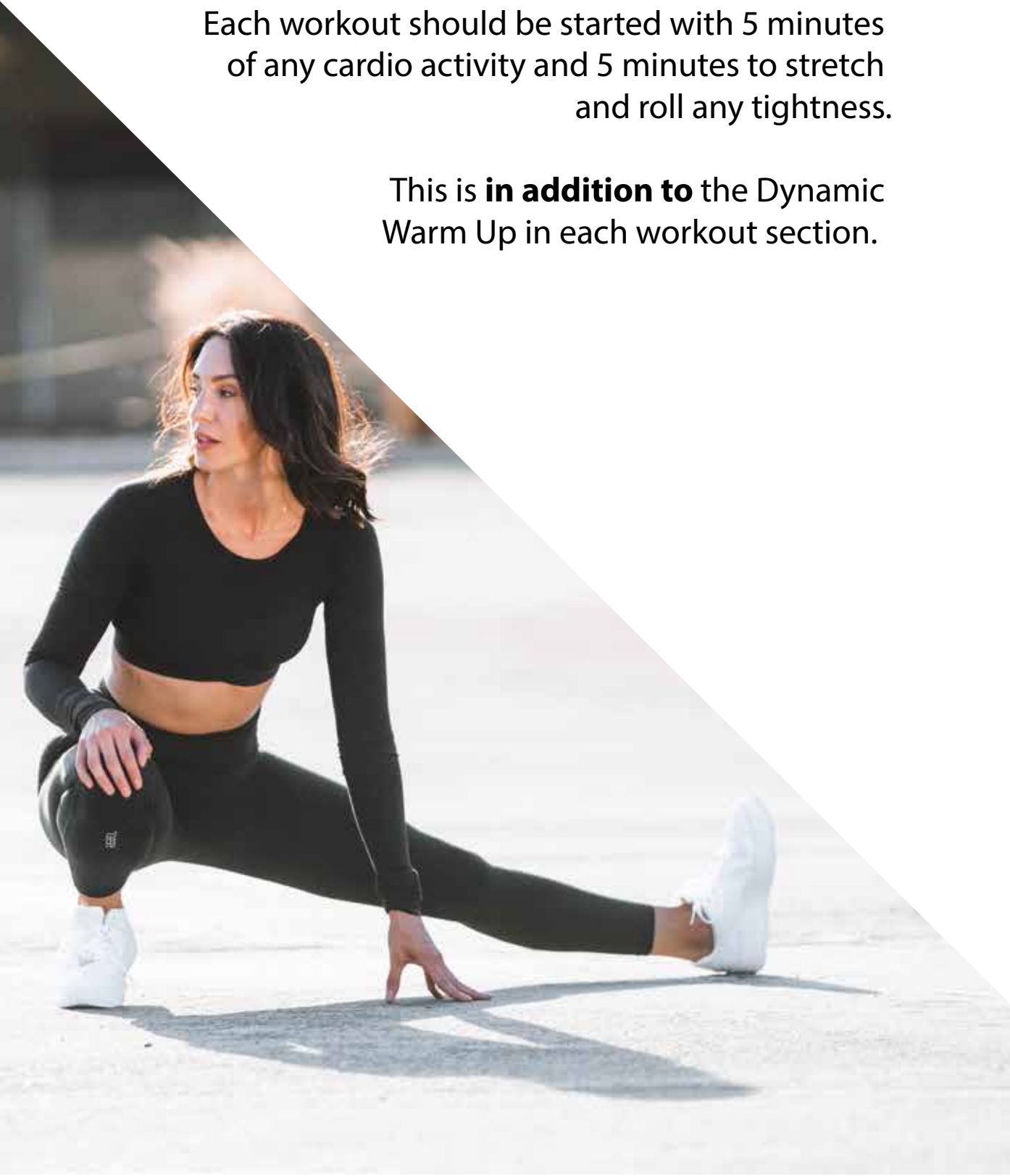
Each exercise in this PDF has suggestions as to how it can be modified with different equipment or to different difficulty levels.



WARMING UP

Each workout should be started with 5 minutes of any cardio activity and 5 minutes to stretch and roll any tightness.

This is **in addition to** the Dynamic Warm Up in each workout section.



Complete all four workout sections **once per week, for up to six weeks.**

WORKOUT TIMELINE

DAY 1 FULL BODY PUSH
Endurance Training
pg. 8

DAY 2 FULL BODY PULL
Endurance Training
pg. 9 *Optional- Repeat on Day 5 and 6*

DAY 3 UPPER BODY
Endurance Training
pg.10

DAY 4 LOWER BODY
Endurance Training
pg. 11 *Optional- Repeat on Day 5 and 6*

Alternate between Week A and Week B programs each week (found on each workout section page).

Example:

Week One = Week A of Full Body Push, Full Body Pull, Upper Body and Lower Body.

Week Two = Week B of Full Body Push, Full Body Pull, Upper Body and Lower Body.

Weeks Three through Four/Six follow similar pattern

FULL BODY PUSH

Alternate between Week A and Week B Programs, Expect to start at lower SET, REPETITION, and difficulty levels.

WEEK A

Choose one of each MOVEMENT at any level and perform 2-5 SETS of 15-20 REPETITIONS. Complete sets of movement consecutively with rest in between, or as CIRCUIT.

REST: 30-60 seconds

WEEK B

Choose 2 of each MOVEMENT at any level and perform 4-8 ROUNDS of 20 seconds with 10 seconds of REST in between. Complete sets of movements consecutively before moving to the next.

REST: 2 minutes between MOVEMENTS

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

PUSH

- Press Machine
- Floor Press
- Hand Elevated Push Ups



SQUAT

- Body Squat
- Assisted Squat



LUNGE

- Split Squat
- Walking Lunges



ARMS

- Shoulder Press
- Bicep Curls
- Tricep Extension



CARDIO

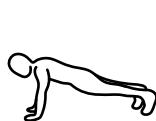
- Jog in Place
- Jump in Place



INTERMEDIATE

PUSH

- Push Ups
- Weighted Press
- Chest Flys



SQUAT

- Weighted Squat



LUNGE

- Weighted Walking Lunges
- Weighted Split Squat



ARMS

- Shoulder Press
- Bicep Curls
- Tricep Extension



CARDIO

- High Knees
- Jump Rope



ADVANCED

PUSH

- Feet Elevated Push Ups
- Explosive Push Ups



SQUAT

- Jump Squat



LUNGE

- Jumping Split Squat



ARMS

- Shoulder Press
- Bicep Curls
- Tricep Extension



CARDIO

- Mountain Climbers
- Sprints



DAY

1

FULL BODY PULL

Alternate between Week A and Week B Programs, Expect to start at lower SET, REPETITION, and difficulty levels.

WEEK A

Choose one of each MOVEMENT at any level and perform 2-5 SETS of 15-20 REPETITIONS. Complete sets of movement consecutively with rest in between, or as CIRCUIT.

REST: 30-60 seconds

WEEK B

Choose 2 of each MOVEMENT at any level and perform 4-8 ROUNDS of 20 seconds with 10 seconds of REST in between. Complete sets of movements consecutively before moving to the next.

REST: 2 minutes between MOVEMENTS

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

PULL

- Pull Downs ■
- Machine Row
- Assisted Pull Ups



HINGE

- Good Morning ■



LUNGE

- Split Squat
- Walking Lunges ■



ARMS

- Shoulder Press ■
- Bicep Curls
- Tricep Extension



CARDIO

- Jog in Place
- Jump in Place ■



INTERMEDIATE

PULL

- Pull Ups ■
- Chin Ups
- Seated Cable Row



HINGE

- Deadlift



LUNGE

- Weighted Walking Lunges
- Weighted Split Squat ■



ARMS

- Shoulder Press ■
- Bicep Curls
- Tricep Extension



CARDIO

- High Knees
- Jump Rope ■



ADVANCED

PULL

- Weighted Pull Ups ■
- Squatted Cable Row



HINGE

- Kettlebell Swing



LUNGE

- Jumping Split Squat



ARMS

- Shoulder Press ■
- Bicep Curls
- Tricep Extension



CARDIO

- Mountain Climbers
- Sprints ■



DAY

2

UPPER BODY

Alternate between Week A and Week B Programs, Expect to start at lower SET, REPETITION, and difficulty levels.

WEEK A

Choose one of each MOVEMENT at any level and perform 2-5 SETS of 15-20 REPETITIONS. Complete sets of movement consecutively with rest in between, or as CIRCUIT.

REST: 30-60 seconds

WEEK B

Choose 2 of each MOVEMENT at any level and perform 4-8 ROUNDS of 20 seconds with 10 seconds of REST in between. Complete sets of movements consecutively before moving to the next.

REST: 2 minutes between MOVEMENTS

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

PUSH

- Press Machine ■
- Floor Press
- Hand Elevated Push Ups



PULL

- Pull Downs ■
- Machine Row
- Assisted Pull Ups



ARMS

- Shoulder Press ■
- Bicep Curls
- Tricep Extension



CARDIO

- Jog in Place
- Jump in Place ■



INTERMEDIATE

PUSH

- Push Ups ■
- Weighted Press
- Chest Flys



PULL

- Pull Ups ■
- Chin Ups
- Seated Cable Row



ARMS

- Shoulder Press ■
- Bicep Curls
- Tricep Extension



CARDIO

- High Knees
- Jump Rope ■



ADVANCED

PUSH

- Feet Elevated Push Ups ■
- Explosive Push Ups



PULL

- Weighted Pull Ups ■
- Squatted Cable Row



ARMS

- Shoulder Press ■
- Bicep Curls
- Tricep Extension



CARDIO

- Mountain Climbers
- Sprints ■



DAY

3

LOWER BODY

Alternate between Week A and Week B Programs, Expect to start at lower SET, REPETITION, and difficulty levels.

WEEK A

Choose one of each MOVEMENT at any level and perform 2-5 SETS of 15-20 REPETITIONS. Complete sets of movement consecutively with rest in between, or as CIRCUIT.

REST: 30-60 seconds

WEEK B

Choose 2 of each MOVEMENT at any level and perform 4-8 ROUNDS of 20 seconds with 10 seconds of REST in between. Complete sets of movements consecutively before moving to the next.

REST: 2 minutes between MOVEMENTS

After your Basic Warmup, Start Your

DYNAMIC WARMUP

Select one of each movement exercise at any level (beginner, intermediate or advanced), perform for 60 seconds each

BEGINNER

SQUAT

- Body Squat ■
- Assisted Squat



HINGE

- Good Morning ■



LUNGE

- Split Squat ■
- Walking Lunges



CARDIO

- Jog in Place
- Jump in Place ■



INTERMEDIATE

SQUAT

- Weighted Squat



HINGE

- Deadlift



LUNGE

- Weighted Walking Lunges
- Weighted Split Squat ■



CARDIO

- High Knees
- Jump Rope ■



ADVANCED

SQUAT

- Jump Squat



HINGE

- Kettlebell Swing ■



LUNGE

- Jumping Split Squat



CARDIO

- Mountain Climbers
- Sprints ■



DAY

4

WORKOUT EXAMPLES

These examples are made to understand the different workout flows. Please follow the exercises at your level and according to the week you are on.

WEEK A

DAY 1. FULL BODY PUSH

Warm Up

- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Floor Press
- 60 seconds of Body Squat
- 60 seconds of Split Squat
- 60 seconds of Shoulder Press
- 60 seconds of Jump in Place

Workout

- 3 sets of 18 repetitions of Press Machine
- Rest 30 seconds
- 3 sets of 18 repetitions of Assisted Squat
- Rest 30 seconds
- 3 sets of 18 repetitions of Walking Lunges
- Rest 30 seconds
- 3 sets of 18 repetitions of Bicep Curls
- Rest 30 seconds
- 3 sets of 18 repetitions of Jog in Place

WEEK B

DAY 4. LOWER BODY

Warm Up

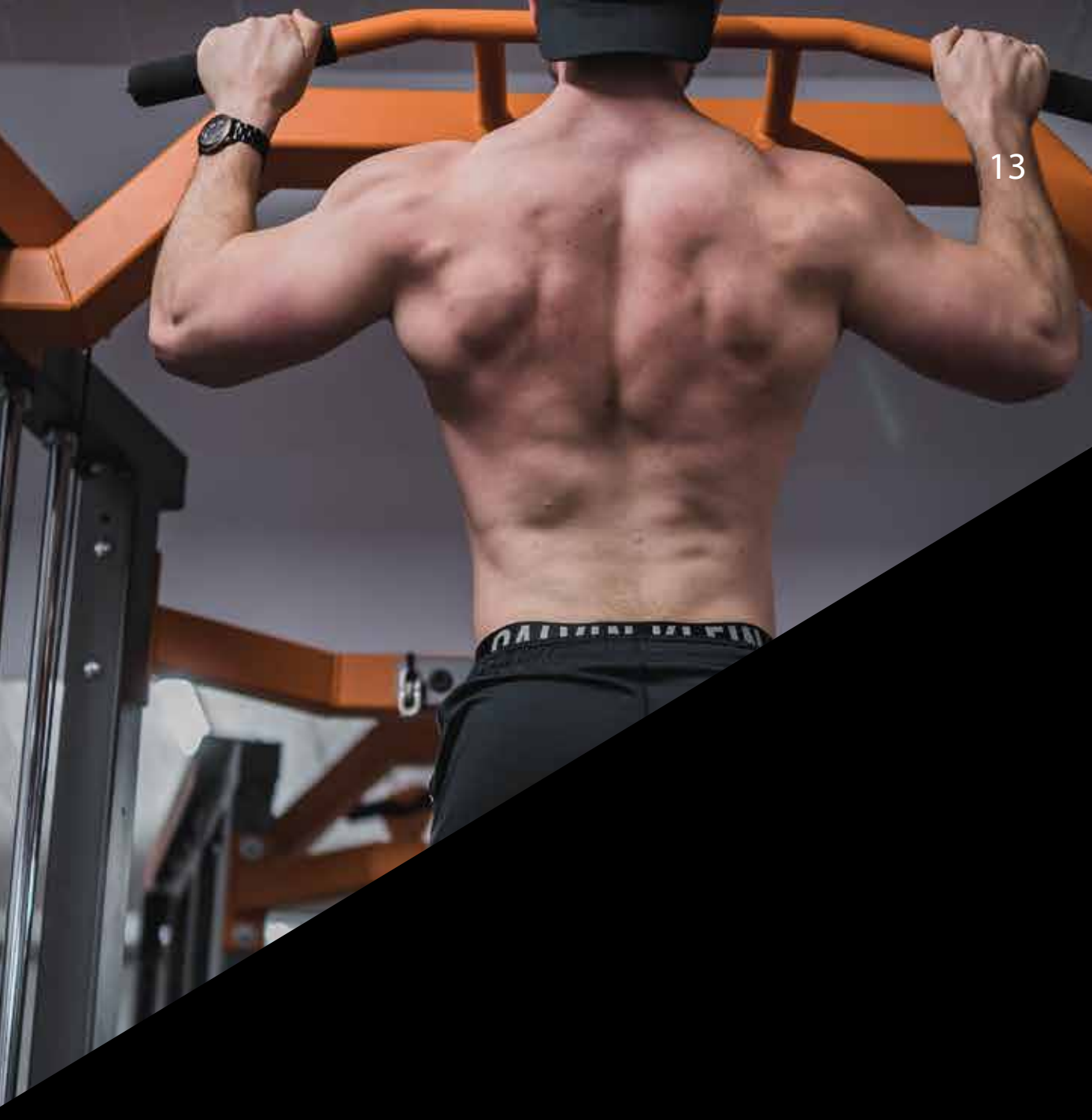
- 5 minutes of Cardio
- 5 minutes of Stretching

Dynamic Warm Up

- 60 seconds of Assisted Squat
- 60 seconds of Good Morning
- 60 seconds of Walking Lunges
- 60 seconds of Jump in Place

Workout

- 4 rounds of
 - 20 seconds of Body Squat
 - 10 seconds of rest
 - 20 seconds of Assisted Squat
- Rest 2 minutes
- 4 rounds of
 - 20 seconds of Good Morning
 - 10 seconds of rest
- Rest 2 minutes
- 4 rounds of
 - 20 seconds of Walking Lunges
 - 10 seconds of rest
 - 20 seconds of Split Squat
- Rest 2 minutes
- 4 rounds of
 - 20 seconds of Jump in Place
 - 10 seconds of rest
 - 20 seconds of Jog in Place



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HAVE QUESTIONS?

Contact your Pledge Team Coach or write us at
info@pledgetofitness.com

Disclaimer This handout has an educational purpose. It is not medical advice, nor is it intended to replace professional medical advice or treatment. It is also not intended to be exhaustive and cannot be guaranteed in every case to incorporate new scientific, kinesiological, or medical research, or to be retroactively updated to incorporate such new information, although every effort is made to provide the most up-to-date information available at the time of publishing. These workouts should also not be assumed to be universally applicable in every case, as every person's health status is unique. You are encouraged to verify any information or exercise obtained from this handout with your physician or other health care professional.

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