

The image features a bold, geometric design. The top half is split diagonally from the top-left corner to the middle-right edge, with a white triangle on the left and an orange triangle on the right. The bottom half is a solid black rectangle. The text 'ENDURANCE' is centered in the black area in a large, white, sans-serif font. Below it, 'PLEDGE TO FITNESS' is also centered in a smaller, orange, sans-serif font. The orange color used in the text and the top-right triangle matches the orange in the bottom-right triangle, which is a small triangle pointing towards the bottom-right corner.

# ENDURANCE

**PLEDGE TO FITNESS**

# PDF CONTENT

## **3 INTRO**

3 What Is Endurance?

4 Before Starting

5 Equipment

## **6 WARMING UP**

## **7 WORKOUT TIMELINE**

## **8 FULL BODY PUSH**

## **9 FULL BODY PULL**

## **10 UPPER BODY**

## **11 LOWER BODY**

## **12 WORKOUT EXAMPLES**

## **13 CONTACT US**

# 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.**

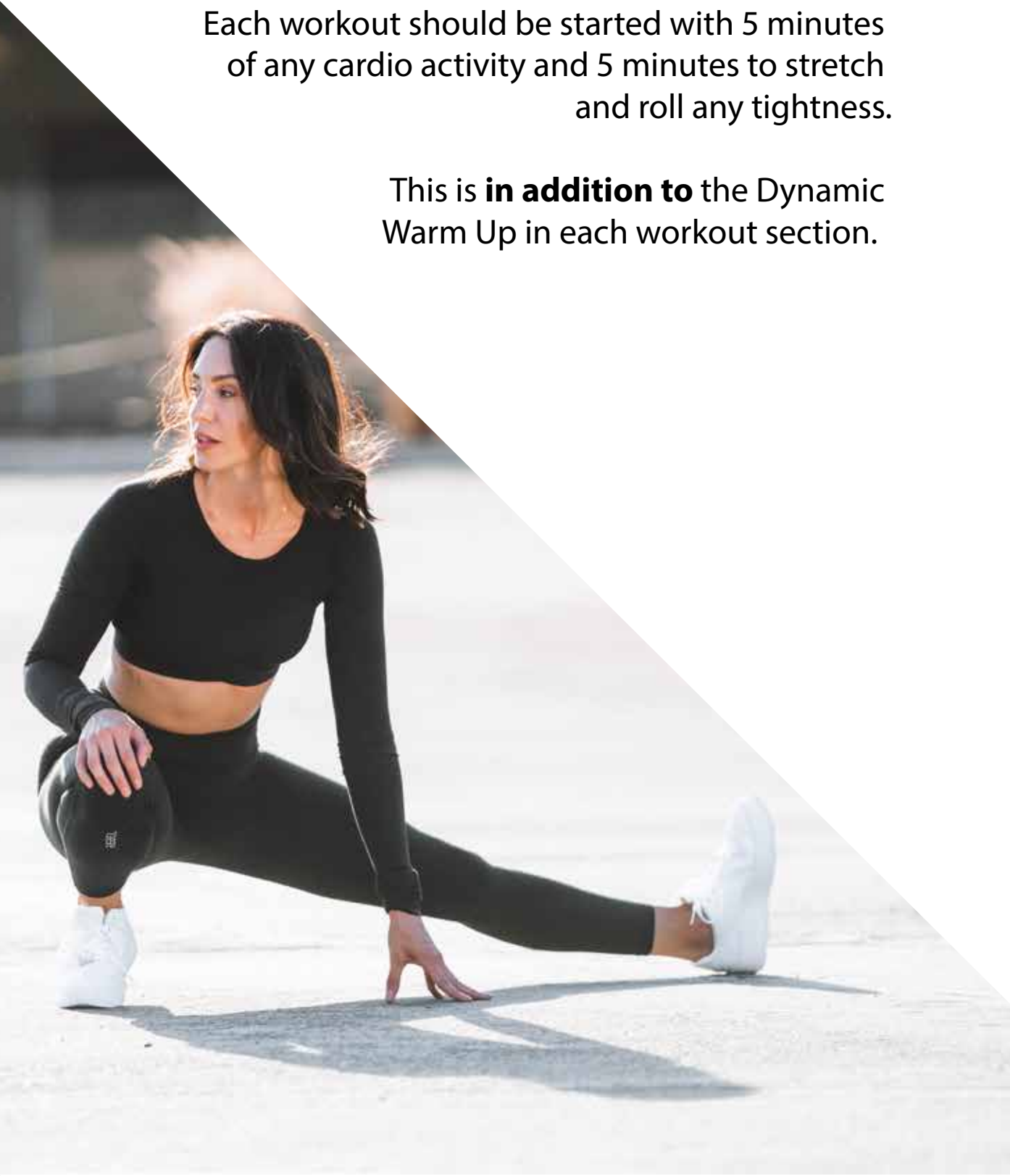
Each exercise in this PDF has suggestions as to how it can be modified with different equipment or to different difficulty levels.



# 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

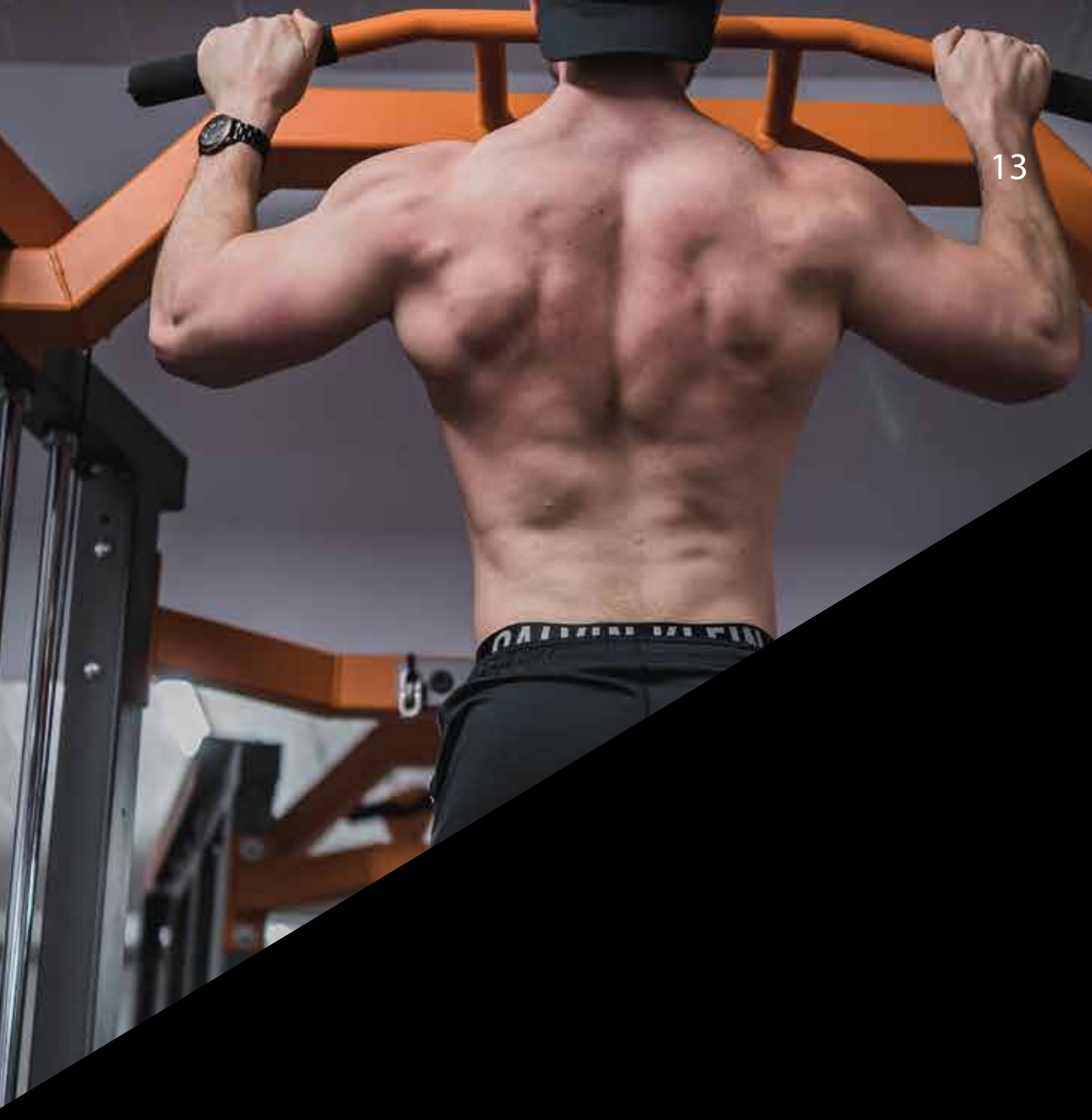
- 5 minutes of Cardio
- 5 minutes of Stretching

#### 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



13

# HAVE QUESTIONS?

Contact your Pledge Team Coach or write us at  
[info@pledgetofitness.com](mailto:info@pledgetofitness.com)

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