

# Endurance

Endurance = Just Keep GOING! Modify if you need. Slow down if you need. But do not ever give up on yourself. Just. Keep. Going. We're challenging and training endurance in this workout today - and it is EPIC!

## Workout Summary:

*NOTE: Be sure to start with a warm-up, and end with a cool-down stretch.*

### Round ONE:

Set ONE:

30 seconds work: 30 seconds rest ... Squat to Lunge

30 seconds work: 30 seconds rest ... High-Low Plank

30 seconds work: 30 seconds rest ... Jumping Jacks

Set TWO: Repeat same moves - 30 secs each, no rest between. (Total 90 secs work)

Set THREE: Repeat same moves - 30 secs each, no rest ... 2 times! (Total 3 minutes!)

### Round TWO:

Set ONE:

30 seconds work: 30 seconds rest ... Squat Walk & Reach

30 seconds work: 30 seconds rest ... Beast Kick Throughs

30 seconds work: 30 seconds rest ... High Knees

Set TWO: Repeat same moves - 30 secs each, no rest between. (Total 90 secs work)

Set THREE: Repeat same moves - 30 secs each, no rest ... 2 times! (Total 3 minutes!)

### Supporting Videos:

Follow along with the full workout video here:

<https://vimeo.com/499853116/d5e6d4a5b2>

Watch the summary video for this workout:

<https://vimeo.com/501106093/d66f2a479b>

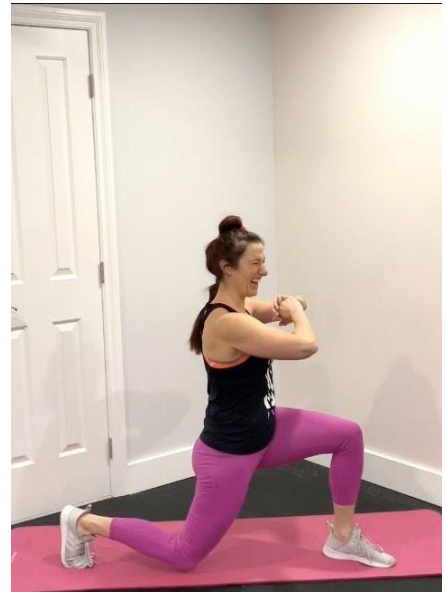
Watch the HOW TO videos for each move:

<https://youtube.com/playlist?list=PLFyhsmboBsKaipxali5YIEa2CRST8AjRX>

# Squat to lunge

Watch the How-To video for this move: <https://youtu.be/-5RXbvYA6sg>

- Start in a deep, wide squat. Keeping your feet planted in 1 spot, turn your left foot in and rotate your body to the right. Keep your knees bent at 90 degrees, and you should end in a lunge facing the right. Be sure to keep your weight centered in the middle of your body.
- Stay LOW and turn your back leg back out as you rotate your body back to center. You should end back in a deep squat.
- Turn your right foot in and your body to lunge facing the left.
- The challenge is to stay LOW through the movements
- Modification - shorten your range of motion and not go as deep.
- Intensification - JUMP instead of just stepping through the transitions.



## High-Low Plank

Watch the How-To video for this move: <https://youtu.be/GaHhPkPZdYA>

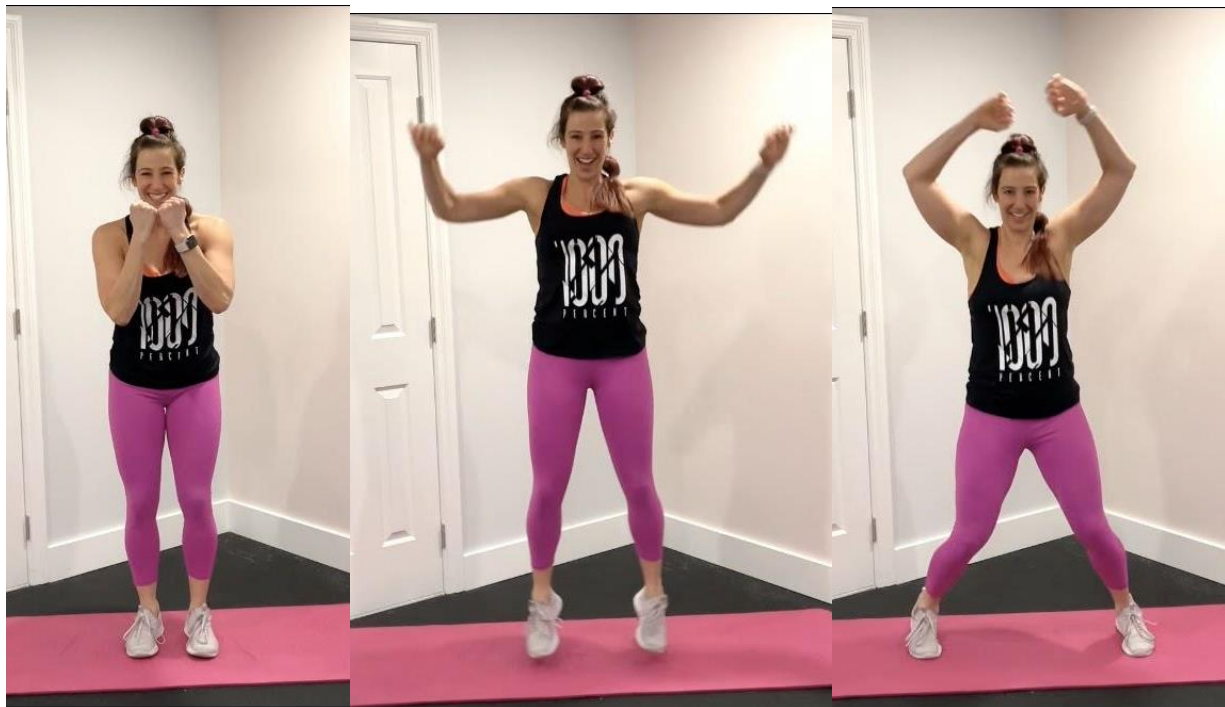
- This is another transition move that goes from starting in a high plank position (top of the push up) .. and moving to a low (or elbow) plank.
- Ensure you have proper plank form through the whole exercise. Keep your shoulders right over your wrists in high plank - and over your elbows in low plank. You'll need to pull your hands back under those shoulders as you push back to high plank.
- Keep your eye gaze ahead of your hands ... your hips tucked under ... back flat, core braced.
- Alternate your arms through the move. Start high - then lower to your right elbow .. then to the left. Press back up on the right ... and back up on the left. THEN - lead with the left first to go down and back up.
- TIP: Keep your feet a little wider than hip width for better balance - and push some weight back into your heels. Let your legs help out through the move.



## Jumping jacks

Watch the How-To video for this move: <https://youtu.be/xekANdCKiYk>

- Classic move! All you need to do is have your hands and feet going out and back in together.
- It is recommended to jump through this move - but you may step 1 leg at a time to stay low impact.
- TIPS for jumping - keep your knees soft (never jump and land on locked knees & joints) .. and also stay on the balls of your feet. Keep your core braced, think TALL, and try to land super soft.



## Squat Walk & Reach

Watch the How-To video for this move: <https://youtu.be/DBA6nB1njWc>

- Start at 1 side of your mat - feet hip width apart, standing tall with chest lifted and arms in front of chest.
- Lower your hips into a squat with your weight in your heels - be sure to have your booty back and knees never passing your toes in the front. Keep your booty down and chest lifted.
- Staying low in your squat, take 3 walks to 1 side (open close, open close, open close). Then squeeze your glutes as you stand back up, reaching your hands up.
- Squat back down and go the other way. 3 walks to 1 side (open close, open close, open close). Then reach up and squat back down.



## Beast kick Throughs

Watch the How-To video for this move: [https://youtu.be/afW7l\\_PF828](https://youtu.be/afW7l_PF828)

- Start in beast position - on the ground on all fours - wrists under the shoulders, knees under the hips - back flat, core tight, eye gaze ahead of your hands.
- Tuck your toes under and lift your knees 2 inches off the ground. That's beast. Keep your back flat and booty down!
- Next, open side by turning your body to the right, and lifting your right hand. Come back to beast & hold it strong. Then open left, lifting your left arm.
- Once you have the hang of opening side to side, kick out the bottom leg as you turn side. Leg should hover the ground and be parallel - pulling your hip down and sitting into your supporting shoulder.
- Keep opening side to side, staying strong in beast in the centre.





## High knees

Watch the How-To video for this move: <https://youtu.be/UsXfoli-f4A>

Just as it sounds - alternate lifting your knees UP! You can walk, jog, skip or run with this move. Just keep moving! Keep changing legs and lifting those knees Up! Smile & have fun with it!



## Wall Sit

Watch the How-To video for this move: <https://youtu.be/rXnUa0cBNWo>

- The perfect burnout to finish an endurance workout! Wall sit is a MIND GAME!! Feel the burn - and just keep going!
- Place your feet far enough from the wall so that when you lower down, your knees are over your ankles, and not past your toes.
- With your back flat against the wall, lower down so your knees are at 90 degree angles. Keep your hands lifted in front of your chest, and your back & neck flat against the wall.
- YES - it WILL burn!! YES - your legs will shake!! Stay with it for the time that you committed to do in your workout.

