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Super Endurance General Workout For Sport

Check the following level of preference. You can complete all sets at one block then move on to the next. You can also complete each block in order and at the end start back at block number one until you complete the desired sets. Complete the exercises/workout in order without rest.

X	Level	Sets	Reps	Conditioning Time
	1	1	10	10 Seconds
	2	1	12	15 Seconds
	3	2	10	10 Seconds
	4	2	12	15 Seconds
	5	2	14	20 Seconds
	6	3	12	20 Seconds
	7	3	16	30 Seconds

Block 1

[Dumbbell Step Up-](#)

[Lat Pull Down-](#)

[Bench Press -](#)

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 2

[RDL Dumbbell-](#)

[Dumbbell Incline Fly-](#)

[Dumbbell Curl To Press-](#)

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 3

[Piston Squat-](#)

[Tricep Push Down-](#)

[Full Bench Curl Up-](#)

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 4

[Ball Leg Curl-](#)

[Over Head Lateral Raise-](#)

[Gopher U Abs-](#)

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 5

[Twisting Row-](#)

[Floor Tricep Dumbbell Extension-](#)

[Hammer Curls-](#)

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

