

ENDURANCE

CROSS COUNTY

8 WEEK CYCLE

DAY 1

EXERCISE	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
BOX SQUAT	3	12,10,8	40,45,50	90 SEC	GOOD ASSISTED SPOT
WEIGHTED LUNGES	2	10	N/A	1 MIN	TOUCH KNEE TO GROUND
KETTLEBELL BENCH	3	10	N/A	1 MIN	TOUCH CHEST EACH REP
WEIGHTED L-DIPS	3	15	N/A	1 MIN	TOUCH BUTT TO GROUND
FRONT KETTLEBELL RAISE	2	12	N/A	1 MIN	GOOD STARTING POSITION
STRAIGHT BAR CURL	2	12	N/A	1 MIN	
<u>SUPERSET</u>					NO BREAK BETWEEN SUPERSETS
FULL RANGE CRUNCH / M.B. BACK ROLL	3	30 / 20	N/A	30 SEC	

DAY 2

EXERCISE	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
PUSH PRESS	3	12	60	90 SEC	LOCK OUT AT TOP
WEIGHTED BOX JUMPS	3	10	N/A	90 SEC	
PULL UPS	3	20	N/A	45 SEC	KEEP BACK STRAIGHT
KICK BACKS	3	15	N/A	1 MIN	
TURKISH GETUPS	2	12	N/A	1 MIN	
CONCENTRATION CURLS	2	12	40	1 MIN	
<u>SUPERSET</u>					
M.B. RUSSIAN TWISTS / WEIGHTED CALF HOPS	3	30 / 20	N/A	30 SEC	

DAY 3

EXERCISE	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
SQUAT	3	10,12,14	70, 60, 50	90 SEC	TOUCH YOUR BUTT
ELECTRIC CHAIR	3	45 SEC	N/A	1 MIN	90 DEGREE ANGLE
FLAT BENCH	3	12,10,8	60,65,70	1 MIN	
KETTLEBELL TRICEP EXTENSIONS	3	15	N/A	1 MIN	
POWER CLEANS	2	12	60	1 MIN	
STRAIGHT BAR CURL	2	12	N/A	1 MIN	DO NOT SWING WEIGHTS
<u>SUPERSET</u>					LEG THROWS ON BENCH. LEGS TOGETHER: DO NOT LET YOUR FEET HIT THE
LEG THROWS / LOCKING CALF RAISES	3	15 / 10	N/A	45 SEC	

DAY 4

EXERCISE	SETS	REPS	% MAX	REST INTERVAL	SPECIAL NOTE
PUSH PRESS	3	10	60	90 SEC	
WEIGHTED VERTICAL JUMP	3	12	N/A	90 SEC	
DEAD LIFT	3	10	N/A	45 SEC	
KICK BACKS	3	10	N/A	1 MIN	
LATERAL RAISES	2	12	N/A	45 SEC	
HEAVY ROPES	3	25	N/A	45 SEC	ROPE OVER THE HEAD
<u>SUPERSET</u>					
HANGING ABS / JUMP STARTS	3	25 / 15	N/A	30 SEC	DO NOT SWING WHILE DOING HANGING ABS

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