



NAHS Strength Training- Endurance

NUMBER OF SETS: 2-3; Maximum Time: Per Station = 3:00; Per Set = 18:00

	Station / Workout	Description	Weight	# Reps / Set
1	Lower Back Workout	On machine - tuck legs under holder and rest stomach on pad. With arms behind head, stretch down and back up.	N/A	10-20
2	Squats	On weight cage do reps with both legs. Keep back straight, eyes, chest and head up. Have someone spot on each side of you.	B 150-250 G 100-200	10-20
3	Calf Raisers	On weight cage raise both feet up at the ankles all the way up and all the way down.	B 175-275 G 150-225	10-20
4	Roman Chair	Do first set of "knees up" lifting knees just past waist line and alternating side to side; next set can be with both legs straight out at 90 degrees to torso (waist level in front of you)	N/A	10-20
5	Curls	With either a dumbbell in each hand or a barbell with weights on each end rest bar on thigh with arms straight down and lift at elbows until weights come to chest. Do: 1) regular curls; 2) hammer curls (bend at elbows); 3) runners curls (move from shoulder, elbow locked at 90 degrees); 4) lateral curls (arms by your side and straight up)	B 15-25 G 10-20 (weight ea. arm)	10-20
6	Bench Press	Have someone spot you for this. Don't raise feet or back off bench. Breathe in on the way down and exhale as you push barbell back up. Bring barbell down to your chest then extend arms all the way out.	B 70-150 G 40-100	10-20

Note: The barbell weights approximately 45 pounds.

The objective is to build muscle endurance. You should not strain lifting these weights. You should be capable of doing a high amount of reps (eg 15) and 2-4 sets. So, weight should only be 50-70% of the maximum amount you can lift one time. We are trying to build muscle endurance, not necessarily strength. While waiting for machines, you can either do pushups, sit ups or pull ups.