



**Strength and Endurance
Program**

NAME: _____

WELCOME TO YOUR OWN PERSONALIZED FITNESS PLAN!

Your school's *Sound Body Sound Mind* fitness center is equipped with everything you need to fulfill your fitness goals. This packet will help guide you through a series of workout routines specifically designed to increase your overall strength and endurance. Each packet includes:

- 3 stages of complete workouts.
- Charts to record your personal progress.
- Optional exercises to complete on your own when you can't use the fitness center.
- 10 Training Secrets that you should add into your workouts to boost your overall fitness to the next level.

GUIDELINES:

1. Complete the Self Evaluation on page 3 of your ***Sound Body Sound Mind Strength and Endurance Program***.
2. Start with the "Day 1" workout in the stage that best suits you.
3. DO NOT move to the next stage until you have completed all 6 cycles of a given stage, so if you start on Stage 1, complete and record 6 cycles of every Stage 1 workout before you can start the Stage 2 workouts.
4. Try not to miss a day, but if you do, don't worry! The next time you exercise, just start where you left off on your Record Sheet.
5. When you reach Stage 3, congratulations! Keep doing the Stage 3 workouts for as long as you can. If the exercises seem too easy for you, just increase the weight for a more challenging workout.
6. Stay disciplined and motivated about each workout.
7. Have fun!



NAME: _____

SELF EVALUATION:

The biggest mistake most people make when they begin a fitness program is to start too fast and too heavy. You will see better results if you start at a level that fits your current physical fitness level. The following self evaluation will help you find your starting point. The stage in which you provide the most 'YES' answers will be the beginning stage that best suits you. If you get the same number of 'YES' answers for two different stages, pick the smaller stage.

STAGE 1:

YES/NO

Have you been training with weights or participating in a physical activity on a regular basis for less than three months, or not at all?	
Are you unsatisfied with your current level of physical fitness?	
Would it be impossible for you to run a mile in under 10 minutes?	
Would it be impossible for you to complete 7 push-ups without extreme discomfort or pain?	

STAGE 2:

YES/NO

Have you been training with weights or participating in regular physical activity for more than a year off and on, and have basic knowledge of weight training and endurance exercises?	
Are you satisfied with your current level of physical fitness, but think that an improvement wouldn't hurt?	
Could you run a mile in under 10 minutes, but only do so with fair amount of pain and discomfort?	
Are you able to complete at least 7 push-ups without extreme discomfort or pain?	

STAGE 3:

YES/NO

Have you been training with weights and participating in regular physical activity for many years?	
Are you in great physical shape?	
Could you easily run a mile in under 10 minutes without any pain or discomfort?	
Could you easily complete at least 10 push-ups without any pain or discomfort?	



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STAGE 1

Below is a 7-day workout schedule. Finish all Cycle 1 exercises for each day before you move on to Cycle 2, and so on. Complete all 6 cycles for each day before moving on to Stage 2. Don't forget to record the weight you use for each set!

Day 1: AEROBIC DAY: 20-60 minutes on elliptical, bike, or equivalent aerobic activity.

	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Aerobic Activity and Minutes Completed:						

Day 2: WEIGHT TRAINING: Upper Body Phase.

NOTE: Rest no more than 1 minute between sets.

Exercise	Sets	Reps	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Seated Chest Press Machine	3	10-12						
Lat Pulldown Machine	3	10-12						
Shoulder Press Machine	3	10-12						
Seated Row Machine	3	10-12						
Triceps Pulldown Machine	3	10-12						
Biceps Curl Machine	3	10-12						



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STAGE 1 continued:

Day 3: AEROBIC DAY: 20-60 minutes on elliptical, bike, or equivalent aerobic activity

	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Aerobic Activity and Minutes Completed						

Day 4: REST!

Day 5: WEIGHT TRAINING: Lower Body and Core Phase. NOTE: Rest no more than 1 minute between sets.

Exercise	Sets	Reps	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Hamstring Curl Machine	3	10-12						
Leg Extension Machine	3	10-12						
Crunches	3	20+						
Side Crunches	3	20+						

Day 6: AEROBIC DAY: 20-60 minutes on elliptical, bike, or equivalent aerobic activity

	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Aerobic Activity and Minutes Completed:						

Day 7: REST!



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STAGE 2

Below is a 7-day workout schedule. Finish all Cycle 1 exercises for each day before you move on to Cycle 2, and so on. Complete all 6 cycles for each day before moving on to Stage 3. Don't forget to record the weight you use for each set!

Day 1: AEROBIC DAY: 20-60 minutes on elliptical, bike, or equivalent aerobic activity.

	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Aerobic Activity and Minutes Completed:						

Day 2: WEIGHT TRAINING: Upper Body Phase I.

NOTE: Rest no more than 1 minute between sets.

Exercise	Sets	Reps	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Seated Chest Press Machine	4	10-12						
Lat Pulldown Machine	4	10-12						
Incline Dumbbell Press	3	10-12						
Seated Row Machine	3	10-12						
Crunches	2	20+						
Knee Lifts	2	20+						



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STAGE 2 continued:

Day 3: AEROBIC DAY: 20-60 minutes on elliptical, bike, or equivalent aerobic activity.

	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Aerobic Activity and Minutes Completed:						

Day 4: WEIGHT TRAINING: Upper Body Phase II.
sets.

NOTE: Rest no more than 1 minute between sets.

Exercise	Sets	Reps	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Shoulder Press Machine	4	10-12						
Front Laterals w/ Dumbbells	3	10-12						
Triceps Pulldown Machine	3	10-12						
Biceps Curl Machine	3	10-12						
Crunches	2	20+						
Knee Lifts	2	20+						



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STAGE 2 continued:

Day 5: AEROBIC DAY: 20-60 minutes on elliptical, bike, or equivalent aerobic activity.

	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Aerobic Activity and Minutes Completed						

Day 6: WEIGHT TRAINING: Lower Body and Core Phase. NOTE: Rest no more than 1 minute between sets.

Exercise	Sets	Reps	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Leg Press Machine	4	10-12						
Hamstring Curl Machine	4	10-12						
Leg Extension Machine	3	10-12						
Crunches	2	20+						
Side Crunches	2	20+						

Day 7: REST!



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STAGE 3

Here is a 7-day workout schedule. Finish all of the Cycle 1 exercises for each day before you move on to the Cycle 2, and so on. This is the last stage in your **Sound Body Sound Mind Strength and Endurance Program**, so if you finish this stage, just start Stage 3 over again! As always, don't forget to record the weight you use for each set so you can track your progress.

Day 1: AEROBIC DAY: 20-60 minutes on elliptical, bike, or equivalent aerobic activity.

	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Aerobic Activity and Minutes Completed:						

Day 2: WEIGHT TRAINING: Upper Body Phase I.

NOTE: Rest no more than 1 minute between sets.

Exercise	Sets	Reps	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Seated Chest Press Machine	5	8-10						
Lat Pulldown Machine	5	8-10						
Push-ups	4	10+						
Seated Row Machine	4	8-10						
Bicycle Crunches	3	20+						
Knee Lifts	3	20+						



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STAGE 3 continued:

Day 3: AEROBIC DAY: 20-60 minutes on elliptical, bike, or equivalent aerobic activity.

	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Aerobic Activity and Minutes Completed:						

Day 4: WEIGHT TRAINING: Upper Body Phase II.

NOTE: Rest no more than 1 minute between sets.

Exercise	Sets	Reps	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Shoulder Press Machine	5	8-10						
Front Laterals w/ Dumbbells	4	8-10						
Triceps Pulldown Machine	4	10-12						
Biceps Curl Machine	4	10-12						
Crunches	3	20+						
Knee Lifts	3	20+						



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STAGE 3 continued:

Day 5: AEROBIC DAY: 20-60 minutes on elliptical, bike, or equivalent aerobic activity.

	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Aerobic Activity and Minutes Completed						

Day 6: WEIGHT TRAINING: Lower Body and Core Phase. NOTE: Rest no more than 1 minute between sets.

Exercise	Sets	Reps	Cycle 1	Cycle 2	Cycle 3	Cycle 4	Cycle 5	Cycle 6
Leg Press Machine	5	8-10						
Hamstring Curl Machine	5	8-10						
Dumbbell Split Squats	3	10-12						
Leg Extension Machine	3	10-12						
Crunches	3	20+						
Side Crunches	3	20+						

Day 7: REST!



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IF YOU CAN'T USE THE FITNESS CENTER:

Just because you don't have access to weights doesn't mean you can't improve your fitness level! If there is a day where you want to get a workout in, but the fitness center is unavailable to you, here is a list of alternative exercises that you can do on your own that don't require any machines or weights.

Complete 3 exercises from each list, 30 seconds for each exercise. Take 1 minute rest in between exercises.

<u>Core</u>	<u>Upper Body</u>	<u>Lower Body</u>
<ul style="list-style-type: none">• Sit-ups• Crunches• Side Crunches• Knee Lifts• Bicycle Crunches• Scissors	<ul style="list-style-type: none">• Push-ups• Burpees• Pull-ups• Chin-ups• Triceps Dips	<ul style="list-style-type: none">• Jump Squats• Split Squats• Lunges• Calf Raises• Jumping Jacks• Wall Squats

There are an infinite number of ways to do aerobic activities outside of the fitness center. A few possibilities are listed below:

- Jogging
- Walking
- Swimming
- Rowing
- Volleyball
- Soccer
- Tennis
- Basketball



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10 Training Secrets:

Add these 10 secrets into your new training program to get the most out of you and your workouts!

1. Warm-up for 10 minutes before exercising to reduce risk of injury. A few great warm-up techniques include riding a stationary bike, jogging, and jumping rope
2. Never hold your breath when lifting weights.
3. Exercise with a partner.
4. Make sure you practice the correct form when performing each exercise.
5. Drink lots of water and/or sports drinks before, during, and after exercise.
6. Stretch out during and after exercise, not before.
7. Cool down for 5 minutes after exercise to reduce muscle soreness and fatigue.
8. Eat a healthy meal after exercise to replenish your body. A healthy meal includes lots of vegetables, whole grains, and broiled or grilled meat.
9. Stay away from candy, pastries, soda, and other kinds of junk food.
10. Get at least 7 hours of sleep every night.

