

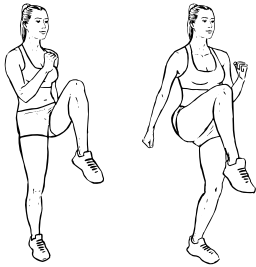
Endurance

[View online](#)

42 min · Abs, Back, Legs

The final workout of this pack is going to work pure endurance. You'll notice that the reps are slightly higher here. If you feel unable to complete all reps specified, feel free to take mini breaks throughout each set. The goal is to get them all done!

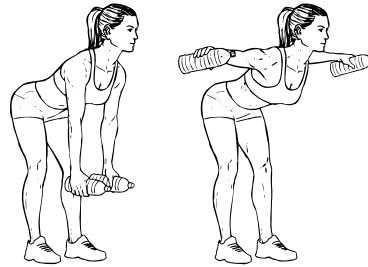
High Knees



3 sets 45 secs 15 sec rest

Keep the same pace going for the full 45 seconds!

Bent Over Water Bottle Flyes

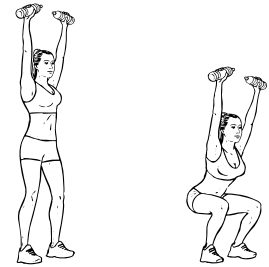


1:00 rest

3 sets 16 reps 45 sec rest

If you feel 16 reps is too hard, remove some water from the bottles or take a mini rest!

Overhead Water Bottle Squats

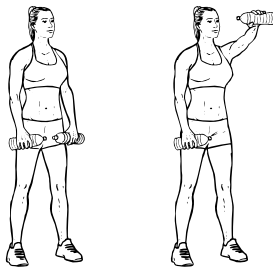


1:00 rest

2 sets 15 reps 45 sec rest

The goal here is to focus on your form. Lower your body until you feel your torso begins to lean forward.

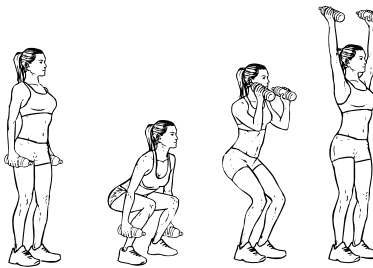
Single-Arm Front Water Bottle Raises



3 sets 24 reps 45 sec rest

Aim for 12 controlled reps per arm. You may need to add more water to the bottles here.

Water Bottle Squat Clean and Presses

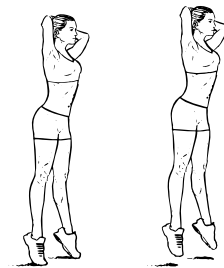


1:00 rest

4 sets 20 reps 60 sec rest

Fill 'em up! Make sure the bottles touch the floor with every rep!

Jumping Calf Press

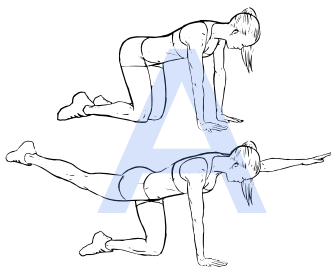


1:00 rest

60 reps

How long will these take you to complete? Work your way towards completing them in 1 set over time.

Bird Dogs



no rest

3 sets 16 reps

Superset A1 · That's 8 reps per side per set!

Dead Bug



3 sets 16 reps 60 sec rest

Superset A2 · Once this superset is complete, so are you!



High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

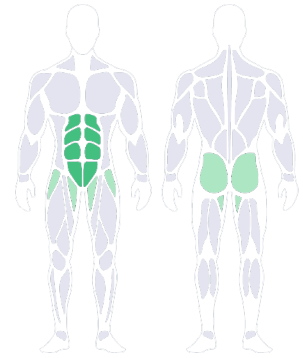
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Bent Over Water Bottle Flyes

Primary muscle group(s):

Upper Back & Lower Traps

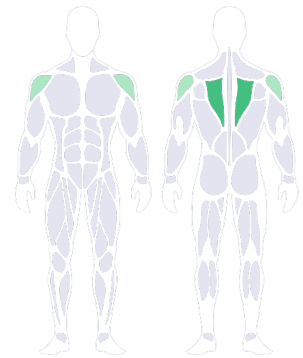
Secondary:

Shoulders

Begin by holding a pair of water bottles and standing with a braced core. Bend at the knees slightly and lean forward from the hips. Maintain a flat back throughout.

Keeping your elbows slightly bent throughout the movement, lift the water bottles up and out to the side. Be sure to focus the contraction in the back of the shoulders.

Pause at the top of the movement then slowly bring the water bottles to the starting position.



Overhead Water Bottle Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps, Shoulders

Secondary:

Hamstrings, Lower Back, Middle Back / Lats, Upper Back & Lower Traps

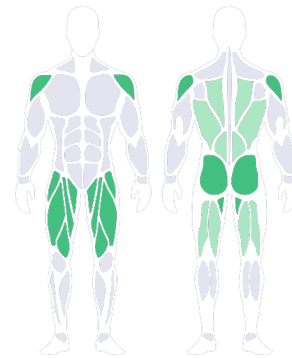
Place a firm grip on two water bottles. Before driving the water bottles above your head, make sure that your core is tight and your chest is up.

Push the water bottles straight above your head, locking out your elbows.

Once you feel stabilized, slowly bend the knees and drive your hips backwards, maintaining a tight, solid core as you do so.

Once your upper thighs become parallel with the ground, slowly push back up, returning to the starting position. Be sure to keep those water bottles fixed overhead throughout the entire movement.

! This, like all overhead weighted movements, should be performed in a controlled environment. Be sure to check the weight before attempting.



Single-Arm Front Water Bottle Raises

Primary muscle group(s):

Shoulders

Stand straight holding a water bottle in each hand with an overhand grip.

Hold the water bottles in front of your thighs with your palms of the facing your thighs. Keep your arms fully extended. This is the start position.

Raise the left water bottle out and upwards, while keeping a slight bend in your elbow. Your palms must always face down for this exercise.

Continue raising the water bottle until your arm is a little above parallel to the floor. Exhale as you are raising the water bottle.

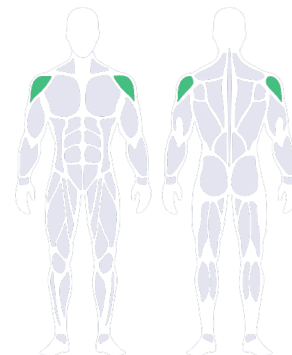
Pause for a count of one.

Inhale and slowly lower the water bottle to the start position.

As you lower the left water bottle, begin to lift the right water bottle, duplicating the movement.

When both water bottles have been raised and lowered in a cycle, that is one repetition.

Repeat.



Water Bottle Squat Clean and Presses

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps, Shoulders

Secondary:

Hamstrings, Lower Back

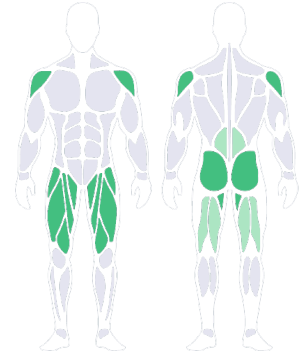
With water bottles at your sides, stand with your feet slightly wider than shoulder-width apart and feet pointing slightly outward. Look straight ahead.

Squat down until your upper legs are parallel with the floor by bending your knees, keep your back straight.

With an explosive but controlled movement, push up through your heels and press the water bottles above your head as you return to standing position.

Still standing, slowly lower the water bottles down to your chest and then down to your sides by extending your arms.

Repeat.



Jumping Calf Presses / Raises

Primary muscle group(s):

Calves

Stand up straight with your hands at your sides.

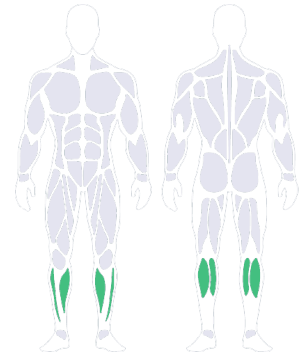
Keep your back straight and your core tight.

Forcefully press off the ground with the balls of both feet.

Launch into the air and land softly on the balls of your feet.

Focus the tension in the calf muscles, NOT the quadriceps.

Repeat.



Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

Abs, Lower Back

Secondary:

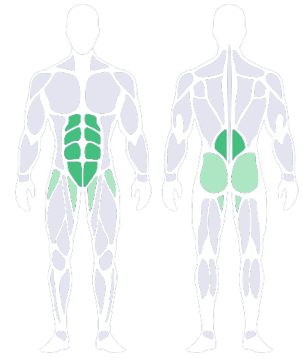
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



Dead Bug

Primary muscle group(s):

Abs

Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor.

Begin by extending one leg forward. The foot should be hovering just above the ground.

Pause then return the leg to its starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.

