



8 Week Beginner Muscular Endurance Training Plan

Aim: The aim of the training program is to improve your muscular endurance, basic exercise technique, increase lean muscle mass, lose weight and develop an exercise routine.

***It is always recommended that you consult your Doctor prior to starting a new training regime.**

Method: This is an 8 week training plan. It is recommended that you complete the workouts in the following structure:

Week 1-2: Complete the workout 2 x within a week with 2 days rest inbetween.

Week 3-4: Complete the workout 3 x within a week with 1-2 days rest inbetween






Week 5-6: Complete the workout 3 x within a week with 1-2 days rest and increase the sets to 3-4 and or the rep range to 15-20


Week 7-8: Complete the workout 3 x within a week with 1-2 days rest and increase the sets to 4 and the rep range to 20+.

It is recommended that you include at least 2-3 cardio sessions of 30 minutes + into your training schedule. This could be in the form of an organised class at PT Central or going for a run,swim,walk or bike ride.

Stretch after each workout (Including your cardio sessions). If you are unsure of how to stretch then ask one of the PT Central staff members.

TIP: It is a good idea to keep a diary of your training. This will allow you to record details within a workout such as how many reps/sets/rest and weight increase you have completed.

Exercise	Reps/Sets/Recovery	Example
<p>Bodyweight Squat</p> <ul style="list-style-type: none"> - Back Straight - Chest up - Shoulders back - Lower thighs until parallel with floor 	2-4 Sets of 15	
<p>Swiss Ball Hamstring Curl</p> <ul style="list-style-type: none"> - Ankles and lower legs on swiss ball - Bring legs towards buttocks - Keep hips up and core engaged 	2-4 Sets of 15	
<p>Dumbbell Chest Press</p> <ul style="list-style-type: none"> - Hands at shoulder width - Lower to at least a 90 deg bend in elbows - Raise back up to full arm extension 	2-4 Sets of 15	
<p>Kettlebell Swing</p> <ul style="list-style-type: none"> - Back straight at all times - Chest up and shoulders back - Use hips and legs to swing KB up to eye line - Swing back down to starting position 	2-4 Sets of 15	
<p>Leg Raise</p> <ul style="list-style-type: none"> - Start with legs extended at 90 deg - Lower down to just above the ground - Raise back up 	2-4 Sets of 10-15	

Exercise	Reps/Sets/Recovery	Example
<p>Dumbbell Curl to Press</p> <ul style="list-style-type: none"> - Elbows kept to side of body - Curl dumbbells up to shoulders and press up above head (Biceps just about touching the ears) - Lower under control 	2-4 Sets of 15	
<p>Alt Leg/Arm Raise</p> <ul style="list-style-type: none"> - On hands and knees - Raise opposite arm and leg so they are parallel with floor 	2-4 Sets of 20	