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Super Endurance Injured Arm Workout for Sport 1

Check the following level of preference. You can complete all sets at one block then move on to the next. You can also complete each block in order and at the end start back at block number one until you complete the desired sets. Complete the exercises/workout in order without rest.

X	Level	Sets	Reps	Conditioning Time
	1	1	10	10 Seconds
	2	1	12	15 Seconds
	3	2	10	10 Seconds
	4	2	12	15 Seconds
	5	2	14	20 Seconds
	6	3	12	20 Seconds
	7	3	16	30 Seconds

Block 1

[Dumbbell Step Up-](#)

[Dumbbell Bent Over Row-](#) 1 Arm

[Dumbbell Bench Press-](#) 1 Arm

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 2

[RDL Dumbbell](#) – 1 Arm

[Dumbbell Incline Fly](#) -1 Arm

[Arnold Press-](#) 1 Arm

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 3

[Dumbbell Lunge-](#) 1 Arm

[Hammer Tricep Extension-](#) 1 Arm

[Full Bench Curl Up-](#) 1 Arm

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 4

[Ball Leg Curl-](#)

[Over Head Lateral Raise-](#) 1 Arm

[Alternating V Up-](#)

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

Block 5

[One Arm Reverse Grip Lat Pull Down-](#)

[Floor Tricep Dumbbell Extension-](#)

[Zottman Curls-](#)

Conditioning is Bike Sprints or [Body Weight Squats](#) for time.

