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Super Endurance General Workout For Sport 2

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

[Piston Squat-](#)

[Dumbbell Bent Over Row-](#)

[Dumbbell Incline Fly-](#)

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

Block 2

[RDL Dumbbell-](#)

[Dumbbell Bench Press-](#)

[Arnold Press-](#)

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

Block 3

[Dumbbell Lunge-](#)

[JM Dumbbell Press-](#)

[Med Ball Twist-](#)

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

Block 4

[Ball Leg Curl-](#)

[Over Head Lateral Raise-](#)

[Alternating V Up-](#)

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

Block 5

[Lat Pull Chin Grip-](#)

[Floor Tricep Dumbbell Extension-](#)

[Hammer Curls-](#)

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

