

Super Endurance Workout for Sport – Custom Series

Write in your preferred number of sets, reps, conditioning time, and exercises. 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.

Block 1

Sets	Reps	Cond. Time

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

Block 2

Sets	Reps	Cond. Time

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

Block 3

Sets	Reps	Cond. Time

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

Block 4

Sets	Reps	Cond. Time

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

Block 5

Sets	Reps	Cond. Time

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