Gopher Golf, Inc.

Endurance for Focus

Program 2

Day 1 - Cardio & Full Body		Notes
	Date:	
Warm up		
Treadmill	3-5 Min Walk	
Treadmill	3 Min jog	
Abs/Core		
Crunches	2x30 Reps	
Leg Lifts	2x30 Reps	
Plank	2 sets of 1 min each	
Bar/Stick Shoulder Rotations	4 x 30 Reps	
Row Machine		
Row Machine Week 1	5 mins	
Row Machine Week 2	8 mins	
Row Machine Week 3	12 mins	
Row Machine Week 4	15 mins	
Row Machine thereafter	15 mins +	
Arms		
Forarm curls with straight bar	2x25 Reps	
Forarm extension with straight bar	2x25 Reps	
Straight Bar Curls	4x10 Reps	
Jog/Run		
Jog/Run Week 1	1 mile	
Jog/Run Week 2	1.5 miles	
Jog/Run Week 3	2 miles	
Jog/Run Week 4	2.5 miles	
Jog/Run thereafter	3 miles +	
Stretch		
5-10 mins of post workout stretching		

Day 2 - Cardio & Core		Notes
	Date:	
Warm up		
Treadmill	3-5 Min Walk	
Treadmill	3 Min jog	
Abs/Core		
Crunches	2x30 Reps	
Leg Lifts	2x30 Reps	
Plank	2 sets of 1 min each	
Bar/Stick Shoulder Rotations	4 x 30 Reps	
Stair Master		
Stair Master Week 1	15 stories	
Stair Master Week 2	20 stories	
Stair Master Week 3	25 stories	
Stair Master Week 4	30 stories	
Stair Master thereafter	30 stories +	
Abs/Core		
Sit Ups	2x30 Reps	
Leg Lifts	2x30 Reps	
Crunches	2x30 Reps	
Jog/Run		
Jog/Run Week 1	1 mile	
Jog/Run Week 2	1.5 miles	
Jog/Run Week 3	2 miles	
Jog/Run Week 4	2.5 miles	
Jog/Run thereafter	3 miles +	
Stretch		
10-15 mins of post workout stretching		

Day 3 - Cardio & Full Body		
	Date:	
Warm up		
Treadmill	3-5 Min Walk	
Treadmill	3- 5 Min jog	
Abs/Core		
Crunches	2x30 Reps	
Leg Lifts	2x30 Reps	
Plank	2 sets of 1 min each	
Bar/Stick Shoulder Rotations	4 x 30 Reps	
Legs		
Split Squats	3x12 Reps	
Leg Curls (Hamstrings)	4x12 Reps	
Dumbell Romanian Deadlifts	4x15 Reps	
Jog/Run		
Jog/Run Week 1	1 mile	
Jog/Run Week 2	1.5 miles	
Jog/Run Week 3	2 miles	
Jog/Run Week 4	2.5 miles	
Jog/Run thereafter	3 miles +	
Cool down walk	2 mins	
Abs/Core		
Leg Lifts	2x30 Reps	
Cruches	2x30 Reps	
Bi-cycle Crunches	2x30 Reps	
Single Legged Leg Lifts	2x30 Reps for each leg	
Stretch		
5-10 mins of post workout stretching		

Notes:

The above program represents 3 workout sessions per week - Print 16 copies of this program for 16 weeks and record your progress in the notes section, record weight and reps completed

All lifts can be googled or looked up on youtube for references on form

This workout is challanging, but work your way into it. If you cannot complete it in the beginning, just keep chipping away at it with light weight until you complete it. Then strive for progress each workout thereafter

All exercises should be performed at your own pace and intensity level that suits you, but strive to gain and make progress from the prior workout

Gopher Golf has suggested this workout and is in no way liable for injury, or negligence of the individual performing the program. Consult with your physician if you have prior health conditions