

# Super Endurance Training

Block 1	Block 4
DB Step Up SA Lat Pull Down DB Bench Press	Ball Leg Curl Overhead Lateral Raise SL V-Ups
Block 2	Block 5
DB RDL Bench Groin TRX Y Raise	Squat (25 plate) DB Twisting Row Bench Glute
Block 3	
Piston Squat TRX Inverted Row DB Reverse Fly	