



FUEL

FUEL YOUR PERFORMANCE TO
ACHIEVE YOUR ATHLETIC GOALS



BULK



SHRED



RECOVER

THE WAY TO FUEL

Muscular Endurance

The way to fuel program is designed to improve overall muscular endurance. Muscular endurance is the ability of a muscle to undergo repeated contractions and avoid fatigue.

Muscle endurance is required by activities where one or more muscle groups are used at a medium to high intensity lasting up to 5-6minutes. Training for muscle endurance is important for improving performance in many areas, including team sports, endurance events and strength in the gym.

Warm up

Make sure you take the time to warm up before the start of each training session. Starting with the bar unloaded or a lighter weight can help to prime your muscles and keep unwanted injuries away.

Supersets

These can maximise your opportunity to target many muscle groups and/ or save time in the gym. A technique where you perform two exercises, one after the other, with no rest in-between. After you have completed both exercises i.e. 1a and 1b you then rest for 60 seconds

Stretching

Stretches are an important part of every training session. Always make sure muscles are warm before stretching and include stretches at the beginning and end of each training session. The foam roller is a useful tool for improving flexibility, balance, strength and muscular awareness.

THE WAY TO FUEL

DAY 1

Muscle Endurance: Compound Exercises	Set 1			Set 2			Set 3			Set 4			Set 5		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm Up: Rowing Machine 1000m															
Squats with bar		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Bench Press		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Deadlifts		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Over head Press		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Lat Pull Down		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Push Ups to failure x3-4 sets		to failure	60sec		to failure	60sec		to failure	60sec		to failure	60sec			
CORE															
Crunches		20	30 sec		20	30 sec		20	30 sec						
Plank		1 min	30 sec		1 min	30 sec		1 min	30 sec						
Plate Twist (with med ball or weight plate)		20	30 sec		20	30 sec		20	30 sec						

THE WAY TO FUEL

DAY 2

Muscle Endurance: Chest & Triceps	Set 1			Set 2			Set 3			Set 4			Set 5		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm Up: Rowing Machine (1000m) or X-Trainer (5min)															
Flat Bench Press					15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Incline Bench Press					15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Skull Crushers					15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Tricep Push Down - Cable					15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Super Set: 1A Push ups 1B Chin ups 60sec rest after superset				1A & 1B	to failure	60 sec	1A & 1B	to failure	60 sec	1A & 1B	to failure	60 sec			
Optional Extra : CORE															
Overhead Medicine Ball Throw to floor					20	30 sec		20	30 sec						
Plate Abs Twist					20	30 sec		20	30 sec						
Plank		1 min	30 sec		1 min	30 sec		1 min	30 sec						
Plate Twist (with med ball or weight plate)		20	30 sec		20	30 sec		20	30 sec						

THE WAY TO FUEL

DAY 3

Muscle Endurance: Back & Biceps	Set 1			Set 2			Set 3			Set 4			Set 5		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm up: Lat Pull Down		25	60 sec		25	60 sec		25	60 sec		25	45 sec		20	45 sec
Seated Cable Row		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
T-Bar Row		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Straight arm pull down		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Cable Plank Row (single arm)		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Super set: 2A Hammer Curls 2B Bicep Curls	2A & 2B	20 each	60 sec	2A & 2B	20 each	60 sec	2A & 2B	20 each	60 sec	2A & 2B	20 each	60 sec			
Optional Extra : CORE															
Reverse Curls - Swiss Ball		20	30 sec		20	30 sec		20	30 sec						

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DAY 4

Muscle Endurance: Legs	Set 1			Set 2			Set 3			Set 4			Set 5		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm up: Treadmill fast walk (1km)															
Barbell Squat		20	45 sec		20	45 sec		20	45 sec		20	45 sec		20	45 sec
Walking Lunge with DB		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Leg Curl		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Romanian Dead Lifts		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Calf raise (standing or seated)		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec		15-20	45 sec
Optional Extra : CORE															
Crunches		20	30 sec		20	30 sec		20	30 sec						
Plank		60 sec	30 sec		60 sec	30 sec		60 sec	30 sec						
Plate Twist (with med ball or weight plate)		20	30 sec		20	30 sec		20	30 sec						

THE WAY TO FUEL

DAY 5

Cardio

Option One: Morning walk 5-7km

Option Two: Spin or Cycle Class - 45min

Option Three: Run / Jog 5-7km