



Endurance Workout On The Helix (14-30 minutes)

Endurance is the ability to maintain physical work over a sustained period of time. Endurance or volume training helps improve cardiovascular, muscular and ventilatory endurance during aerobic or anaerobic activity.

Cardiovascular endurance is a major priority for all athletes. Essentially, it is how efficient your heart is. The heart controls oxygen flow to your body's muscles, resulting in a direct impact on both endurance and strength based performance.

Muscular endurance refers to your muscles' ability to contract repeatedly over a sustained period of time and resist fatigue. Muscular endurance helps an athlete work harder for a longer period of time.

Specific benefits from Endurance Training include:

- Increased energy levels
- Increase in efficient cardiovascular function
- Improved mental focus
- Increased immunity
- Increased bone density
- Increased metabolism

THE ENDURANCE WORKOUT ON Helix					
Stage	Resistance	Movement	Time		
			Beginner	Intermediate	Advanced
Warm Up	L1-3	Surfing Alt Sides	4-6 min	4-6 min	4-6 min
I	L3-6	Surfing Alt Sides	8-10 min	10-15 min	15-20 min
NOTE: increase leg speed to 45-60 RPMs for continuous cardiovascular training over the desired workout length					
Cool Down	L1-3	Surfing Alt Sides	2-4 min	2-4 min	2-4 min
Total Time			14-20 Min	16-25 Min	21-30 Min