

ENDOMORPH WORKOUT PLAN

OPTION 1**

DAY 1: PUSH (A)

- Chest Press - 4 sets x 15, 10, 8, 8 reps
- High Incline Chest Press - 4 sets x 15, 10, 8, 8 reps
- Close Grip Chest Press - 4 sets x 15, 10, 8, 8 reps
- Cable Crossover kneeling - 4 sets x 15, 10, 8, 8 reps
- Front Raises - 4 sets x 15, 10, 8, 8 reps
- Cable Triceps Extensions - 4 sets x 15, 10, 8, 8 reps

DAY 2: PULL (A)

- Dumbbell Hammer Curls - 4 sets x 15, 10, 8, 8 reps
- Lat Pulldowns - 4 sets x 15, 10, 8, 8 reps
- Seated Row - 4 sets x 15, 10, 8, 8 reps
- Shrugs - 4 sets x 15, 10, 10, 10 reps
- Chest Supported Prone Reverse DB Flyes - 4 sets x 15, 10, 8, 8 reps

DAY 3: LEGS (A)

- Heel Elevated Squats - 4 sets x 15, 10, 8, 8 reps
- Leg Extensions - 4 sets x 15, 10, 8, 8 reps
- RDLs - 4 sets x 15, 10, 8, 8 reps
- Hip Extensions - 4 sets x 15, 10, 8, 8 reps
- Seated Leg Curls - 4 sets x 15, 10, 10, 8 reps
- LISS/HIIT - 4 sets x 15mins LISS, 1min all out, 15mins LISS, 1min all out
- Calf Raises - 4 sets x 15 reps

DAY 4: PUSH (B)

- DB Pullovers - 4 sets x 15, 10, 8, 8 reps
- Low-High Cable Flyes, Single or Two-arm - 4 sets x 15, 10, 8, 8 reps
- High-Low Cable Flyes, Single-Side - 4 sets x 15, 10, 8, 8 reps
- Lateral Raises - 4 sets x 15, 10, 8, 8 reps
- Cable Triceps Extensions - 4 sets x 15, 10, 8, 8 reps

DAY 5: PULL (B)

- Biceps Curls - 4 sets x 15, 10, 8, 8 reps
- Machine Pull-downs - 4 sets x 10, 10, 8, 8 reps
- Motorcycle Rows - 4 sets x 10 reps
- Barbell Plate Raises - 4 sets x 15, 10, 10, 10 reps
- Kelso Shrugs - 4 sets x 15, 10, 10, 10 reps
- Reverse Flyes - 4 sets x 15, 10, 8, 8 reps

DAY 6: LEGS (B)

- Goblet Squats - 4 sets x 15, 10, 8, 8 reps
- Leg Extensions - 4 sets x 15, 10, 8, 8 reps
- Hip Abductions - 4 sets x 15, 10, 8, 8 reps
- Seated Leg Curls - 4 sets x 15, 10, 10, 8 reps
- Calf Raises - 4 sets x 15 reps
- Tibialis Anterior Raises - 3 sets x 20 reps
- LISS - 45 minutes

DAY 7: REST

**CLICK THROUGH TO LINK FOR OPTION 2!

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Endomorph Workout Guide Learn How To Parkour From

Jiyuan Zhang



Endomorph Workout Guide Learn How To Parkour From:

Step by Step Guide to The Endomorph Workout Dr. W. Ness,2019-08-24 People with endomorph body types typically carry more belly fat and usually find it harder to lose weight than most Genetically their bodies have bigger frames less muscle mass are softer and more rounded accumulate extra fat quickly and have problems losing additional body fat through exercise and physical activities If any of the above features describe you then our guide Step by Step Guide to The Endomorph Workout Endomorph Workout Plan Exercises for Fat Loss Is for you as it can help you overcome the challenge of choosing the correct endomorph exercises to lose weight while you build lean and healthy muscle mass Endomorph workouts are completely different to other types of exercise routines due to an endomorphs sensitivity to the foods they need to eat to lose weight and their bodies uncanny ability to store excess fat even in the smallest amounts Our guide Step by Step Guide to The Endomorph Workout Endomorph Workout Plan Exercises for Fat Loss Will help you learn the scientifically proven techniques to lose excess body fat and more importantly keep it off permanently by following a workout plan designed specifically for those with an endomorph body type As you read through our guide you will learn The exercise and workout needs for endomorphs 7 Day workout plan designed just for endomorphs How to do the exercises included in our workout routine How to lose excess body fat and build lean muscle And so much more By using the advice information and science contained in our guide you can shed pounds of excess body fat and keep it off easily quickly and permanently by following these scientifically proven endomorph exercise routines

Essential Parkour Training Sam Fury,2019-08-18 Teach Yourself Parkour This is a beginner s parkour training manual like no other Essential parkour techniques are those which are safe to use on a whim Like if you were running away from someone in an unfamiliar area There are no fancy free running movements in these parkour lessons It starts with beginner parkour movement and parkour strength training Then it progresses to harder parkour techniques Teach yourself parkour the safe way because this is a comprehensive beginners training manual Get it now Includes 4 Free Bonuses Get your copy of Essential Parkour Training today and you will also receive A 6 week parkour training schedule Your complete parkour roadmap Special Report How to protect yourself from environmental dangers Don t perish from cold and heat illnesses while training How to do the Survival Fitness Plan Super Burpee A warm up stretch and conditioning workout all in one exercise A 15 minute yoga stretch routine for increased flexibility strength and balance Step by Step Parkour Training Essential Parkour Training is a progressive parkour training manual This is very important for safety and building confidence Each parkour lesson uses progressive parkour training steps Written in simple language and accompanied with easy to follow pictures where needed This parkour book is split into 6 sections according to the type of movement Safety Parkour is not a dangerous activity as long as you progress slowly Do not take unnecessary risks and learn the correct parkour safety techniques Warm ups and Conditioning Using basic parkour exercises such as balance and quadrupedal movement Running and Jumping Parkour techniques to get you over or between

obstacles without touching them This section also includes explanations of parkour games and runs Vaults The essential vaults needed to overcome any medium sized obstacle Includes the safety vault speed vault kong vault reverse vault and more Wall Movement Cat hangs wall runs and other movements to use when negotiating obstacles too big to vault Bar Movement Bar focused movements that are not in previous sections Includes laches underbars muscle ups etc It covers all the parkour skills you need to get from one point to another as fast as possible Parkour for Kids Adults Male and Female A basic parkour workout is a fun and challenging way to keep fit See the world around you in a new light Increase your imagination Overcome fear Build confidence Discover the most useful parkour techniques to get you out of danger because this is a training manual like no other Get it now *Basic Parkour* Sam Fury,2019-08-12 Teach Yourself Basic Parkour Parkour is not as hard as it looks All you need are a few beginner parkour exercises and practice Inside this training manual you will discover all the basics you need Start teaching yourself parkour today because it is a fun way to keep fit while learning lifesaving skills Get it now **Hiit Workout for Endomorphs** Paige Green Hathaway,2024-03-13 Are you an endomorph seeking to strike the right mix between exercise and lifestyle Look no further HIIT Workout for Endomorphs is a groundbreaking instruction created with your specific body type in mind Dive deep into somatotypes to discover the various traits and metabolic concerns that set endomorphs apart This book goes beyond theory providing you with the psychological insights you need to love your body type and convert possible roadblocks into stepping stones on your fitness path Discover the transformational potential of High Intensity Interval Training HIIT with a detailed explanation of what it is and why it s particularly good for endomorphs Learn about HIIT s unequaled advantages for fat reduction and muscle building metabolic adjustments and its major influence on endomorph body types Preparation is essential and this book covers everything from evaluating your current fitness level to creating reasonable attainable objectives Learn about needed clothing equipment and important safety precautions to avoid injury Whether you re a beginner moderate or experienced fitness enthusiast HIIT Workout for Endomorphs provides a variety of workouts including warm up and cool down routines that are precisely developed to meet your individual requirements Nutrition and rehabilitation are essential components of any training program Equip yourself with dietary advice tailored to endomorphs grasp the significance of hydration and learn recovery procedures critical for peak performance and health Explore the world beyond HIIT with food plans combining other forms of exercise mindfulness and mental wellness to create a balanced holistic approach to lifestyle improvement HIIT Workout for Endomorphs is more than a book it s a guide to become a healthier more vibrant version of yourself Accept a program that knows the nuances of your body type and provides a personalized route to achievement Get your copy now and begin the path to attaining your fitness objectives while maintaining a balanced lifestyle for long term success [Vshred Endomorph Cardio & Hiit Guide](#) Matthew Cox,2025-07-03 Struggling with stubborn fat that just won t budge no matter how much cardio you do If you re an endomorph traditional advice isn t built for you Endless treadmill sessions generic boot camps or fat

burning zones might work for other body types but not yours The truth is your body stores fat differently processes energy slower and demands a smarter strategy Welcome to the only cardio guide that truly understands your physiology Introducing The VSHRED Endomorph Cardio HIIT Guide a results driven playbook for anyone with an endomorph body type who wants to torch fat build lean muscle and finally see the scale and your shape change Forget the cookie cutter fitness plans This isn't just another workout book it's your customized roadmap to unlocking fat loss with cardio that works for you not against you Inside author and VSHRED coach Matthew Cox walks you through the science and strategies behind high intensity interval training HIIT specifically optimized for endomorphs You'll discover why steady state cardio can actually stall your results and how short bursts of smart intense movement can help you melt fat faster especially from trouble zones like your belly thighs and hips Here's what makes this book different Built for Endomorphs Understand your unique metabolism muscle fiber makeup and fat storage patterns HIIT That Works Learn why high intensity cardio is more effective than long slow workouts and how to do it safely No Gym No Problem Do it anywhere routines for home outdoors or the gym using bodyweight or minimal equipment Recovery Built In Reduce inflammation protect your joints and support your hormones while still pushing hard Real Results Follow a done for you 4 week HIIT plan designed to kickstart your fat loss and leave you feeling leaner lighter and stronger This guide is designed with your body in mind and it shows Finally the Bonus Section gives you a complete 4 Week Endomorph Cardio Kickstart Plan so you can apply everything you've learned immediately without overthinking it If you're tired of spinning your wheels with generic cardio programs and want to unlock the lean energized confident body you've been chasing this is your guide Whether you're just getting started and want a realistic plan Stuck in a plateau and need to shake up your results Looking for cardio options that match your energy levels and joint health Or a busy parent professional or student who needs effective workouts in 30 minutes or less This book gives you the tools insights and structure to finally make progress

Parkour Strength Training Ryan Ford, Ben Musholt, 2016 In Parkour Strength Training you will learn how to Accelerate your athletic development with three fundamental bodyweight exercises Promote the flexibility and mobility necessary for safe obstacle based fitness Prepare and condition your joints to avoid injuries Train safely outdoors Remedy the common faults and errors that plague parkour newcomers Incorporate ground based exercises such as quadrupedal movement bounding and jumping into your workouts Use low obstacles such as benches handrails and walls for full body strength training Fly over barriers using three basic vaults Mount traverse and overcome head high walls and bar structures Master proper climb up technique using many supplemental exercises Design an effective strength training program Combine skill based drills and games to become a more well rounded practitioner Dominate obstacle courses

Parkour Zach Rucker, 2016-07-15 Experience Parkour The Fun Workout You Can Do Anywhere So many people are enslaved to their job spending most of their working life chained to a desk and confined to a cubicle Our bodies slowly deteriorate with this constant lack of movement this sedentary lifestyle Our bodies are amazing pieces of machinery

engineered to accomplish incredible physical movements however most of us no longer get to experience this level of physicality We take our bodies for granted never pushing our limits while truly experiencing our environment Parkour is the antithesis of this stationary modern lifestyle that many have fallen trapped to It offers us freedom to once again be physical to be able to not just embrace movement but to love how our body moves and how our body overcomes obstacles Parkour A Beginner s Guide to Training and Excelling in the Art of Movement doesn t want to just get you moving it wants you to experience your body in a completely new way helping you both hone your physicality as well as significantly improve your mental game Take your first step to freedom and learn how parkour truly is the art of movement *Step By Step Guide To The Endomorph Diet* Dr. W. Ness, Endomorphs are individuals with body types that typically carry more belly fat and usually find it harder to lose weight than most Genetically their bodies have bigger frames less muscle mass are softer and more rounded accumulate extra fat quickly and have problems losing additional body fat If any of the above features describe you then our guide *Step By Step Guide To The Endomorph Diet The Beginners Guide To Diet And Exercise For Fat Loss* is for you as it can help you overcome the challenge of weight loss Endomorph diets are completely different to other types of weight loss plan due to an endomorphs sensitivity to sugar carbohydrates and their bodies uncanny ability to store excess fat even in the smallest amounts Our guide *Step By Step Guide To The Endomorph Diet The Beginners Guide To Diet And Exercise For Fat Loss* Will help you learn the scientifically proven techniques to lose excess body fat and more importantly keep it off permanently As you read through our guide you will learn The nutritional and dietary needs for endomorphs Exercise routines and methods to burn fat What natural vitamins minerals and supplements can help you lose fat The important lifestyle habits you can use to increase fat loss By using the advice information and science contained in our guide you can and will shed excess body fat and keep it off easily quickly and permanently **Complete Guide to the Endomorph Diet** Ella Jameson,2024-12-10 The journey toward understanding the body s natural response to food and exercise is a personal one often requiring years of trial and error to uncover the most effective methods for a given individual For those with the endomorph body type this process may feel especially complex Endomorphs are often characterized by a naturally higher percentage of body fat and a more difficult time shedding weight However with the right approach to diet exercise and lifestyle it is entirely possible to manage these challenges and achieve lasting results The Endomorph Diet is specifically designed to address the needs of individuals with this body type helping them achieve their health and fitness goals through a customized approach to nutrition and fitness The Endomorph diet plan is not about extreme restrictions or fad diets instead it is built upon principles that are sustainable for the long term It is an approach that focuses on balance nutrient dense foods and a personalized understanding of your metabolism and unique body chemistry By learning more about the endomorph body type and how it responds to various foods and exercise individuals can take control of their health finding strategies that work with their body rather than against it Endomorphs tend to have a rounder softer appearance and may carry more

weight in the abdominal hip and thigh areas Metabolically they often experience slower fat burning which means they have to work a bit harder to lose weight While this can feel discouraging at times it is important to remember that the endomorph body type also comes with some advantages Endomorphs are typically more muscular and have a stronger sturdier physique These advantages can be leveraged by incorporating the right types of exercise and a tailored nutritional plan into daily life The key to success with the Endomorph Diet lies in understanding the specific requirements of this body type and using this knowledge to optimize food intake and exercise By focusing on nutrient dense whole foods and exercising in a way that enhances metabolism endomorphs can unlock the full potential of their body achieving a leaner stronger and more energized version of themselves In this eBook we ll explore the principles behind the Endomorph Diet and break down the essential components that are most effective for this body type You will learn how to select the right foods what macronutrient balance works best for endomorphs and how exercise can be tailored to enhance fat loss and improve overall health This guide is meant to provide you with the tools necessary to take control of your health offering insight and practical tips to make your journey to a healthier body both manageable and enjoyable In addition this diet approach will help endomorphs not only lose weight but also optimize energy levels enhance mental clarity and improve overall quality of life While there is no quick fix when it comes to transforming your body the Endomorph Diet is designed to make the process simpler more intuitive and sustainable By focusing on the underlying factors that make the endomorph body type unique you will be equipped with the knowledge and strategies needed to achieve long term success This is not a one size fits all diet it is a roadmap for understanding your own body refining your approach to food exercise and wellness and ultimately achieving the body and lifestyle you desire Whether you are just starting your fitness journey or you have been trying to achieve your health goals for years the Endomorph Diet is an empowering approach that offers tangible solutions for those who have struggled with weight loss and metabolic challenges The path to success may be long but by committing to the principles outlined in this eBook you are taking the first step toward becoming the best version of yourself

[Endomorph Diet for Beginners](#) Esther John,2024-07-05 Transform Your Health with the Endomorph Diet A Comprehensive Guide to Achieving Optimal Results Going over a cycle of dieting without results can be frustrating and tiring It could leave you wondering if there s a solution that truly understands your body s unique needs But not to worry with this manual in your hand you are headed in the right direction By reading this manual you will Explore and learn about the endomorph body type clearly disserting how your diet and exercise can support your weight loss goals Discover the mechanism of calories alongside endomorph friendly recipes and menu plans Recreate your fitness routine plan incorporating fun and relaxation into your plan Explore practical exercises for endomorphs and ways to maintain and build muscle mass Untrap your mind from some myths that have kept you trapped over the years Enjoy delicious 7 day recipes for the endomorph body type such as breakfast lunch and dinner Find balance and nourishment for your body by embracing a holistic approach with support and motivation through lifestyle factors Learn

how to overcome plateaus and create a sustainable weight loss roadmap And much more If you are ready to take control of your health and transform it for the better don't reschedule to grab your Endomorph Diet for Beginners copy Hit the Buy Button and begin your life transforming journey

Endomorph Fat Loss Program B Terza,2024-10-10 Are you an endomorph struggling to burn excess fat and build lean muscle The solution is here The Endomorph Fat Loss Program is specifically developed to help you conquer the unique problems of your body type With a full nutrition and fitness regimen specialized to endomorphs this program offers you the skills to reshape your body effectively Learn how to fuel your exercises boost your metabolism and establish a sustainable regimen that fits your lifestyle Imagine feeling stronger leaner and more confident in your skin This program gives step by step advice delicious meal plans and workouts that work with your body not against it You'll discover how to burn fat efficiently while growing the lean muscle you've always desired empowering you to attain your fitness objectives Ready to take control of your body and obtain sustainable results Dive into the Endomorph Fat Loss Program and start your road to a healthier fitter self now

Survival Fitness Sam Fury,2019-08-18 This is Your Ultimate Functional Fitness Program Survival Fitness is self training in the 5 most useful activities for escaping danger Teach yourself parkour climbing swimming riding and hiking Start training in Survival Fitness today because you'll get fit while learning life saving skills Get it now

Essential Parkour Training Sam Fury,2019 Essential Parkour Training follows a philosophy of progressive training This is very important in parkour for breaking through fear as well as for safety Each parkour lesson uses progressive parkour training steps Written in simple language and accompanied with easy to follow pictures where needed This parkour training manual is split into 6 sections according to the type of movement Safety Parkour is not a dangerous activity as long as you progress slowly Do not take unnecessary risks and learn the correct parkour safety techniques Warm ups and Conditioning Using basic parkour exercises such as balance and quadrupedal movement Running and Jumping Parkour techniques to get you over or between obstacles without touching them This section also includes explanations of parkour games and runs Vaults The essential vaults needed to overcome any medium sized obstacle Includes the safety vault speed vault kong vault reverse vault and more Wall Movement Cat hangs wall runs and other movements to use when negotiating obstacles too big to vault Bar Movement Bar focused movements that are not in previous sections Includes laches underbars muscle ups etc from cover

The Parkour and Freerunning Handbook Dan Edwardes,Parkour Generations,2009-08-18 Join the movement Combining the core elements of running jumping and climbing with the discipline of the martial artist the grace of the gymnast and the virtuosity of the skateboarder parkour or freerunning is more than simply an elegant noncompetitive sport It's an art form a philosophy promoting fitness imagination community spirit and ethical healthy living The Parkour and FreeRunning Handbook is your guide to becoming part of this urban revolution With standout features on fitness and training global cityscapes and using the space of the urban environment and tips on how to avoid mistakes and injuries this is more than just a user's manual It explores the

techniques culture clothes and community of freerunning showing just what it takes to hit those handstands kong vaults and wall hops This essential handbook is the only guide the fledgling traceur will ever need to get jumping **The Parkour School - 200 Tips For Learning Parkour** , The Parkour School 200 Tips For Learning Parkour **Endomorph Diet and Exercise for Beginners** Vicky Serrano,2024-05-10 Are you an Endomorphs seeking a tailored diet approach to health and fitness Are you interested in an Exercise Plan specifically designed to address the unique needs of individuals with the endomorph body type The Endomorph Diet and Exercise Plan for beginners is a comprehensive and tailored approach to health and fitness specifically designed for individuals with the endomorph body type Endomorphs typically have a slower metabolism and tend to store fat more easily making weight management and muscle development more challenging This specialized plan focuses on optimizing nutrition and exercise strategies to support fat loss muscle building and overall well being for endomorphs Our Diet Plan Our diet plan for endomorphs emphasizes balanced nutrition focusing on whole foods that are nutrient dense and satisfying It includes a moderate intake of carbohydrates lean proteins and healthy fats with an emphasis on controlling portion sizes to manage calorie intake effectively Endomorphs may benefit from spreading their meals throughout the day to help regulate blood sugar levels and prevent overeating This plan also encourages hydration by drinking plenty of water and minimizing sugary beverages Our Exercise Routine Our exercise routine for endomorphs combines cardiovascular activities with strength training exercises to optimize fat burning and muscle building Cardiovascular exercises such as walking jogging cycling or swimming help boost metabolism and improve cardiovascular health Strength training exercises including weightlifting or bodyweight exercises help build lean muscle mass which can increase metabolism and enhance overall body composition Endomorphs may also benefit from incorporating flexibility and mobility exercises to improve range of motion and prevent injury To achieve optimal results in weight management fat loss and muscle development through a comprehensive and personalized approach to nutrition and exercise Order a copy of Endomorph Diet and Exercise for beginners and follow our guide which emphasizes balanced nutrition strategic exercise routines and the integration of tracking tools to monitor progress and stay on track toward your health and fitness goals

Survival Fitness ,2019-05-14 To get the latest edition of Survival Fitness in print please visit <https://www.amazon.com/dp/1925979261> This is Your Ultimate Functional Fitness Program Survival Fitness is self training in the 5 most useful activities for escaping danger The activities include parkour climbing swimming riding and hiking It also includes simple daily health and fitness habits Keep your mind and body in optimal health with minimal effort You ll love this fitness training plan because you ll get fit while learning life saving skills Get it now The Survival Fitness Bundle includes full versions of Sam Fury s Daily Health and Fitness Essential Parkour Basic Rock climbing Swim Workouts and Water Rescue Skills It also adds hiking and basic mountain bike riding skills Limited Time Only Bonus Freebies 6 FREE BONUSES FOR A LIMITED TIME ONLY Get your copy of the Survival Fitness Bundle TODAY and you will also receive A daily health and fitness cheat sheet Special report

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and cool down routine which has been specifically designed as a quick workout to increase cardiovascular fitness whole body strength flexibility explosiveness coordination and balance This routine requires no special equipment and relies only on your own bodyweight You ll also gain exclusive access to bonus materials that cannot be found anywhere else Access to Instructional Videos Common Training Injuries Report Calming the Mind Report Get your copy of Survival Fitness today

Endomorph Diet Donna Pitt,2020-11-13 If You are Endomorph and You Want to Lose Weight Successfully and Get Fit With a Long Term Healthy Approach Tailored to Your Specific Body Type Then Keep Reading Do you find that you struggle with your not specific diet and spend hours exercising but not getting the results you want This book will arm you with information about the endomorph body type so you can create the most efficient diet and workout plan best suited for your body type Inside this book you will find A solid background on what it means to have an endomorph body type Strategic easy to follow exercise routines and meal plans for male endomorphs Different specific exercise routines and meal plans for female endomorphs Detailed recipes to help you achieve your goal weight And much much more You will learn how to use the strengths of your body type to shape and mold your body based on your fitness goals The book separately covers the Endomorph Diet and exercise plans for men and women as they have different body compositions and fitness goals Even if you ve tried a lot of different generic diets in the past and failed your Endomorph Diet will help you commit and achieve your fitness goals and enjoy a better life Buy this book right now

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