

## ENDO STARTER FITNESS PROGRAM

### Week 1 (Cycle Days 3-9)

### Increase Intensity (Moderate Weight)

Workout One	Sets	Reps	Weight
DB Goblet Squat	3	8	
Banded Hip Thrust	3	10	n/a
Rest 1 Min, no rest between moves			
Kettle Bell or DB Swing	3	10	
Rest 45 secs			
DB RDL	3		
Lateral Band Walk	3		n/a
Rest 1 Min, no rest between moves			
DB Push Press	4	8	
Band pull apart	4	12	n/a
Rest 45 sec, no rest between moves			
Swiss Ball Leg Curl	3	15	n/a
Lying Bodyweight Bicycles	3	20/side	n/a
Rest 45 sec, no rest between moves			



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<b>Workout Two</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
Flat DB Bench	3	8	
DB Row-Standing	3	10	
Rest 1 Min, no rest between moves			
Elevated Push up	3	10	n/a
Rest 45 secs			
Single Leg RDL	3	8/side	
Glute Bridge	3	10	n/a
Rest 1 Min, no rest between moves			
DB Lateral Raise	2	8	
DB Rear Delt Fly	2	8	
Rest 1 Min, no rest between moves			
Leg Drop	3	15	n/a
Plank	3	20 sec	n/a
Rest 1 Min, no rest between moves			

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Workout Three	Sets	Reps	Weight
DB Straight Leg Deadlift	3	10	
Walking Lunge	3	10/side	
Rest 1 Min, no rest between moves			
Inverted BW Row (TRX or Bar)	3	10	n/a
Rest 45 secs	3		
Lateral Step up	3	8/side	
Band pull apart	3	15	n/a
Rest 1 Min, no rest between moves			
Tricep Extention	3	15	
Rest 45 secs			
Fifer Scissors	3	15	n/a
Side plank	3	20 sec/side	n/a
Rest 1 Min, no rest between moves			



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### Week 2 (Cycle Days 10-12)

Energy at peak Max efforts (Go heavier 2.5-5 lbs)

Workout One	Sets	Reps	Weight
DB Goblet Squat	3	8	
Banded Hip Thrust	3	10	n/a
Rest 1 Min, no rest between moves			
Kettle Bell or DB Swing	3	10	
Rest 45 secs			
DB RDL	3		
Lateral Band Walk	3		n/a
Rest 1 Min, no rest between moves			
DB Push Press	4	8	
Band pull apart	4	12	n/a
Rest 45 sec, no rest between moves			
Swiss Ball Leg Curl	3	15	n/a
Lying Bodyweight Bicycles	3	20/side	n/a
Rest 45 sec, no rest between moves			



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Workout Two	Sets	Reps	Weight
Flat DB Bench	3	8	
DB Row-Standing	3	10	
Rest 1 Min, no rest between moves			
Elevated Push up	3	10	n/a
Rest 45 secs			
Single Leg RDL	3	8/side	
Glute Bridge	3	10	n/a
Rest 1 Min, no rest between moves			
DB Lateral Raise	2	8	
DB Rear Delt Fly	2	8	
Rest 1 Min, no rest between moves			
Leg Drop	3	15	n/a
Plank	3	20 sec	n/a
Rest 1 Min, no rest between moves			



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Workout Three	Sets	Reps	Weight
DB Straight Leg Deadlift	3	10	
Walking Lunge	3	10/side	
Rest 1 Min, no rest between moves			
Inverted BW Row (TRX or Bar)	3	10	n/a
Rest 45 secs	3		
Lateral Step up	3	8/side	
Band pull apart	3	15	n/a
Rest 1 Min, no rest between moves			
Tricep Extention	3	15	
Rest 45 secs			
Fifer Scissors	3	15	n/a
Side plank	3	20 sec/side	n/a
Rest 1 Min, no rest between moves			



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### Week 3 (Cycle Days 17-23)

**Hydration and moderate intensity  
(Drop weight from last week & reps reflected  
below)**

Workout One	Sets	Reps	Weight
DB Goblet Squat	3	6	
Banded Hip Thrust	3	8	n/a
Rest 1 Min, no rest between moves			
Kettle Bell or DB Swing	3	8	
Rest 45 secs			
DB RDL	3		
Lateral Band Walk	3		n/a
Rest 1 Min, no rest between moves			
DB Push Press	4	6	
Band pull apart	4	10	n/a
Rest 45 sec, no rest between moves			
Swiss Ball Leg Curl	3	12	n/a
Lying Bodyweight Bicycles	3	15/side	n/a
Rest 45 sec, no rest between moves			



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<b>Workout Two</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
Flat DB Bench	3	6	
DB Row-Standing	3	8	
Rest 1 Min, no rest between moves			
Elevated Push up	3	8	
Rest 45 secs			
Single Leg RDL	3	6/side	
Glute Bridge	3	8	
Rest 1 Min, no rest between moves			
DB Lateral Raise	2	6	
DB Rear Delt Fly	2	6	
Rest 1 Min, no rest between moves			
Leg Drop	3	12	n/a
Plank	3	15 sec	n/a
Rest 1 Min, no rest between moves			





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Workout Three	Sets	Reps	Weight
DB Straight Leg Deadlift	3	8	
Walking Lunge	3	8/side	
Rest 1 Min, no rest between moves			
Inverted BW Row (TRX or Bar)	3	8	n/a
Rest 45 secs			
Lateral Step up	3	8/side	
Band pull apart	3	12	n/a
Rest 1 Min, no rest between moves			
Tricep Extention	3	12	
Rest 45 secs			
Fifer Scissors	3	12	n/a
Side plank	3	15 sec/side	n/a
Rest 1 Min, no rest between moves			

### Week 4 (Cycle Days 24-2) Period

**Do week 3 with reduced weights OR**

- Walk**
- Yoga**
- Stretch**
- Foam Roll**
- Meditate**
- Rest**

Goal 3 days of light activity this week but do what you can based on how you feel. <3



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Because of legal stuff, I have to say this:

\*\* To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation.

\*\*\* Make sure you warm up; you do not want to risk injury. Check out my [wellness guide](#) for a warm up.

Hope you enjoy!