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Do you want to improve your muscular endurance? Who wouldn't, right? Below you will learn everything you need to know about muscular endurance, including the best exercises and workout plans for improving muscular endurance. What is muscular endurance? Muscular endurance is the ability to repeatedly exert force and remain active over extended periods of time. Muscular endurance is based on long term measurements of energy. Although muscular endurance is a physical ability, a big part of it comes down to mental fortitude. Muscular endurance training requires serious determination, and many people think it is more challenging mentally than training for strength. Why is muscular endurance important? There are 4 main aspects to general fitness: Muscular Strength, Muscular Endurance, Flexibility, and Balance. Even though muscular endurance is one of the 4 pillars, many people don't put much focus on it. A vast majority of people who lift weights train for strength and hypertrophy, so their endurance is not great. This is a vital mistake as muscular endurance training will improve both strength and hypertrophy potential. Moreover, there are many benefits that come with elevating your muscular endurance. Benefits of muscular endurance: For the general population, muscular endurance training is important because it… Increases your ability to do daily activities: Housework & chores, carrying groceries or your kid, sex. Reduces your risk of injury: If you have poor muscle endurance, your muscles will become weak during activities which could lead to injuries (falling, twisting ankle, etc.) Helps maintain a healthy body weight: With better muscular endurance, you can perform activities for longer which will help you increase your metabolism and burn more fat each day. Builds stronger muscles, joints, bones: Muscle endurance goes hand-in-hand with muscular strength. By increasing muscle endurance, you will be able to get stronger muscles and increase bone density. Improves balance: Poor balance is often caused by a lack of muscular endurance. Once your muscles get tired, your balance will become worse. Increases energy levels (this is its main purpose after all) Helps you sleep better: Studies how endurance training leads to better sleep quality. All in all, muscular endurance training can help improve many aspects of your life, especially your strength training workouts. Plus, all the benefits you get from muscular endurance will create their own benefits, which really compounds the positive effect muscular endurance has on your existence. Muscular endurance in sports Sports require serious muscular endurance. So, for athletes, improving muscular endurance is essential. Muscular endurance training is highly emphasized in athletes training regimens. There are 3 types of muscular endurance that athletes work on: Power Endurance: The ability to be explosive again and again over long periods of time, with little rest. Think wrestlers, boxers, baseball players, tennis, football. Short-term Endurance: The ability to exert maximum force for short periods of time, such as sprint workouts where you might produce max effort for 60 seconds, repeatedly. Think football players, sprinters, soccer players, basketball. Long Endurance: The ability to remain active with peak performance for long durations. Think basketball players, rowers, marathon runners, cross country runners, boxers. Many sports require an overlapping ability of all three types of muscular endurance. Muscular Endurance Test Trainers can assess their clients and athletes with muscular endurance tests before deciding on specifics for a training plan. These tests are also good for anyone who wants to see how good their muscular endurance is. Push Up Test: Perform as many proper push ups as you can until failure/as long as you can. Sit Up Test: Perform as many sit ups as you can until failure/as long as you can. Plank Test: Perform a strict plank hold for as long as you can. Wall Squat Test: Get into a squat position with your back against the wall, and legs at a 90 degree angle. Keep your heels on the ground and see how long you can hold this position. You can also do this test with one foot off the ground… These are all very popular tests so you should be able to find data online or simply ask your friends to try them too to see how you stack up with other people. Slow Twitch Muscle Fibers vs Fast Twitch Muscle Fibers If you want to really understand how muscular endurance works, you need to learn about the two muscle fiber types that all of your muscles have. Slow Twitch Muscle Fibers Slow twitch muscle fibers are the first to respond to physical activity. They are designed to sustain low force over long durations. Activities that recruit slow twitch muscle fibers: running, swimming, power walking, cycling - aerobic exercises. lightweight or bodyweight exercises with high repetitions - anaerobic exercises. Fast Twitch Muscle Fibers Some activities require maximum exertion, which your slow twitch muscle fibers can't handle. When this happens, your fast twitch muscle fibers are recruited to take over for the slow twitch muscle fibers. Fast twitch muscle fibers get tired quicker than slow twitch and they require a period of rest. Activities that recruit fast twitch muscle fibers: Power exercises, short sprints. So, which type of muscle fiber is important for endurance? Slow twitch muscle fibers are the ones with endurance-boosting ability. When focusing on endurance training, you are training your slow twitch muscle fibers. Fast twitch muscle fibers are for short bursts of strength and power, while slow twitch is endurance (or stamina). i..e - Slow Twitch: Running 5 miles or Doing 50 bodyweight squats. i.e. - Fast Twitch: Doing a max lift at the gym or a 100 meter sprint. By doing endurance activities that train your slow twitch muscle fibers, you will be improving your muscles oxygen capacity, which makes it so you can perform longer before tiring out. Can you isolate slow twitch muscle fibers? The two can not be isolated during an exercise, but certain training methods will emphasize one more than the other. Sprints for example will train your fast twitch muscle fibers, but if you do longer duration sprints, like 60 seconds instead of 10 seconds, you can improve your slow twitch muscle fibers as well, making you able to sprint more times in one session rather than just making you faster at sprinting. Facts about Muscle Fibers: Your muscles have an equal amount of fast and slow twitch muscle fibers, on average. Muscular endurance training is the strengthening of slow-twitch muscle fibers Slow twitch muscle fibers won't grow like fast twitch muscle fibers, but they can to a certain extent which is enough to make a big difference in your endurance ability. HOW TO IMPROVE MUSCULAR ENDURANCE? There are two main ways to go about improving muscle endurance - aerobic endurance training and anaerobic endurance training. Anaerobic endurance involves the exertion of force, consistently and repeatedly, over short periods of time (i.e. bodyweight squats for around 60 seconds), while aerobic endurance involves the ability to exert a steady sub-maximal force over a longer period of time (i.e. a 40 minute run). Aerobic Exercise: Aerobic = with oxygen. Aerobic exercises include running, swimming, cycling, rowing etc. These exercises should be done at a steady and not too fast pace so your heart can supply enough oxygen to the muscles. It is cardiovascular fitness but it also trains your muscles to not get fatigued aerobically. If you change the pace and run quicker, then slow, uphill, then downhill, you will be doing a method called Fartlek Training or "Speed Play" which adds an element of "anaerobic" to your aerobic training. For aerobic training, you want to try not to rest at all for the duration of the workout. Anaerobic Exercise: Anaerobic = without oxygen. Anaerobic exercises include weightlifting, sprints, bodyweight training, etc. Anaerobic exercises are performed in short, fast bursts where the heart can't supply enough oxygen to the muscles. Anaerobic training will improve your muscle's ability to maintain exertion without enough oxygen, which is when lactic acid is produced. This is the true meaning of muscular endurance - to repeatedly produce force at low to moderate intensities for extended periods of time. There are many different training methods for anaerobic exercises, such as circuit training, interval training, weight training with low weight and high reps, and more. We will get into those a little further below. For anaerobic endurance training, you want to keep your work to rest ratio about 1:1. So if you do a 1 minute set, rest for 1 minute then go again… Muscular Endurance vs Aerobic Endurance: Aerobic endurance and muscular (anaerobic) endurance train your muscles for endurance in different ways. Anaerobic exercise is good for short term endurance against resistance at a higher intensity, while aerobic endurance is good for long term endurance at a lower intensity (it helps you keep a good supply of oxygen for the muscles to keep going). Both are vitally important in sports, especially sports like football, basketball, soccer, boxing and mma. So, if you want all-around improvements in muscular endurance, you will want to have a good mix of both anaerobic and aerobic exercise. Upper Body vs Lower Body Aerobic Endurance: If all you do is running for aerobic endurance, your lower body aerobic endurance will be good, but your upper body aerobic endurance will not be on par with your lower body aerobic endurance. This is why mixing up your aerobic exercises - swimming, rowing, cycling, running - is good. As we know swimming, rowing, cycling and running is best for aerobic endurance (long endurance), so we will now talk about the best exercises specifically for muscular endurance as it relates to anaerobic training. Best Exercises For Muscular Endurance If you want to improve short-term and power muscular endurance (vital for athletes like football players and basketball players), then you need to focus on compound movements that work large muscle groups and perform sets for longer durations. Best Bodyweight Muscular Endurance Exercises: Squats Push Ups Inverted Rows/Pull Ups Dips Handstands Pike Push Ups Lunges Best Free Weight Muscular Endurance Exercises: Squats Deadlifts Bench Press Military Press Rows For core exercises, both compound isometric exercises (i.e. Planks and Side Planks) and isotonic exercises (v-ups, leg raises, sit ups) are great. If you want to improve muscular endurance, isolation exercises are not very effective (moreover, they are not efficient). Compound exercises are all you need in terms of strength and endurance. Multiplanar Exercises! Ideally, exercises that incorporate multiple ranges of motion are the best. Certain training tools lend themselves to multiplanar training. HOW LONG SHOULD MY SETS BE FOR IMPROVING MUSCULAR ENDURANCE? Aim for a minimum of 30 seconds, but 45-60+ seconds is best for muscular endurance training. REP RANGE FOR MUSCULAR ENDURANCE: For Bodyweight Exercises - 20+ repsFor Free Weight Exercises - 15+ reps (using about 50-60% of your 1RM) You want to focus on maximum tension and time under tension with each set. You should be fatiguing your muscles with each set. 8 Training methods for muscular endurance: What's the best training method for improving muscular endurance? Here are some of the best training methods for muscular endurance. 1. Continuous (or Cardio) Training Cardio training is a great way to improve your aerobic muscular endurance. The best cardio is running (outside), cycling, rowing, and swimming. Swimming is really great as it works your entire body rather than cycling and running which is mostly training your lower body's slow twitch muscle fibers. Cardio is best when done for 30+ minutes. 2. Circuit Training Circuit training involves a series of exercises done in order. Circuit training is a form of repetition endurance, so you will perform a movement with a weight that's light enough to allow you to do the exercises for a longer duration (60+ seconds). Circuit training using weights or bodyweight exercises is an effective way to boost muscular endurance. For example: Push ups: 1 minute Bodyweight squats: 1 minute Dumbbell shoulder press: 1 minute Barbell rows: 1 minute Then rest a few minutes and repeat. or… Push ups: 1 minute Rest 1 minute Bodyweight squats: 1 minute Rest 1 minute Dumbbell shoulder press: 1 minute Rest 1 minute Barbell rows: 1 minute Rest 1 minute then repeat Circuit training for muscular endurance won't require maximum exertion but it will be mentally tough as you need to sustain the repetitions for long durations. When training for strength, you will be doing an exercise for 10-20 seconds compared to muscular endurance resistance training which has you working for 1+ minutes. 3. Interval training Interval training involves alternating between high intensity exercise and rest/active rest. It will improve speed and muscular endurance. High Intensity Interval training is great because it is a good mix of strength training and endurance training. You will not get bulky doing HIIT workouts, but you will maintain lean muscle mass. 4. AMRAP As many reps as possible (AMRAP) bodyweight workouts are effective for training muscular endurance as you will be pushing yourself to the limits in a way that allows you to do continuous reps for longer periods of time. 5. Isometric Training Isometrics are another effective method to build both strength and endurance. It is also known as tension endurance. It's a big part of a rock climber's training regimen. Isometric exercises involve holding a position (i.e. plank) for a set time without moving your joints. Isometrics will work both your slow and fast twitch muscle fibers. We did a whole article on isometric exercises that you can read over so you know exactly what to do and the benefits that come with isometric training. 6. Complex Training A complex workout is a series of exercises, each done for a set number of reps, one after the other, without resting until you finish the last exercise. Complex training involves one training tool, which is challenging but light enough to not have to put it down for around 2-5 minutes of continuous exercises. An example of a complex using a barbell with plates (approximately 135lbs total weight, for a man with good conditioning): Squats x 8 reps Overhead presses x 8 reps Stiff-legged deadlifts x 8 reps Bent over rows x 8 reps Then rest. If you are doing a complex workout, 20-30 minutes of work with little rest as possible is ideal. This is another method that will boost both strength and endurance. 7. Weight Training When it comes to weight training for muscular endurance, you must use low weights - around 50% of your max lift is good - and do high reps. This is one of the most popular ways to train muscular endurance. Here is a good weight training workout plan to improve both muscular strength and muscular endurance: Day 1 - Upper body (endurance) Day 2 - Lower body (endurance) Day 3 - Rest Day 4 - Upper body (strength) Day 5 - Lower body (strength) Day 6 - Cardio Endurance Day 7 - Rest If you are doing a 5 day split (chest, back, legs, etc.), you can simply combine endurance and strength into one workout. So basically, some exercises or sets within your workout are focusing on strength and some on endurance. You could do a pyramid structure to accomplish this: Set 1 x 25 Set 2 x 20 Set 3 x 15 Set 4 x 10 Set 5 x 8 Remember, compound exercises are the way to go, so to save time, throw any isolation exercises out of the workout. 8. Bodyweight Training Bodyweight exercises are also good for endurance training for those who have enough strength to handle their bodyweight fairly easily. If you are able to perform very high reps of a bodyweight exercise like bodyweight squats or push ups, then you will be working your muscular endurance tremendously well when doing so. Optimal Workout Plan for Muscular Endurance Training For most people, and for most athletes, we don't just want to focus on endurance training, we want to also build muscular strength as strength and endurance go hand-in-hand. You need strength to have endurance. So, here are a few different workout plans that you could do to get the best of both worlds. Workout Plan - Option 1: Monday: Aerobic Endurance Training (Cardio) Tuesday: Lower Body Weight Training (Strength) Wednesday: Upper Body Weight Training (Strength) Thursday: Rest Friday: Aerobic Endurance Training (Cardio) Saturday: Lower Body Weight Training (Endurance) Sunday: Upper Body Weight Training (Endurance) Do this for 6-8 weeks. Workout Plan - Option 2: Monday: Upper Body Weight Training (Strength) Tuesday: Lower Body Weight Training (Strength) Wednesday: Aerobic Endurance Training (change up your cardio of choice each week) Thursday: Circuit Training (Endurance) Friday: 20 minute HIIT session Saturday: Aerobic Endurance Training Sunday: Rest This is an intense workout plan, made mostly for those who are very dedicated to training/fitness. Workout Plan - Option 3 (Beginner): For this beginner workout plan, we are going to mix in endurance and strength training on the same day. Remember, control the weight and reps to target both muscular strength and endurance. Monday: Chest/Back (Endurance and Strength) Tuesday: Legs (Endurance and Strength) Wednesday: Arms/Abs (Endurance and Strength) Thursday: Rest Friday: Aerobic Endurance Training Saturday: 10-20 minute HIIT or complex training Sunday: Rest OR Day 1: Chest/Back (Endurance and Strength) Day 2: Rest Day 3: Legs (Endurance and Strength) Day 4: Rest Day 5: Arms/Abs (Endurance and Strength) Day 6: Rest Day 7: Aerobic Endurance Training Day 8: Rest Stick to a workout plan for at least 6-8 weeks, but no longer than 12 weeks. Increase difficulty slightly each week. This could mean adding reps, weight, or working time, or decreasing rest time during anaerobic training, and adding more time to your aerobic training. Looking for a full 12 week program to improve muscular endurance? Check out these plans: Hybrid Athlete Training Program. Endurance Athlete Training Plan Do you want to improve your muscular endurance? Who wouldn't, right? 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No matter what your fitness goals happen to be, focusing a portion of your training time on muscular endurance is a winning tactic. Keep reading to learn the best exercises to maximize muscular endurance in every muscle group, where it fits into the big picture of fitness, and a sample routine to rapidly increase your stamina. What Is Muscular Endurance? The goal of muscular endurance training is to perform more reps or keep a muscle group active for a longer period of time. Here's the technical definition of muscular endurance as a fitness quality: "the ability of muscles to remain active for extended periods of time while resisting or recovering from fatigue." As an illustration, let's examine the differences between the maximum pushup test (a pure muscular endurance activity) and a marathon. If you're attempting to do as many pushups as possible, when you reach your limit, it's not because you had to stop and catch your breath. Instead, it's most likely because all the muscle fibers that allow you to perform a pushup finally became exhausted. And to get better at the maximum pushup test, you'd need to practice doing high-rep pushups. Increasing your aerobic fitness would be totally irrelevant to doing lots of pushups. On the other hand, someone who is unable to finish a marathon can probably still walk shortly after their failed attempt. That means the limiting factor was their inadequate aerobic fitness, not a lack of endurance in the muscle fibers of their legs. If you can't finish a marathon, no amount of muscular endurance training will make it possible. You'd need to focus on aerobic endurance training. A competent marathoner may become a much better runner and lower their injury risk by increasing muscular endurance, but aerobic endurance is the core fitness quality required to finish a marathon in the first place. In other aerobic-dominant activities, though, muscular endurance may be a limiting factor. One such hybrid example is rucking, which is walking or marching with a weighted pack or vest up to one-third of your bodyweight. Rucking overloads your postural muscles, and people who aren't experienced with rucking often have to stop for safety reasons when their form breaks down. The breakdown of form while rucking can occur well before you reach the limit of your aerobic fitness. Aside from pushup tests and other fitness standards, most real-world activities involve other fitness qualities besides just muscular endurance. The Science of Muscular Endurance Training Adaptations Although muscular endurance training can tax all three of your body's energy systems (ATP-CP, glycolytic-lactate, and aerobic-oxidative), it works primarily by targeting specific muscle groups and fatiguing their long-lasting muscle fibers. Your skeletal muscles contain two primary categories of muscle fibers: Type I (known as "slow-twitch") and Type II (also called "fast-twitch") [*]. Larger, stronger Type II fibers are the main movers for powerful, explosive, short-burst, or max strength activities. In contrast, smaller Type I fibers generate less initial power, but can stay active for far longer. Because muscular endurance exercises typically involve higher rep ranges compared to strength and power training, they target slow-twitch Type I muscle fibers[*]. After 2-4 weeks of muscular endurance training, many beneficial fitness-related adaptations occur in your body[*]. These adaptations include hypertrophy (growth) of Type I fibers, heightened oxidative metabolism (fat-burning ability) of Type I and Type II fibers, capillarization (formation of new blood vessels to deliver oxygen and nutrients to muscles), and greater mitochondrial density for increased energy production[*]. Muscular Endurance Rep Ranges According to the exercise science principle called specific adaptation to imposed demand, or SAID for short, your body can only adapt to the demands you place upon it[*]. Therefore, your training routine should reflect your goals. It may sound obvious, but you can't significantly improve muscular endurance unless you train with enough reps to fatigue Type I muscle fibers. Unlike training for strength or hypertrophy, which usually involves 1-12 reps per set, lifting for muscular endurance uses exclusively higher reps. Fifteen reps per set is the minimum volume for muscular endurance, and 25+ reps is typical. You can potentially even do hundreds of reps per set, but unless your specific goal is to do hundreds of reps, there is probably a point of diminishing returns around 100 reps. The reason is that anything past 100 reps per set is so lightweight it will likely tap into the aerobic energy system as opposed to conditioning your Type I muscle fibers for greater endurance capabilities. Unless you have a specific reason to do otherwise, target 15-100 reps per set for muscular endurance training. Who Should Train Muscular Endurance (And Why)? Here are the most common reasons people focus on muscular endurance: Maximizing performance on fitness tests for firefighters, police, and military service members Preventing injury, improving full-body strength, and achieving postural benefits Being well-rounded and attaining the best overall fitness levels In the first example, specializing in muscular endurance is absolutely necessary to do as many pushups, pullups, and situps as humanly possible. Even if you don't need to prioritize pure muscular endurance as a specific fitness quality, some exercises of this type (which we'll cover shortly) can help prevent injury, bring up weak areas, and correct bad posture. Although muscular endurance is secondary to pure strength and aerobic fitness in terms of foundational fitness qualities, there's no denying that spending as little as 4-6 weeks of your training year on it will lead to rapid improvements. Those muscular endurance gains may also translate to increased fitness in other areas. Anyone who wants to be as well-rounded as possible in terms of general fitness should occasionally prioritize muscular endurance. The Top 10 Muscular Endurance Exercises & Activities The proper exercise selection for muscular endurance depends on your goals and context. As with other fitness qualities, compound lifts are more time-efficient, recruit more muscle fibers, and offer more bang for your buck[*]. But if you're looking to correct a muscle imbalance, straighten out your posture, or reduce your risk of injury, isolation or single-joint lifts also play a role. Most people who are looking to increase muscular endurance should use a mix of compound and isolation lifts, with more focus on compound lifts to save time and unnecessary effort. Always ensure you use perfect form when lifting, especially for technical lifts. Instead of going to full muscular failure, end your sets when you're no longer steady or your form begins to decline. 1. Farmer's Walk and Loaded Carries The farmer's walk is a fundamental muscular endurance movement that overloads your grip while teaching correct posture. It's the ideal exercise from this list to incorporate into your regular routine as a warmup or finisher. Use dumbbells, kettlebells, or a trap bar, or change it up with loaded carry variations like the suitcase carry, waiter's walk, or rack position carry. Coaching cues: Head tall and level, chest out, shoulders back, spine straight, walk steady. 2. Pushup-Position Plank The pushup-position plank helps activate your transverse abdominis, reducing spinal injury risk during other movements[*]. It's also a benchmark of core strength and an excellent starting progression leading up to full pushups. If you can't hold this position isometrically for 1-2 minutes, your work is cut out for you. Add it to your warmup routine or between work sets. Coaching cues: Elbows tucked in and slightly bent, posterior pelvic tilt (abs and spine slightly flexed), squeeze the abs and glutes. 3. Kettlebell Swing As a dynamic movement, the one- or two-handed kettlebell swing offers a unique opportunity to train speed-strength-endurance with minimal injury risk. It's also a better choice than high-rep Olympic barbell lifts for safety reasons. If you'd like to try a more technical lift for speed-strength-endurance, the kettlebell snatch is a runner-up. Coaching cues: Hinge (don't squat), explode and fire the glutes to extend the hips fully at the top (hip extension is primary, kettlebell height is secondary), actively snap the 'bell down. 4. Pushups Pushups are the quintessential body weight muscular endurance exercise. They're also a part of countless physical fitness standards. If you can't do a full pushup yet, begin with the pushup-position plank, then add some pushups at 45 degrees or less on a chair, stair rail, or similar, or from your knees. Coaching cues: Posterior pelvic tilt (abs and spine slightly flexed), squeeze the abs and glutes, lower under control until your nose touches the ground, explode up and lock out. 5. Pullups and Chinups When it comes to classic bodyweight movements, pullups and chinups are the bodyweight pulling counterpart to pushups. You can use a towel or martial arts gi to enhance the grip endurance benefits of these exercises. If you can't do a full pullup yet, use a band, partner, or machine for assistance. Coaching cues: Posterior pelvic tilt (abs and spine slightly flexed), start from a dead hang, explode up, collarbone to the bar, lower fully under control. 6. Bodyweight Inverted Row Whether or not you can do a pullup, the bodyweight inverted row is a more scalable exercise that offers additional benefits as a horizontal upper body pulling movement. Adjust the bar height and your foot and torso positioning to make it easier or harder. 7. Kettlebell Crush Curl Kettlebell crush curls are a phenomenal exercise to recruit and fatigue fibers in your grip muscles, forearms, biceps, and more. And because they offer a combination of open-hand crushing grip and supporting grip, they're also a nice change of pace from the usual supporting grip on a one-inch barbell or dumbbell handle. 8. Face Pull With External Rotation For healthy shoulders and good posture, your middle trapezius, rhomboids, and rotator cuff muscles need to be active and strong, with plenty of endurance. Face pulls with external rotation are your one-stop solution for lowering the risk of shoulder injuries. 9. One-arm Supported Dumbbell Row One-arm supported dumbbell rows are a bodybuilding

and a rucking session each week. Muscular Endurance Finisher #1 Chinups, 2-4 sets of max reps with 3 second static top hold each rep Barbell or dumbbell romanian deadlifts, 2-4 sets of 15-25 reps Farmer's walks with dumbbells, kettlebells, or trap bar (4-8 sets, varying the load and distance each time) Muscular Endurance Finisher #2 Pushups, 3-5 sets of max reps Face pull with external rotation using cable stack or resistance bands, 3-5 sets of 15-50 reps Prowler, sled, or vehicle pushing and pulling, 2-10 "sets" of 1-2 minutes each Full Muscular Endurance Training Session Pullups and pushups density block, 20-30 minutes: do as many total reps of pullups and pushups as possible within the allotted time. The number of sets and rest periods are up to you and can change with each session. Beat your total rep PR each week or increase the allotted time. Muscular endurance circuit (2-5 sets of 25-50 reps on each of the following movements): Kettlebell swings, bodyweight inverted row, kettlebell crush curls, pushup-position plank (1-2 minutes per "set") Use an explosive tempo for the concentric portion of all reps, a two-second lowering tempo for sets of fewer than 25 reps, and a one-second lowering tempo for sets of 25 reps or more (except for kettlebell swings, of course). Rest for 1-2 minutes between sets, or shorter periods if you're using supersets or circuits. And make sure you achieve some form of progression each week in each session by increasing sets, reps, or duration where appropriate. If you aren't yet able to do a "real" pullup or pushup, use scaled versions like band-assisted pullups or pushups from your knees for your high-rep muscular endurance workouts, but also make it your goal to do the full version(s). Once you can do at least one full bodyweight pullup (or pushup), you can "grease the groove" by performing singles or low-rep daily sets of pullups (or pushups) throughout the day, every day, for rapid progress. Conclusion Muscular endurance is an incredibly valuable aspect of overall fitness, but unless you're looking to set a PT record, it should rarely be your primary focus. One school of thought holds that muscular endurance is actually a subset of max strength. For example, an individual whose max squat is 315 pounds can inevitably perform more reps with 135 pounds than someone with a max squat of 135, no matter how much the latter individual specializes in muscular endurance. For the highest levels of muscular endurance and overall fitness, organize about 90% of your training routine each year around prioritizing strength and aerobic fitness, with the remainder of your effort going to boosting muscular endurance. Whether you should schedule a specific muscular endurance training block or consistently dedicate a portion of your training program to it depends entirely on your training goals and needs. Finally, never attempt to increase muscular endurance during intense fat loss or a severe caloric deficit. Instead, make sure to eat a caloric surplus (at least temporarily) from plenty of nutrient-dense foods, including lots of protein to ensure you recover fully between sessions.