



## TRAIN TO IMPROVE PREPARE YOUR BODY BEFORE A RUN, OR ON DAYS BETWEEN RUNNING


**Equipment:** Cybex Eagle NX Line (Leg Extension, Leg Curl, Leg Press, Hip Abduction/Adduction, Calf) and Cybex Arc Trainer

**Total Time:** Approx. 30-45 mins.



### BLOCK 1: FEET/ANKLES/CALVES-FOCUSED

Equipment		Exercise	Description	Duration
Eagle NX		Calf Raise	Straight knee	2x 10 reps
Eagle NX		Calf Raise	Bent knee	2x 10 reps



### BLOCK 2: HIP-FOCUSED

Equipment		Exercise	Description	Duration
Eagle NX		Abduction	Move legs away from midline	2x 10 reps


### BLOCK 3: QUAD/HAMSTRING-FOCUSED

Equipment		Exercise	Description	Duration
Eagle NX		Leg Extension	Pad in front of shins – extend legs forward	2x 10 reps
Eagle NX		Leg Curl	Pad behind calves – curl legs back	2x 10 reps

### BLOCK 4

Equipment		Exercise	Description	Duration
Eagle NX		Leg Press	One leg at a time	2x 10 reps each leg
Eagle NX		Leg Press	Push away from the plate both legs	2x 10 reps

### BLOCK 5

Equipment		Exercise	Description	Duration
Arc Trainer		Arc Trainer	Adaptive power mode level 3	5x 30 sec on, 60 sec off

**RESTS  
(unless stated  
otherwise)**

**Between sets or intervals:**  
rest for 30 sec. to 1 min. –  
but maintain momentum

**Between exercises:**  
rest less than 1 min.

**Between blocks:**  
rest for approx. 2 min.