




TRAIN TO MOVE

DEVELOP CONFIDENCE IN KEY MOVEMENTS




Equipment: Cybex Eagle NX Line (Leg Press, Chest Press, Row, Abdominal, Torso Rotation), Cybex Arc Trainer and a box

Total Time: Approx. 30-45 mins.








BLOCK 1: TRISET

Equipment	Exercise	Description	Duration
Eagle NX 	Chest Press	Push handles forward	Rep to fatigue (Rest 30 sec b/w exercises)
Eagle NX 	Row	Pull handles towards body	(Rest 30 sec b/w exercises)
Eagle NX 	Abdominal	Straight arms - push away from body	(Rest 30 sec b/w exercises)
Perform each exercise in order, rest 30 seconds, then repeat 1 time			

BLOCK 2: TRISET

Equipment	Exercise	Description	Duration
Eagle NX 	Leg Press	Right / Left	Rep to fatigue (Rest 30 sec b/w exercises)
Eagle NX 	Torso Rotation	Right / Left	Rep to fatigue (Rest 30 sec b/w exercises)
Arc Trainer 	Arc Trainer	Adaptive power mode level 3	120 SPM to fatigue (Rest 30 sec b/w exercises)
Perform each exercise in order, rest 30 seconds, then repeat 1 time			

BLOCK 3: SUPER SET

Equipment	Exercise	Description	Duration
Eagle NX 	Chest Press	Push away from body	Rep to fatigue. Immediately after chest press move to box step up set
Box 	Step Ups	Alternate legs	Rep to fatigue (Rest 30 sec b/w exercises)
Eagle NX 	Row	Pull handles towards body	Rep to fatigue. Immediately after rows move to push up set
	Push Ups	Push body away from floor	Rep to fatigue (Rest 30 sec b/w exercises)
Eagle NX 	Leg Press	Push away from plate	Rep to fatigue. Immediately after leg press move to plank set
	Plank	Keep body straight and engaged	Hold to fatigue (Rest 30 sec b/w exercises)
Arc Trainer 	Arc Trainer	Adaptive power mode level 3	120 SPM to fatigue (Rest 30 sec b/w exercises)
Perform each exercise in order, rest 30 seconds, then repeat 1 time			

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.