




**TRAIN TO IMPROVE**  
**IMPROVE CARDIO AND DEVELOP STRENGTH**




**Equipment:** Cybex Eagle NX Line (Leg Press, Chest Press, Row), dumbbells, a box and Cybex Arc Trainer

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



**BLOCK 1**

Equipment	Exercise	Description	Duration
Eagle NX 	Leg Press	Use moderate weight	3x 30 sec on, 30 sec off
UPPER BODY SUPERSET:			
Eagle NX 	Chest Press	Push away from body	12 reps
	Push Ups	Push body away from floor	Rep to fatigue
60 second rest and repeat upper body superset 3x			


**BLOCK 2**

Equipment	Exercise	Description	Duration
Dumbbell 	Walking Lunge	User moderate weight	3x 30 sec on, 30 sec off
UPPER BODY SUPERSET			
Eagle NX 	Row	Pull handles towards body	12 reps
Dumbbell 	Bent Row	Start at knees - pull up towards armpit	12 reps
60 second rest and repeat upper body superset 3x			

**BLOCK 3**

Equipment	Exercise	Description	Duration
Eagle NX 	Abdominal	Use moderate weight	3x 30 sec on, 30 sec off
LOWER BODY SUPERSET			
Box 	Alternate Step Ups	Alternate legs	20 reps
Dumbbells 	Squats	Hold dumbbells at shoulder height	12 reps
60 second rest and repeat			

**BLOCK 4**

Equipment	Exercise	Description	Duration
Arc Trainer 	Arc Trainer	Constant power mode at a resistance/watt setting equal to your body weight (lbs)	Above 120 SPM for as long as possible
Take 30 second rest breaks if needed, then continue - Try to work your way up to a continuous 10 minutes			

**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.