



TRAIN TO WIN
MAXIMIZE TOTAL BODY WORKOUT

Equipment: Cybex Arc Trainer and Bravo
Total Time: Approx. 30-45 mins.


BLOCK 1

Equipment	Exercise	Description	Duration
Arc Trainer 	Arc Trainer	Adaptive power mode level 2	5 min at SPM above 140


BLOCK 2

Equipment	Exercise	Description	Duration
Bravo 	Cross Cable Deadlift	Raise to armpit	5x 30 sec on, 30 sec off


BLOCK 3

Equipment	Exercise	Description	Duration
Arc Trainer 	Arc Trainer	Adaptive power mode level 3	2 min at SPM above 140 1 min at SPM below 100 2 min at SPM above 140

BLOCK 4


Equipment	Exercise	Description	Duration
Bravo 	Squat to Press	Start at shoulders – squat and use legs to power up to press overhead	5x 30 sec on, 30 sec off

BLOCK 5


Equipment	Exercise	Description	Duration
Arc Trainer 	Arc Trainer	Adaptive power mode level 4	1 min at SPM above 140 1 min at SPM below 100

Repeat series for a total of 5 minutes

BLOCK 6


Equipment	Exercise	Description	Duration
Bravo 	High Pull Snatch	Start at knees – finish overhead	5x 30 sec on, 30 sec off

BLOCK 7

Equipment	Exercise	Description	Duration
Arc Trainer 	Arc Trainer	Adaptive power mode level 5	30 sec at SPM above 140 30 sec at SPM below 100

Repeat series for 5 minutes total

BLOCK 8

Equipment	Exercise	Description	Duration
Bravo 	Core Standing Chop	High to low	4x 30 sec on, 30 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.