


TRAIN TO MAINTAIN

A TOTAL BODY, HIGH INTENSITY WORKOUT









Equipment: Cybex Arc Trainer, Eagle NX (Chest Press, Row, Leg Press, Torso Rotation) and dumbbells

Total Time: Approx. 30-45 mins.


BLOCK 1: WARM UP

Equipment	Exercise	Description	Duration
Arc Trainer 	Arc Trainer	Constant power mode at 30 resistance	10x 30 sec on, 30 sec off

BLOCK 2: EAGLE NX CIRCUIT

Equipment	Exercise	Description	Duration
Eagle NX 	Chest Press	Push away from body	8-12 reps
Dumbbells 	Bent Row	Bend at knees – pull up towards armpits	8-12 reps
Eagle NX 	Row	Pull hands towards body	8-12 reps
Dumbbells 	Floor Press	Lay on back, engage core, head up, knees bent, feet parallel to floor – push dumbbells away from body	8-12 reps
Eagle NX 	Leg Press	Push plate away from body	8-12 reps
Dumbbells 	Lying Straight Arm Crunch	Lay on back, feet parallel to floor, hold dumbbell straight above head – crunch up	8-12 reps
Eagle NX 	Torso Rotation	Right / Left	8-12 reps
Dumbbells 	Squat	Dumbbells at shoulders	8-12 reps
Repeat series twice			

BLOCK 3: ARC TRAINER FINISHER

Equipment	Exercise	Description	Duration
Arc Trainer 	Arc Trainer	Start at the resistance you finished at during the warm up	1x 30 sec on, 30 sec off (resistance +5) 1x 30 sec on, 30 sec off (resistance -5)
Repeat series 5 times			

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.