

HIGH INTENSITY INTERVAL TRAINING

CYBEX[®]
TRUTHONFITNESS.COM



THE HIGH INTENSITY INTERVAL TRAINING PROGRAM draws from a variety of training styles and methodologies, to provide a training experience that enhances work capacity, muscular endurance, strength, power, speed and cardiovascular conditioning. This unique and challenging program combines several different functional strength building activities with high intensity cardiovascular power endurance. This intense, calorie burning workout delivers results across the entire fitness spectrum and promises to get you in the best shape of your life!

The key to this program's success is its adaptability. Each workout has an unlimited number of progressions and digressions that can be used to modify the intensity level to persons of every fitness level. This process is enhanced primarily due to the unique aspects of the Cybex Arc Trainer[®].

Independent research shows that this cardiovascular, strength-building device allows users to work at higher intensities with lower perceived rates of exertion. People can work harder (higher heart rates and caloric expenditure) without the stress and discomfort of other devices such as treadmills and stationary bikes. The Arc Trainer's unique design makes it the perfect training device for both high level athletes as well as general fitness enthusiasts. Combined with a circuit of high intensity strength intervals, the Cybex Arc Trainer delivers performance gains in almost every category from rehabilitation and weight loss to sports performance and fitness.

Highlights of the program include:

- Timed sets that allow for quick, efficient workouts
- Reduced rest times that improve heart rate recovery and work capacity
- High intensity that enhances metabolic effect and calorie burn
- Alternating cardio and strength that allows the user to recover while still working at a higher level
- Adaptability that provides easy alternatives to adjust intensity

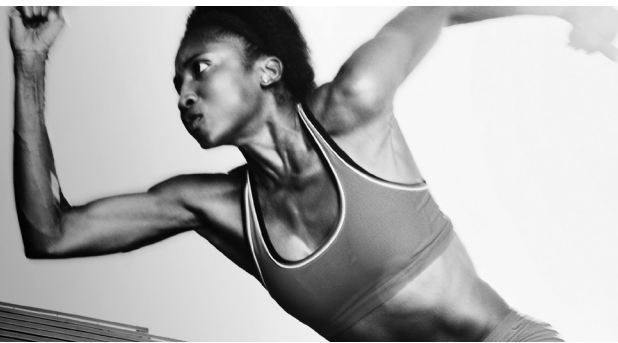
This program is ideal for:

- Weight Loss
- Body Shaping
- Improved Cardiovascular & Muscular Endurance
- Sports Performance (Speed & Power)
- General Fitness and Work Capacity
- Cross Training & Rehabilitation

CONTACT YOUR CYBEX REP, OR CALL +1.774.324.8000 TO LEARN MORE.

SAMPLE HIIT WORKOUTS

By Scott Moody / Cybex Research Institute Fellow



By providing the science for new products, by leading the fitness industry in exercise research and education, and by delivering outstanding programming to club operators and consumers alike, the Cybex Research Institute has no parallel among our competitors.

| | Stations | Equipment | Activity / Intensity | Work | Rest | Reps | Time |
|---------------------------------------|-------------|-------------------|--|------|------|------|---------|
| LEVEL 1: General Fitness (Upper Body) | Station 1A: | Arc Trainer | Strides per Minute: 120 / Incline: 8 / Resistance: 30-40 | 5:00 | 0:00 | 1 | 5 mins |
| | Station 1B: | 5-30 lb Dumbbells | Dumbbell Upright Row | :30 | :30 | 5 | 10 mins |
| | Station 2A: | Arc Trainer | Strides per Minute: 120 / Incline: 8 / Resistance: 30-40 | 5:00 | 0:00 | 1 | 15 mins |
| | Station 2B: | 5-30 lb Dumbbells | Dumbbell Shoulder Press | :30 | :30 | 5 | 20 mins |
| | Station 3A: | Arc Trainer | Strides per Minute: 120 / Incline: 8 / Resistance: 30-40 | 5:00 | 0:00 | 1 | 25 mins |
| | Station 3B: | 5-30 lb Dumbbells | Dumbbell Bench Press (or Push Up) | :30 | :30 | 5 | 30 mins |
| | Station 4A: | Arc Trainer | Strides per Minute: 120 / Incline: 8 / Resistance: 30-40 | 5:00 | 0:00 | 1 | 35 mins |
| | Station 4B: | 5-30 lb Dumbbells | Dumbbell Bent Row | :30 | :30 | 5 | 40 mins |

Find comfortable, sustainable resistance and tempo for each exercise

| | Stations | Equipment | Activity / Intensity | Work | Rest | Reps | Time |
|--|-------------|-------------------|--|------|------|------|---------|
| LEVEL 2: Advanced Fitness (Total Body) | Station 1A: | Arc Trainer | Strides per Minute: 140 / Incline: 8 / Resistance: 30-60 | 2:00 | 1:00 | 2 | 6 mins |
| | Station 1B: | 5-50 lb Dumbbells | Dumbbell Squat Raise to Armpit | :30 | :30 | 5 | 11 mins |
| | Station 2A: | Arc Trainer | Strides per Minute: 140 / Incline: 8 / Resistance: 30-60 | 2:00 | 1:00 | 2 | 17 mins |
| | Station 2B: | 5-50 lb Dumbbells | Dumbbell Squat to Press | :30 | :30 | 5 | 22 mins |
| | Station 3A: | Arc Trainer | Strides per Minute: 140 / Incline: 8 / Resistance: 30-60 | 2:00 | 1:00 | 2 | 28 mins |
| | Station 3B: | 5-50 lb Dumbbells | Dumbbell Bench Press | :30 | :30 | 5 | 33 mins |
| | Station 4A: | Arc Trainer | Strides per Minute: 140 / Incline: 8 / Resistance: 30-60 | 2:00 | 1:00 | 2 | 39 mins |
| | Station 4B: | 5-50 lb Dumbbells | Dumbbell Bent Row | :30 | :30 | 5 | 44 mins |

Find maximum, sustainable resistance level for 2-minute sets on the Arc Trainer

| | Stations | Equipment | Activity / Intensity | Work | Rest | Reps | Time |
|--|-------------|-------------------|--|------|------|------|---------|
| LEVEL 3: Sports Performance (Total Body) | Station 1A: | Arc Trainer | Strides per Minute: 140 / Incline: 8 / Resistance: 30-80 | 1:00 | 1:00 | 3 | 6 mins |
| | Station 1B: | 5-35 lb Dumbbells | Dumbbell 1 Leg Romanian Dead Lift to Upright Row | :30 | :30 | 5 | 11 mins |
| | Station 2A: | Arc Trainer | Strides per Minute: 140 / Incline: 8 / Resistance: 30-80 | 1:00 | 1:00 | 3 | 17 mins |
| | Station 2B: | 5-35 lb Dumbbells | Dumbbell 1 Arm Snatch or High Pull Snatch | :30 | :30 | 5 | 22 mins |
| | Station 3A: | Arc Trainer | Strides per Minute: 140 / Incline: 8 / Resistance: 30-80 | 1:00 | 1:00 | 3 | 28 mins |
| | Station 3B: | 5-35 lb Dumbbells | Dumbbell Clean or Jump Squat | :30 | :30 | 5 | 33 mins |
| | Station 4A: | Arc Trainer | Strides per Minute: 140 / Incline: 8 / Resistance: 30-80 | 1:00 | 1:00 | 3 | 39 mins |
| | Station 4B: | 5-35 lb Dumbbells | Dumbbell Lunge to Press | :30 | :30 | 5 | 44 mins |

Find maximum, sustainable resistance level for 1-minute sets on the Arc Trainer