

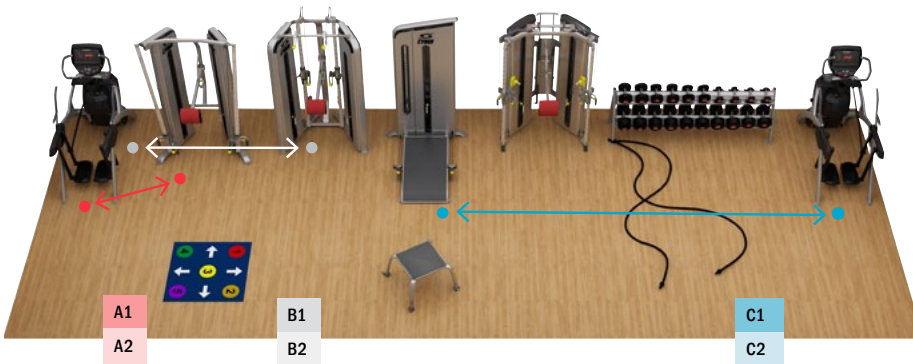


BRAVO ENERGY BURN SERIES

IGNITE WORKOUT

(ENTRY)

IGNITE is the entry-level fitness program in the Bravo Energy Burn Series. It's designed to burn calories and build strength through specific strength movement patterns and cardio blasts.



This program features circuit-based exercises that combine the award-winning Bravo Functional Training System (Bravo, Press, Pull, Lift), and Arc Trainer® with other training accessories.

The client will build confidence and strength in three targeted strength movements while enhancing work capacity in a simple circuit designed to burn calories and build upper and lower body strength.

OVERVIEW

Target Population: Beginner fitness/small group training

Goal: Introduction to strength/fitness circuits

Movement Patterns: Pull, press, lift, balance, and hop

Equipment: Bravo Pull, Press & Lift Stations*, Arc Trainer, boxes, dot mats, and ropes

* Bravo All-in-One can be used in addition/instead.

BENEFITS

- Cardio blasts burn high amounts of calories
- Targeted strength movements build muscle fast
- Achieve a total body workout in just one session
- Maximize work volume in short period of time

WORKOUT: TOTAL BODY ENERGY BURN

Superset Style: Perform the 2 exercises in the A series back-to-back. Repeat 3 times. Move on to the B and C series following the same pattern.

Total workout time: 18 minutes.

Group	Theme	Activity	Work	Rest	Sets
A1	Cardio Interval	Arc Trainer	:30	:30	1
A2	Pressing Station	Supported Chest Press	:30	:30	1
B1	Pull Station	Supported Lat Row	:30	:30	1
B2	Cardio Interval	Arc Trainer	:30	:30	1
C1	Lift Station	Deadlift	:30	:30	1
C2	Cardio Interval	Arc Trainer	:30	:30	1

REPEAT EACH BLOCK 3 TIMES

SAMPLE

Comprehensive Bravo Energy Burn Programming package to be launched in Summer 2013.

Visit cybexintl.com for fresh programming ideas.



BRAVO ENERGY BURN SERIES – IGNITE

WORKOUT VARIATIONS: More exercises can be added to this workout to create a longer, more challenging training session. Loads should be increased in both the strength and Arc exercises to challenge the client’s ability to last the entire 30 seconds.

1. True Block Style: 30s on/ 30s off strength exercises, repeated for three sets along with a 3-minute block on the Arc Trainer (this option gives the client a more focused cardio block and allows the trainer to give more directed attention to form and progressive loading in the strength exercises). For an increased challenge, progress to 5 sets of strength exercises/ 5 minutes on the Arc Trainer.

Total workout time: 12 minutes.

Group	Theme	Activity	Work	Rest	Sets
1	Pressing Station	Supported Chest Press	:30	:30	3
2	Pull Station	Supported Lat Row	:30	:30	3
3	Lift Station	Deadlift	:30	:30	3
4	Cardio Block	Arc Trainer	3:00	:00	1

2. True Circuit Style: Perform 1 set of each exercise in order (ex: Press, Arc, Pull, Arc, Lift, Arc) in 30s on/ 30s off fashion, and then repeat for a total of 3 sets. This does not allow for as much coaching or progressive loading in each exercise, but may allow clients to recover each muscle group fully before moving on to the next set of that exercise. Could progress to 5 sets (rounds).

Total workout time: 18-30 minutes.

REPEAT 3-5 TIMES

Theme	Activity	Work	Rest	Sets
Pressing Station	Supported Chest Press	:30	:30	1
Cardio Interval	Arc Trainer	:30	:30	1
Pull Station	Supported Lat Row	:30	:30	1
Cardio Interval	Arc Trainer	:30	:30	1
Lift Station	Deadlift	:30	:30	1
Cardio Interval	Arc Trainer	:30	:30	1

3. Strength Superset with Block Cardio: Perform 1 set of each strength exercise (Press, Pull, Lift) in 30s on/ 30s off format (total time: 3 minutes), and then perform a 3-minute interval set on the Arc Trainer. This would be considered 1 round. The client would complete 3-5 rounds. This allows for a more focused approach to a strength superset (muscle group recovery with progressive resistance increases) with a focused approach to specific loads on the Arc Trainer (progressive aerobic cardio).

Total workout time: 18-30 minutes.

REPEAT 3-5 TIMES

Theme	Activity	Work	Rest	Sets
Pressing Station	Supported Chest Press	:30	:30	1
Pull Station	Supported Lat Row	:30	:30	1
Lift Station	Deadlift	:30	:30	1
Cardio Interval	Arc Trainer	:30	:30	3

ARC TRAINER PROGRAMMING



The resistance on the Arc Trainer is set initially at a comfortable setting; low to moderate incline (5 to 10) and a sustainable resistance (20 to 25) with a cruising speed of 120 strides per minute for the 30 second on/ 30 second off format.

These settings can be increased as tolerated by the client. In the variations to the left, the Arc Trainer settings can utilize the 2-5 minute cruising programs (sustainable resistance at 120 spm for 2-5 minutes), or can utilize an interval scheme of 1 minute on/ 1 minute off or 2 minutes on/ 1 minute off.