

Challenge: Basic

Equipment: Cybex VR3 Strength

Bike

Treadmill

Arc Trainer

Weeks 1&2	Day 1			Day 2			Day 3		
	Exercise	Volume	Load	Exercise	Volume	Load	Exercise	Volume	Load
	Chest Press	2s 10r		Leg Press	2s 10r		Chest Press	2s 10r	
	Pulldown	2s 10r		Leg Extension	2s 10r		Leg Press	2s 10r	
	Overhead Press	2s 10r		Leg Curl	2s 10r		Pulldown	2s 10r	
	Arm Curl	2s 10r		Hip Abduction	2s 10r		Leg Curl	2s 10r	
	Arm Extension	2s 10r		Standing Calf	2s 10r		Overhead Press	2s 10r	
Abdominal	2s 10r		Rotary Torso	2s 10r		Abdominal	2s 10r		
Back Extension	2s 10r		Back Extension	2s 10r		Rotary Torso	2s 10r		
ARC: 20 minutes; SPM 80 - 100, resistance 15 - 20%			Bike: 20 minutes; 55 - 65% on Heart Rate Control program			Treadmill: 20 minutes, 3 - 4 mph, 0% incline			
Comments:			Comments:			Comments:			

Weeks 3&4	Week 3 Day 1, Week 4 Day 3			Week 3 Day 2, Week 4 Day 2			Week 3 Day 3, Week 4 Day 1		
	Exercise	Volume	Load	Exercise	Volume	Load	Exercise	Volume	Load
	Leg Press	2s 10r		Chest Press	2s 15r		Chest Press	2s 10r	
	Leg Extension	2s 10r		Leg Press	2s 15r		Pulldown	2s 10r	
	Leg Curl	2s 10r		Pulldown	2s 15r		Overhead Press	2s 10r	
	Hip Abduction	2s 10r		Leg Curl	2s 15r		Arm Curl	2s 10r	
	Standing Calf	2s 10r		Overhead Press	2s 15r		Arm Extension	2s 10r	
Rotary Torso	2s 10r		Abdominal	2s 15r		Abdominal	2s 10r		
Back Extension	2s 10r		Rotary Torso	2s 15r		Back Extension	2s 10r		
Treadmill: 30 minutes, 3 - 4 mph, 0% incline			Bike: 30 minutes; 55 - 65% on Heart Rate Control program			ARC: 30 minutes; SPM 80 - 100, resistance 15 - 20%			
Comments:			Comments:			Comments:			

Week 5	Day 1			Day 2			Day 3		
	Exercise	Volume	Load	Exercise	Volume	Load	Exercise	Volume	Load
	Chest Press	2s 10r		Leg Press	2s 15r		Chest Press	2s 10r	
	Pec Fly	1s 10r		Hip Abduction	2s 15r		Pec Fly	1s 10r	
	Pulldown	2s 10r		Arm Curl	2s 15r		Pulldown	2s 10r	
	Rear Delt Fly	1s 10r		Arm Extension	2s 15r		Rear Delt Fly	1s 10r	
	Overhead Press	2s 10r		Abdominal	2s 15r		Overhead Press	2s 10r	
Lateral Raise	1s 10r		Rotary Torso	2s 15r		Lateral Raise	1s 10r		
Abdominal	3s 10r		Back Extension	2s 15r		Abdominal	3s 10r		
ARC: 20 minutes; SPM 80 - 100, resistance 20 - 30%			Treadmill: 30 minutes, alternate 3 - 4 mph and 5 - 6 mph, 0% incline			ARC: 25 minutes; SPM 80 - 100, resistance 20 - 30%			
Comments:			Comments:			Comments:			

Week 6	Day 1			Day 2			Day 3		
	Exercise	Volume	Load	Exercise	Volume	Load	Exercise	Volume	Load
	Leg Press	2s 10r		Chest Press	2s 15r		Leg Press	2s 10r	
	Hip Abduction	2s 10r		Pec Fly	2s 15r		Hip Abduction	2s 10r	
	Leg Extension	2s 10r		Pulldown	2s 15r		Leg Extension	2s 10r	
	Leg Curl	2s 10r		Rear Delt Fly	2s 15r		Leg Curl	2s 10r	
	Arm Extension	2s 10r		Overhead Press	2s 15r		Arm Extension	2s 10r	
Arm Curl	2s 10r		Lateral Raise	2s 15r		Arm Curl	2s 10r		
Rotary Torso	2s 10r		Abdominal	2s 15r		Rotary Torso	2s 10r		
ARC: 25 minutes; SPM 100 - 120, resistance 20 - 30%			Bike: 30 minutes; alternate 55 - 65% and 65 - 75% on Heart Rate Control program			ARC: 30 minutes; SPM 100 - 120, resistance 20 - 30%			
Comments:			Comments:			Comments:			