

X- Trainer Bike

Select the "Manual" button to set a gear that you feel comfortable with and a gear that is going to be appropriate for the work-out described below.

Work-out:

You will cycle for a total of 20 minutes. Divide the workout into 10 time segments of 1, 3, 1, 3, 1, 3, 1, 3, 1 and 3 minutes. Vary the intensity between easy for the 1-minute periods and moderately hard for the 3-minute periods.

Treadmill

Choose "Manual" — Keep the incline at 2%. Select a speed that you feel comfortable with and is appropriate for the work-out described below.

Work-out:

You will walk and/or run for a total of 20 minutes. Adjust your exercise intensity from low to high to suit the duration of individual time segments as described in the pyramid of 6, 5, 4, 3, and 2 minutes.

Stepper

Choose "Manual" — Select an intensity that you feel comfortable with and is appropriate for the work-out described below.

Work-out:

Exercise continuously at the same, easy to moderate level of intensity for the first 5 minutes of the work-out. Divide the last fifteen minutes into 5 - 3 minute segments. For each 3 minute segment -- alternate the intensity by increasing it by two levels for 2 minutes and subsequently decreasing it, by one level, for the third minute.

Rower

Set the target time of the cyclo-ergometer for 20 minutes and select as display the speed per 500m. Choose an intensity setting between 1 and 10. Your rowing will determine the intensity of the activity. It should feel comfortable and be appropriate for work-out described below.

Work-out:

Divide the work-out into ten 2-minute time segments. Exercise at lower levels of intensity during odd numbered intervals and at higher intensity during even numbered intervals.

All Ellipticals

Choose "Manual" — Select an intensity that you feel comfortable with and is appropriate for the work-out described below.

Work-out:

Exercise continuously at the same level of intensity for the first 10 minutes of the work-out. During the last set of ten minutes, alternate the intensity by increasing and subsequently decreasing two levels every two minutes.