SCYBEX[®] EAGLE BASIC FITNESS PROGRAM

	Challenge: Basic		Equipr	nent:	Cybex Eagle \$	Strength	Bike	Treadmill	Arc Trainer	
	Day	Day 2				Da	Day 3			
	Exercise	Volume	Load	Ex	ercise	Volume	Load	Exercise	Volume	Load
	Chest Press	2s 10r		Le	g Press	2s 10r		Chest Press	2s 10r	
	Seated Row	2s 10r		Le	g Extension	2s 10r		Leg Press	2s 10r	
	Overhead Press	2s 10r		Le	g Curl	2s 10r		Incline Pull	2s 10r	
Weeks	Arm Curl	2s 10r		Hi	Abduction	2s 10r		Leg Curl	2s 10r	
ěx	Arm Extension	2s 10r		Hi	o Adduction	2s 10 r		Overhead Press	2s 10r	
s 1	Abdominal	2s 10r		Ro	tary Calf	2s 10r		Abdominal	2s 10r	
82	Back Extension	2s 10r		Ro	tary Torso	2s 10r		Rotary Torso	2s 10r	
N				Ba	ck Extension	2s 10r				
	ARC: 20 minutes; SPM 80 - 100,			Bil	var 20 minutaar EE	65% on Hor	rt Doto	Troodmille 20 minuto	- 2 1 mmh 0	9/
	resistance 15 - 20%	ou - 100,		Bike: 20 minutes; 55 - 65% on Heart Rate Control program				Treadmill: 20 minutes, 3 - 4 mph, 0% incline		
	Comments:			Co	mments:			Comments:	Comments:	
				L						

	Week 3 Day 1, W	leek 4 Day	3
	Exercise	Volume	Load
	Leg Press	2s 10r	
	Leg Extension	2s 10r	
	Leg Curl	2s 10r	
≶	Hip Abduction	2s 10r	
Weeks	Hip Adduction	2s 10 r	
ks	Rotary Calf	2s 10r	
3&4	Rotary Torso	2s 10r	
4	Back Extension	2s 10 r 2s 10r 2s 10r 2s 10r	
	Treadmill: 30 minutes	$8 - 4 \text{ mph} 0^{\circ}$	6

Treadmill: 30 minutes, 3 - 4 mph, 0% incline Comments:

Week 3 Day 2, Week 4 Day 2

Exercise	Volume	Load
Chest Press	2s 15r	
Leg Press	2s 15r	
Incline Pull	2s 15r	
Leg Curl	2s 15r	
Overhead Press	2s 15r	
Abdominal	2s 15r	
Rotary Torso	2s 15r	

Bike:30 minutes; 55 - 65% on Heart Rate Control program

Comments:

Week 3 Day 3, Week 4 Day 1

Exercise	Volume	Load
Chest Press	2s 10r	
Seated Row	2s 10r	
Overhead Press	2s 10r	
Arm Curl	2s 10r	
Arm Extension	2s 10r	
Abdominal	2s 10r	
Back Extension	2s 10r	

ARC: 30 minutes; SPM 80 - 100, resistance 15 - 20%

Comments:

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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		
	Seated Row	2s 10r		Hip Adduction	2s 15r		Incline Pull	2s 10r		
	Rear Delt Fly	1s 10r		Arm Curl	2s 15r		Rear Delt Fly	1s 10r		
ξ	Overhead Press	2s 10r		Arm Extension	2s 15r		Overhead Press	2s 10r		
Week	Lateral Raise	1s 10r		Abdominal	2s 15r		Lateral Raise	1s 10r		
<u>л</u>	Abdominal	3s 10r		Rotary Torso	2s 15r		Abdominal	3s 10r		
				Back Extension	2s 15r					
	ARC: 20 minutes; SPM 80 - 100, resistance 20 - 30%			Treadmill: 30 minute mph and 5 - 6 mph, 0	,	- 4	ARC: 25 minutes; SP resistance 20 - 30%	minutes; SPM 80 - 100, ce 20 - 30%		
	Comments:			Comments:			Comments:			

Day 1			Day	/ 2		Day 3			
	Exercise	Volume	Load	Exercise	Volume	Load	Exercise	Volume	Load
	Leg Press	3s 10r		Chest Press	3s 15r		Leg Press	3s 10r	
	Hip Abduction	3s 10r		Pec Fly	3s 15r		Hip Abduction	3s 10r	
	Hip Adduction	3s 10r		Seated Row	3s 15r		Hip Adduction	3s 10r	
	Leg Extension	3s 10r		Rear Delt Fly	3s 15r		Leg Extension	3s 10r	
×	Leg Curl	3s 10r		Overhead Press	3s 15r		Leg Curl	3s 10r	
Week	Arm Extension	3s 10r		Lateral Raise	3s 15r		Arm Extension	3s 10r	
6	Arm Curl	3s 10r		Abdominal	3s 15r		Arm Curl	3s 10r	
	Rotary Torso	3s 10r					Rotary Torso	3s 10r	
		•							
	ARC: 25 minutes; SPM 100 - 120, resistance 20 - 30%		Bike:30 minutes; alte 65 - 75% on Heart Ra			ARC: 30 minutes; SPM 100 - 120, resistance 20 - 30%			
	Comments:			Comments:			Comments:		

Color Code

Dual Axis

One Limb at a Time