WORK OUT

Before you begin, refer to the ARC-NRG Quick Start Guide or Set Up Video for details on correct set up. **INSTRUCTIONS:**

Complete all exercise as a circuit then rest for 90sec. before beginning the circuit again.

Begin with 4-6 reps of each move, and work up to 10-12 over 3-4 weeks.

Begin with 3 complete circuits, and work up to 5 circuits over 3-4 weeks.

At the 4 week mark, begin substituting in harder moves from the Exercise Menu.

1. STANDARD PUSHUP
2. TWISTING HAND PUSHUP - WITH SLIDERS
3. PLANK WITH ALTERNATING LEG LIFT
4. STANDING REAR DELTS
5. PLIE SQUAT
6. SINGLE LEG FORWARD LUNGE - WITH SLIDER
7. MOUNTAIN CLIMBER - WITH SLIDERS
8. TRICEP PUSHUP
9. DIAMOND PUSHUP
10. STANDARD PUSHUP - TO FAIL



---Aim for 3 Circuit-------| |-----Aim for 3-4 Circuits-----| |------Aim for 3 to 4 Circuits------| |------Aim for 5 Circuits------| -Aim for 4 - 6 Reps-----| |-----Aim for 5 - 7 Reps------| |------Aim for 8 - 9 Reps-----| |----Aim for 10 - 12 Reps---MON WED FRI SUN TUE THU SAT MON WED FRI SUN TUE CIRCUITS COMPLETED R Ε Р Ε Т Т Ν 5

--Aim to increase reistance from week to week and / or begin subsituing different moves from the Exercise Menu ---Aim for 3 to 4 Circuits ------||-----Aim for 3-4 Circuits-----||------Aim for 5 Circuits------||------Aim for 5 Circuits-------||-----Aim for 8 - 10 Reps-----||-------Aim for 10 - 12 Reps-----

1. Upper Body & Core Exercise 6. Core Specific or Lower Body Exercise 7. Core Specific or Lower Body Exercise 8. Upper Body & Core Exercise

MIX THINGS UP AND CREATE YOUR OWN 10 EXERCISE CIRCUIT BY MIXING

UP MOVES FROM THE WORKOUT ABOVE WITH THOSE IN THE EXERCISE MENU: COMPLE

	WEEK 5				WEEK 6			WEEK 7				WEEK 8		
	MON	WED	FRI	SUN	TUE	тни	SAT	MON	WED	FRI	SUN	TUE	тни	SAT
CUITS														
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