



WARM UP

1. JOGGING ON THE SPOT 90SEC. (LOW IMPACT VERSION - MARCHING)
2. JUMPING JACKS 90SEC. (LOW IMPACT VERSION - SQUATS)

DYNAMIC STRETCH

1. SHOULDER ROLLS 15 FORWARD ROTATION, THEN 15 REVERSE ROTATION.
2. ARM CIRCLES 15 FORWARD ROTATION, THEN 15 REVERSE ROTATION.
3. TORSO TWISTS 15 EACH SIDE.
4. HIP CIRCLES 15 LEFT LEG, THEN 15 RIGHT LEG.
5. LEG SWINGS 15 LEFT LEG, THEN 15 RIGHT LEG.
6. CAT STRETCHES 15 REPS.

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

EXERCISE MENU

UPPER BODY & CORE EXERCISES

1. FLY PUSHUP - WITH SLIDERS
2. KNUCKLE PUSHUP
3. WIDE HAND PUSHUP
4. PUSHUP WITH ALTERNATING LEG LIFT
5. HALF, HALF, FULL PUSHUP

CORE SPECIFIC EXERCISES

1. DECLINE SIT UP - 9 TO 3
2. DECLINE PEDESTAL PUSH
3. DECLINE CORE TWIST
4. IN & OUT ABS WITH JACK LEGS

LOWER BODY EXERCISES

1. WINDMILL SQUAT
2. CURTSEY LUNGE
3. BOUNCE SQUAT
4. JUMP SQUAT
5. FORWARD & BACK LUNGE - WITH SLIDER

WORK OUT

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9. DIAMOND PUSHUP
10. STANDARD PUSHUP - TO FAIL

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

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

1. UPPER BODY & CORE EXERCISE
2. UPPER BODY & CORE EXERCISE
3. UPPER BODY & CORE EXERCISE
4. CORE SPECIFIC OR LOWER BODY EXERCISE
5. CORE SPECIFIC OR LOWER BODY EXERCISE
6. CORE SPECIFIC OR LOWER BODY EXERCISE
7. CORE SPECIFIC OR LOWER BODY EXERCISE
8. UPPER BODY & CORE EXERCISE
9. UPPER BODY & CORE EXERCISE
10. UPPER BODY & CORE EXERCISE



-----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-----			
WEEK 1				WEEK 2				WEEK 3				WEEK 4			
MON	WED	FRI	SUN	TUE	THU	SAT	MON	WED	FRI	SUN	TUE	THU	SAT		
CIRCUITS COMPLETED:															

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-----Aim to increase resistance from week to week and / or begin substituting 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 8 - 10 Reps-----				-----Aim for 10 - 12 Reps-----				-----Aim for 10 - 12 Reps-----			
WEEK 5				WEEK 6				WEEK 7				WEEK 8			
MON	WED	FRI	SUN	TUE	THU	SAT	MON	WED	FRI	SUN	TUE	THU	SAT		
CIRCUITS COMPLETED:															

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