

# EAGLE BASIC FITNESS PROGRAM

Challenge: Basic

Equipment: Cybex Eagle Strength

Bike

Treadmill

Arc Trainer

Weeks 1&2

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

Comments:

### Day 2

Exercise	Volume	Load
Leg Press	2s 10r	
Leg Extension	2s 10r	
Leg Curl	2s 10r	
Hip Abduction	2s 10r	
Hip Adduction	2s 10 r	
Rotary Calf	2s 10r	
Rotary Torso	2s 10r	
Back Extension	2s 10r	

Bike: 20 minutes; 55 - 65% on Heart Rate Control program

Comments:

### Day 3

Exercise	Volume	Load
Chest Press	2s 10r	
Leg Press	2s 10r	
Incline Pull	2s 10r	
Leg Curl	2s 10r	
Overhead Press	2s 10r	
Abdominal	2s 10r	
Rotary Torso	2s 10r	

Treadmill: 20 minutes, 3 - 4 mph, 0% incline

Comments:

Weeks 3&4

### Week 3 Day 1, Week 4 Day 3

Exercise	Volume	Load
Leg Press	2s 10r	
Leg Extension	2s 10r	
Leg Curl	2s 10r	
Hip Abduction	2s 10r	
Hip Adduction	2s 10 r	
Rotary Calf	2s 10r	
Rotary Torso	2s 10r	
Back Extension	2s 10r	

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:

Week 5

### Day 1

Exercise	Volume	Load
Chest Press	2s 10r	
Pec Fly	1s 10r	
Seated Row	2s 10r	
Rear Delt Fly	1s 10r	
Overhead Press	2s 10r	
Lateral Raise	1s 10r	
Abdominal	3s 10r	

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

Comments:

### Day 2

Exercise	Volume	Load
Leg Press	2s 15r	
Hip Abduction	2s 15r	
Hip Adduction	2s 15r	
Arm Curl	2s 15r	
Arm Extension	2s 15r	
Abdominal	2s 15r	
Rotary Torso	2s 15r	
Back Extension	2s 15r	

Treadmill: 30 minutes, alternate 3 - 4 mph and 5 - 6 mph, 0% incline

Comments:

### Day 3

Exercise	Volume	Load
Chest Press	2s 10r	
Pec Fly	1s 10r	
Incline Pull	2s 10r	
Rear Delt Fly	1s 10r	
Overhead Press	2s 10r	
Lateral Raise	1s 10r	
Abdominal	3s 10r	

ARC: 25 minutes; SPM 80 - 100, resistance 20 - 30%

Comments:

Week 6

### Day 1

Exercise	Volume	Load
Leg Press	3s 10r	
Hip Abduction	3s 10r	
Hip Adduction	3s 10r	
Leg Extension	3s 10r	
Leg Curl	3s 10r	
Arm Extension	3s 10r	
Arm Curl	3s 10r	
Rotary Torso	3s 10r	

ARC: 25 minutes; SPM 100 - 120, resistance 20 - 30%

Comments:

### Day 2

Exercise	Volume	Load
Chest Press	3s 15r	
Pec Fly	3s 15r	
Seated Row	3s 15r	
Rear Delt Fly	3s 15r	
Overhead Press	3s 15r	
Lateral Raise	3s 15r	
Abdominal	3s 15r	

Bike: 30 minutes; alternate 55 - 65% and 65 - 75% on Heart Rate Control program

Comments:



### Day 3

Exercise	Volume	Load
Leg Press	3s 10r	
Hip Abduction	3s 10r	
Hip Adduction	3s 10r	
Leg Extension	3s 10r	
Leg Curl	3s 10r	
Arm Extension	3s 10r	
Arm Curl	3s 10r	
Rotary Torso	3s 10r	

ARC: 30 minutes; SPM 100 - 120, resistance 20 - 30%

Comments:

#### Color Code

-  Dual Axis
-  One Limb at a Time