

★ **Workout Goal:** Focus on and develop strength and shape of glutes.

| MINUTES | DESCRIPTION | STRIDE HT. | RESIST. | STRIDE | HANDS |
|---------|----------------------|------------|---------|-----------|----------------|
| 1 - 5 | Warm Up - Freestyle | 2 | 1 - 5 | Freestyle | Freestyle |
| 5 - 7 | Glute Session #1 | 3 | 6 - 7 | Stepping | Rodeo Grip |
| 7 - 8 | Recovery | 2 | 3 - 5 | Freestyle | Freestyle |
| 8 - 10 | Glute Session #2 | 4 | 8 - 9 | Walk/Jog | Rodeo Grip |
| 10 - 11 | Recovery | 2 | 3 - 5 | Freestyle | Freestyle |
| 11 - 13 | Glute Session #3 | 5 | 10 - 11 | Jog/Run | Moving Handles |
| 13 - 14 | Recovery | 2 | 3 - 5 | Freestyle | Freestyle |
| 14 - 16 | Glute Session #4 | 5 | 12 - 13 | Jog/Run | Moving Handles |
| 16 - 17 | Recovery | 2 | 3 - 5 | Freestyle | Freestyle |
| 17 - 19 | Glute Session #5 | 5 | 14 - 15 | Jog/Run | Moving Handles |
| 19 - 25 | Recovery / Cool Down | 2 | 1 - 5 | Freestyle | Freestyle |

SKI CONDITIONING INTERVAL WORKOUT on the Adaptive Motion Trainer®

★ **Workout Goal:** Focus on and develop strength and endurance for downhill skiing.

| MINUTES | DESCRIPTION | STRIDE HT. | RESIST. | STRIDE | HANDS | NOTE(S) |
|---------|----------------------|------------|---------|-----------------|------------|-----------------------------|
| 1 - 5 | Warm Up | Any | 1 - 5 | Freestyle | Freestyle | Squat back - arms straight |
| 5 - 6 | Ski Session #1 | 2 | 3 | Stepping | Rodeo Grip | |
| 6 - 7 | Recovery | Any | 3 - 5 | Freestyle | Freestyle | Squat back - arms straight |
| 7 - 8 | Ski Session #2 | 2 | 4 | Stepping | Rodeo Grip | |
| 8 - 9 | Recovery | Any | 3 - 5 | Freestyle | Freestyle | |
| 9 - 10 | Ski Session #3 | 3 | 5 | Stepping | Rodeo Grip | Squat back - arms straight* |
| 10 - 11 | Recovery | Any | 3 - 5 | Freestyle | Freestyle | |
| 11 - 12 | Ski Session #4 | 3 | 6 | Reverse Ellipse | Rodeo Grip | |
| 12 - 13 | Recovery | Any | 3 - 5 | Freestyle | Freestyle | |
| 13 - 14 | Ski Session #5 | 3 | 6 | Reverse Ellipse | Rodeo Grip | |
| 14 - 15 | Recovery | Any | 3 - 5 | Freestyle | Freestyle | |
| 15 - 16 | Ski Session #6 | 3 | 5 | Reverse Ellipse | Rodeo Grip | Squat back - arms straight |
| 16 - 17 | Recovery | Any | 3 - 5 | Freestyle | Freestyle | |
| 17 - 18 | Ski Session #7 | 2 | 4 | Reverse Ellipse | Rodeo Grip | Squat back - arms straight* |
| 18 - 19 | Recovery | Any | 3 - 5 | Freestyle | Freestyle | |
| 19 - 20 | Ski Session #8 | 1 | 3 | Reverse Ellipse | Rodeo Grip | Squat back - arms straight |
| 20 - 25 | Recovery / Cool Down | Any | 1 - 5 | Freestyle | Freestyle | |

BOOT CAMP #1 Total Body Conditioning Workout on the Adaptive Motion Trainer®



★ **Workout Goal:** Focus on and develop strength and cardiovascular endurance in a total body workout.

| MINUTES | DESCRIPTION | STRIDE HT. | RESIST. | STRIDE | HANDS | NOTE(S) |
|---------|-------------|------------|---------|---------------|------------|----------------------------|
| 1 - 5 | Warm Up | Any | Any | Freestyle | Freestyle | Warm up |
| 5 - 6 | Cardio #1 | 2 | 5 | Stepping | Handles | Active arms 50/50 |
| 6 - 7 | Cardio #2 | 2 | 5 | Walk/Jog | Handles | Right arm only - active |
| 7 - 8 | Cardio #3 | 3 | 5 | Walk/Jog | Handles | Left arm only - active |
| 8 - 9 | Cardio #4 | 3 | 5 | Stepping | Rodeo Grip | Squat back - arms straight |
| 9 - 10 | Recovery | Any | Any | Freestyle | Freestyle | Recovery |
| 10 - 11 | Cardio #5 | 2 | 7 | Jog/Run | Handles | Active arms 50/50 |
| 10 - 11 | Cardio #6 | 5 | 10 | Stepping | Rodeo Grip | Emphasize glute |
| 11 - 12 | Cardio #7 | 2 | 8 | Rev.* Jog/Run | Handles | Active arms 50/50 |
| 12 - 13 | Cardio #8 | 4 | 8 | Stepping | Rodeo Grip | Squat back - arms straight |
| 13 - 14 | Recovery | Any | Any | Freestyle | Freestyle | Recovery |
| 14 - 15 | Cardio #9 | 2 | 7 | Walk/Jog | Handles | Active arms 50/50 |
| 15 - 16 | Cardio #10 | 3 | 5 | Jog/Run | Hands Free | 30" stride or greater |
| 16 - 17 | Cardio #11 | 3 | 7 | Rev. Jog/Run | Hands Free | 30" stride or greater |
| 17 - 18 | Cardio #12 | 2 | 4 | Stepping | Rodeo Grip | Squat back - arms straight |
| 18 - 19 | Recovery | Any | Any | Freestyle | Freestyle | Recovery |
| 19 - 20 | Cardio #13 | 4 | 5 | Stepping | Rodeo Grip | Sprint |
| 21 - 22 | Cardio #14 | 4 | 5 | Rev. Walk Jog | Handles | Active arms 50/50 |
| 22 - 23 | Cardio #15 | 5 | 5 | Jog/Run | Handles | Passive arms |
| 23 - 24 | Cardio #16 | 5 | 4 | Stepping | Rodeo Grip | Squat back - arms straight |
| 24 - 25 | Recovery | Any | Any | Freestyle | Freestyle | Recovery |
| 25 - 26 | Cardio #17 | 1 | 3 | Rev. Run | Handles | Active arms 50/50 |
| 26 - 27 | Cardio #18 | 2 | 3 | Jog/Run | Hands Free | 30" Stride or greater |
| 28 - 29 | Cardio #19 | 2 | 3 | Jog/Run | Handles | Active arms 50/50 |
| 29 - 30 | Cardio #20 | 4 | 4 | Stepping | Rodeo Grip | Squat back - arms straight |
| 30 - 35 | Cool Down | Any | Any | Freestyle | Freestyle | Cool down |

BOOT CAMP #2 Total Body Conditioning Workout on the Adaptive Motion Trainer®



★ **Workout Goal:** Focus on and develop strength and cardiovascular endurance in a total body workout.

| MINUTES | DESCRIPTION | STRIDE HT. | RESIST. | STRIDE | HANDS | NOTE(S) |
|---------|---|--|---------|---------------|------------|----------------------------|
| 1 - 5 | Warm Up | Any | Any | Freestyle | Freestyle | Warm up |
| 5 - 6 | Cardio #1 | 2 | 5 | Stepping | Handles | Active arms 50/50 |
| 6 - 7 | Cardio #2 | 2 | 5 | Walk/Jog | Handles | Right arm only - active |
| 7 - 8 | Cardio #3 | 3 | 5 | Walk/Jog | Handles | Left arm only - active |
| 8 - 9 | Cardio #4 | 3 | 5 | Stepping | Rodeo Grip | Squat back - arms straight |
| 9 - 10 | Recovery | Any | Any | Freestyle | Freestyle | Recovery |
| 10 - 15 | Strength #1 <i>Standing on AMT Pedals</i> | Pedals level, posture up, hold 45 seconds. Right foot down, hold left foot down, hold 5 seconds reverse, repeat 2x. Pedals level, right foot forward, left foot back, hold 5 seconds. Reverse repeat 2x. Pedals level, 10 - 15 squats, hands free, 5 seconds each rep. Pedals level, 10 - 15 dips, hands on siderails. | | | | |
| 15 - 16 | Cardio #5 | 2 | 7 | Walk/Jog | Handles | Active arms 50/50 |
| 16 - 17 | Cardio #6 | 3 | 5 | Jog/Run | Hands Free | 30" stride or greater |
| 17 - 18 | Cardio #7 | 3 | 7 | Rev.* Jog/Run | Hands Free | 30" stride or greater |
| 18 - 19 | Cardio #8 | 2 | 4 | Stepping | Rodeo Grip | Squat back - arms straight |
| 19 - 20 | Recovery | Any | Any | Freestyle | Freestyle | Recovery |
| 20 - 25 | Strength #2 <i>Standing on/ behind AMT</i> | Standing, alt lunge onto rear step up platform, 10x each side. Standing, alt lunge onto foot pedals (stabilize), 10x each side. Standing squat, one foot on platform, one off. | | | | |
| 25 - 26 | Cardio #9 | 1 | 3 | Rev. Run | Handles | Active arms 50/50 |
| 26 - 27 | Cardio #10 | 2 | 3 | Jog/Run | Hands Free | 30" stride or greater |
| 28 - 29 | Cardio #11 | 2 | 3 | Jog/Run | Handles | Active arms 50/50 |
| 29 - 30 | Cardio #12 | 4 | 4 | Stepping | Rodeo Grip | Squat back - arms straight |
| 30 - 35 | Cool Down | Any | Any | Freestyle | Freestyle | Cool down |