

Adaptive Motion Trainer Workout Programs



AMT for Beginners

The program below is suggested for AMT beginners and should be incorporated into their workout at least twice a week to achieve weight loss and improved cardio fitness.

WEEK	PROGRAM	TIME	LEVEL	FREQ.	INSTRUCTIONS
1	Quickstart	10 min	1-2	2/week	Climb 3 min, then short strides 2 min. Repeat 2x.
2	Quickstart	12 min	1-2	2/week	Climb 3 min, then short strides 3 min. Repeat 2x.
3	Quickstart	12 min	3	2/week	Climb 4 min, then short strides 2 min. Climb 2 min, then short strides 4 min.
4	Manual	15 min	4	2/week	Climb 5 min, short strides 5 min, then climb 5 min.
5	Manual	15 min	4-5	2/week	Climb 4 min, short strides 6 min, then long strides 5 min.
6	Manual	15 min	5-6	2/week	Short strides 7 min, then long strides 8 min.
7	Manual	18 min	6-7	2/week	Short strides 3 min at level 6, then long strides 6 min at level 7. Repeat 2x.
8	Manual	20 min	6-8	2/week	Climb 3 min, short strides 4 min, then long strides for remaining 13 min.

Intermediate AMT:

This six-week program is intended for exercisers who are familiar with the AMT and looking to lose weight.

WEEK	PROGRAM	TIME	LEVEL	FREQ.	STRIDE TYPE / INSTRUCTIONS
1	Manual	10 min	6	2-3/week	Climb/short strides
2	Manual	12 min	6-7	2-3/week	Short strides/long strides
3	Interval	15 min	8-10*	3/week	Climb/short strides
4	Interval	18 min	8-10*	3/week	Short strides/long strides
5	Heart Rate	18 min	ADJ**	3/week	Various
6	Heart Rate	20 min	ADJ**	3/week	Various

Advanced AMT:

This eight week program is intended for experienced AMT users looking to prepare for the ski season.

WEEK	PROGRAM	TIME	LEVEL	FREQ.	STRIDE TYPE / INSTRUCTIONS
1	Manual	15 min	4	2-3/week	Climb
2	Manual	16 min	4	2-3/week	Climb/short strides. Climb 4 min/short stride 4 min. Repeat 2x.
3	Manual	18 min	5	3/week	Climb/short strides. Climb 6 min, short stride 6 min.
4	Interval	18 min	6	3/week	Climb. Default resistance settings are 1 and 4.
5	Interval	20 min	6	3/week	Short strides/long strides. Short stride 10 min, long stride 10 min.
6	Heart Rate	20 min	ADJ*	3/week	Short strides
7	Heart Rate	25 min	ADJ*	3-4/week	Short strides/long strides. Short stride 10 min, long stride 15 min.
8	Interval	25 min	6-8	4/week	Long strides

*Work intervals **Program auto-adjusts