

# FUSION PROGRAM

(Speed/Incline profile graphs are the same as the Interval Program above)

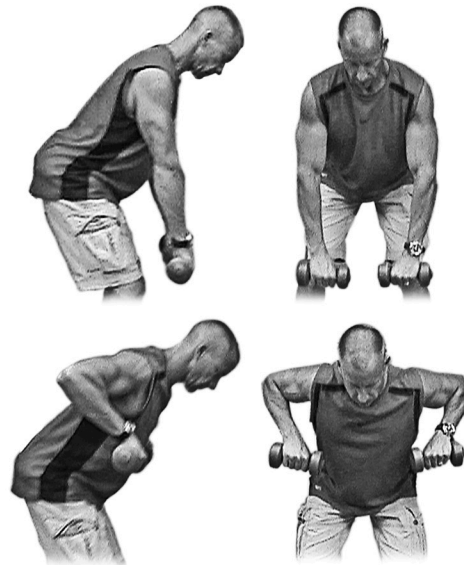
Resistance: This program takes you through high levels of cardio & strength intensity followed by recovery periods of low intensity. This program utilizes and develops your “Fast Twitch” muscle fibers which are used when performing tasks that are intense and short in duration. These deplete your oxygen level and spike your heart rate, followed by periods of recovery and heart rate drop to replenish oxygen. Your cardiovascular system gets programmed to use oxygen more efficiently.

Incline: This program will spike similar to the speed profile, but in different segments (columns); this means that all of your lower extremity muscles will be equally challenged throughout this program. The incline alternates between 25 & 65 % of maximum elevation

## DUMBBELL BENT OVER ROW

EMPHASIS: MID/UPPER BACK & FRONT OF ARMS

1. Grasp the dumbbells with an overhand grip and arms fully extended in front of thighs; feet are spaced shoulder width apart
2. Maintain a slightly arched lower back throughout the exercise (see side view)
3. Begin the exercise by drawing your elbows up and out until there is a 90° bend in your elbows
4. Slowly lower the dumbbells back to the start position
5. Repeat this sequence for the duration of the strength interval

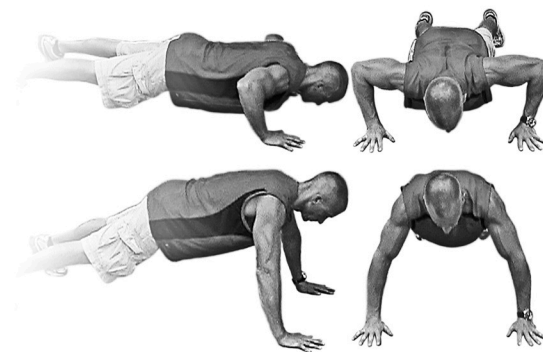


## PUSH UP

EMPHASIS: CHEST, SHOULDERS, & BACK OF ARMS

There are two variations of this exercise. If you aren't able to perform the exercise as shown in this illustration, place your knees on the floor, a padded mat, or a pillow. Also, a wider hand position places more emphasis on the chest and shoulder muscles, while a narrower hand position places more emphasis on the Tricep muscles (back of the arm)

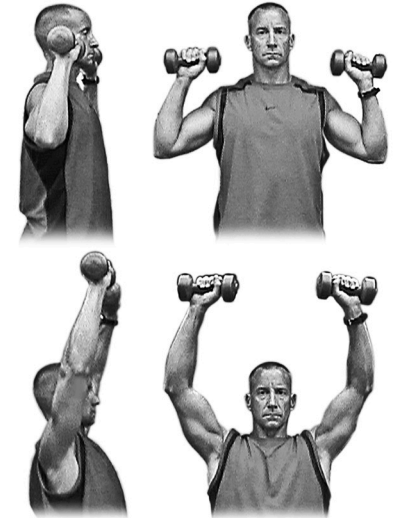
1. Place your hands on the floor or a set of dumbbells (Caution: be aware that the dumbbells may roll and result in injury, especially if the ends are round); draw your stomach muscles towards your spine to maintain a straight line between your ankles and shoulders
2. Begin with your elbows bent at 90°
3. Fully straighten your arms
4. Repeat this sequence for the duration of the strength interval



## DUMBBELL SHOULDER PRESS

EMPHASIS: SHOULDERS

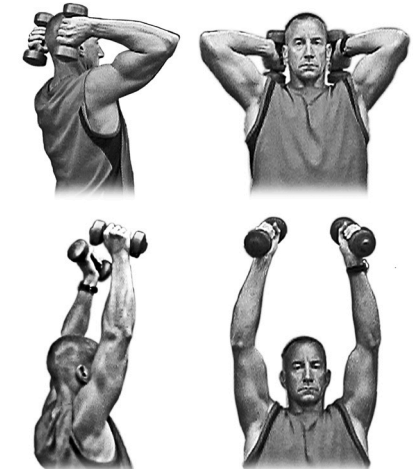
1. Hold the dumbbells at shoulder height with an overhand (palms facing forward) or neutral (palms facing one another) grip
2. Press the dumbbells straight overhead until your arms are fully extended
3. Slowly lower to the start position
4. Repeat this sequence for the duration of the strength interval



## DUMBBELL TRICEP OVERHEAD EXTENSION

EMPHASIS: BACK OF ARMS

1. Hold the dumbbells at shoulder height behind your head with a neutral grip (palms facing one another); your elbows should be pointed straight ahead
2. Raise the dumbbells overhead until your arms are fully extended; your upper arms should remain stationary, pivoting at the elbows
3. Slowly lower to the start position
4. Repeat this sequence for the duration of the strength interval



## DUMBBELL BICEP CURL

EMPHASIS: FRONT OF ARMS

1. Hold the dumbbells with an underhand grip (palms facing forward) beside your thighs
2. Tuck your upper arms into your ribcage
3. Curl the dumbbells to shoulder height by pivoting at your elbows
4. Slowly lower to the start position
5. Repeat this sequence for the duration of the strength interval

