

SportsArt Fitness Custom XTrainer Workout Plan

Try this XTrainer workout developed by fitness professional Heather Hawk!

Interval	Duration	Time
Warm-up (Arms in neutral position)	:30	0 - :30
Recovery (Legs @ 1-4, Arms @ 2-6) Arms working together, neutral grip	1	:30 - 1:30
Legs increase 2 Arms working together, wide grip	:30	1:30 - 2:00
Legs same, Arms increase 3 Arms alternating, wide grip	:30	2:00- 2:30
Legs increase 3 Arms alternating, wide grip	:30	2:30 - 3:00
Legs decrease 2, Arms increase 3 Arms alternating, wide grip	:30	3:00 - 3:30
Legs same, Arms increase 3 Pump Right Arm only with wide grip	:30	3:30 - 4:00
Legs same Pump Left Arm only with wide grip	:30	4:00 - 4:30
Arms decrease 6 Arms together, close grip	:30	4:30 - 5:00
Legs increase 2-3 Arms same, alternating with close grip	:30	5:00 -5:30
Arms increase 4 arms alternating, close grip	:30	5:30 -6:00
Legs decrease 2-3 Pump Right Arm only, close grip	:30	6:00 - 6:30
Legs same Pump Left Arm only, close grip	:30	6:30 - 7:00
Legs increase 4, Arms decrease 2 Arms working together, wide grip	:30	7:00 - 7:30
Legs decrease 2 Arms alternating, wide grip	:30	7:30 - 8:00
Legs same, Arms increase 4 Arms alternating, wide grip	:30	8:00 - 8:30
Legs increase 2-4, Arms increase 2 Arms alternating ,wide grip	:30	8:30 - 9:00

Legs same, Arms increase 2-4 Arms alternating, wide grip	:30	9:00- 9:30
Legs decrease 2-4 Arms working together, neutral	:30	9:30 - 10:00
Legs and Arms down to recovery	1	10:00 - 11:00