



Intro Workout On The Helix (11-25 minutes)

The Helix Intro Workout is designed to familiarize users with the motion & rhythm of the machine, introduce the range of base moves that can be utilized during a workout, and become aware of the muscles that can be engaged by alternating base moves, speed, resistance, directionality, and duration.

The Intro Workout can also be used as a foundation for building customized training routines and, for users pressed for time, can be abbreviated to provide an Express Workout as indicated below.

THE INTRO WORKOUT ON Helix					
Stage	Resistance	Movement	Time		
			Beginner	Intermediate	Advanced
Warm Up	L1-3	Surfing Alt Sides	2-5 min	2-5 min	2-5 min
NOTE: during the Warm Up stage, introduce base moves: surf, grind, squat, sprint, plus proper technique and physical demands					
I	L3-6	Surfing Alt Sides	4-6 min	6-8 min	8-10 min
NOTE: during Stage I - Cardio Base-Building Training, increase leg speed to something that is challenging but sustainable over desired workout length					
II	L6-8	Grind Alt Sides	30 sec	30 sec	30 sec
III		Active Rest	30 sec	30 sec	30 sec
Repeat Stages II-III			2 times	2-3 times	4-5 times
NOTE: during Stages II-III - Strength Interval Training, increase RPMs to a challenging pace					
Cool Down	L1-3	Surfing Alt Sides	2-4 min	2-4 min	2-4 min
Total Time			11-18 Min	13-21 Min	17-25 Min
NOTE: for an Express Workout, cut all but Warm Up time in half					