

Appendix C

Incline Trainer

90 Day Program Outline

The X22i Incline Trainer program is a six day per week program. Workouts are designed to improve strength and cardiovascular fitness while utilizing the Nordic Track X22i Incline Trainer and dumbbells. Duration of workouts range from 29-60 minutes.

Exercise Program

All workouts will be delivered as a video asset, an onsite supervisor will be available to answer questions. Warm-up and cool-down are included within the video content, all movements for the recommended workout will be properly demonstrated on the video provided.

Incline Trainer: Each workout is self-adjusting with iFit technology and is set to a specific speed and incline. These are suggested starting points. If you find that the programmed levels are either too easy or too difficult, they can be modified slightly. The idea is that the exercise bout should be challenging, yet able to be maintained for the duration of the exercise bout.

Cross Training: Weights will be self-selected by the participants; 2.5-55 pound adjustable dumbbells will be available. The participant will be encouraged to challenge themselves to a point that the last few repetitions will be extremely challenging, but they will be able to complete the movement with proper form.

5-Minute Vertical Feet Fitness Bench Mark Test

The Incline Trainer 5-Minute Vertical Feet Test is a 5-minute Fitness Bench Mark test measuring how many vertical feet the participant can climb in 5 minutes. This test will be administered 4 times throughout the 12 week program; weeks 1, 5, 9, and 12, on the first day of the week. This will be administered in addition to the recommended “cardio” workout, the “strength” portion will be eliminated on bench mark days.

Duration:

3 minute warm-up of walking/jogging at a self-selected speed on 0% grade.

5 Minutes test duration

Protocol:

1. NT incline trainer must be 30%
2. Speed is participant defined

3. Participant cannot stop the incline trainer
 4. Participant cannot pause the incline trainer
 5. Participant cannot hold onto anything at anytime
 6. Total Vertical Feet in 5 minutes is the recorded footage
 7. If participant is unable to complete the full 5 minutes, their time and VF will be recorded at the stopping point to compare to later tests
 8. Record total vertical feet
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Exercise Program

In the following outline; “Variable Cardio” refers to a workout that may be either flatter profiles with higher speeds, or high incline profiles with lower speeds dependant on the workout video recommended.

“Cardio” refers to lower incline profiles and higher speeds within the workout video recommended.

“Incline” refers to higher incline profiles and slower speeds within the workout video recommended.

“XT” and “Strength” denotes off equipment cross-training either utilizing bodyweight or the adjustable dumbbells provided (2.5-55 lbs each).

Exercise Program

Overall ninety day protocol is as follows;

Outline Week 1-4

The following four weeks will contain speed ranges between 1-8 mph, and incline profiles from -6% to 40%. Difficulty rating* as determined by iFit range from 4.4-7.1 (5.9 average). Cross training will be included in every workout, movements utilized are attached on Appendix X. Week 3 will repeat week 1, week 4 will repeat week 2.

- 1.Variable Cardio
- 2.Cardio XT
- 3.Incline XT
- 4.Variable XT
- 5.Cardio XT
- 6.Incline XT

Outline Week 5-8

The following four weeks will contain speed ranges between 2-8.5 mph, and incline profiles from -5% to 40%. Difficulty rating* as determined by iFit range from 4.2-7.8 (6.5 average). Cross training will be included in 50% of the workouts, movements utilized are attached on Appendix X. Week 7 will repeat week 5 and week 8 will repeat week 6.

- 1.Variable Cardio/strength
- 2.Cardio
- 3.Cardio
- 4.Variable Cardio/ variable strength
- 5.Cardio
- 6.Incline

Outline Week 9-12

The following four weeks will contain speed ranges between 2-8.7 mph, and incline profiles from -6% to 25%. Difficulty rating* as determined by iFit range from 6.6-9.6 (8.2 average). Cross training will be included in 42% of the workouts, movements utilized are attached on Appendix X. Week 11 will repeat week 9 and week 12 will repeat week 10.

Focus on cross training, HIIT, strength

- 1.Variable Cardio/strength
- 2.Cardio
- 3.Incline
- 4.Incline
- 5.Cardio
- 6.Incline

All workouts are pre-programmed. However if a speed or incline is considered too intense for the client and safety is an issue, these settings will be considered recommendations to the client with the ability to override when necessary to allow the them to continue the workout.

*iFit difficulty rating is based on duration, elevation gain, distance, and high speeds.

Week 1 & 3

Week 3 repeats the protocol from week 1.

Incline Trainer 5-Minute Vertical Feet Test should be completed as part of Day 1.

	Workout Title	Workout ID	XT	Elevation Gain	Duration	Difficulty*
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Day 1	The Streets of Paris	58911b047337531f00de8b45	No	127	23	4.4
Day 2	Escape to Escondido	590a393a15a96a001e967769	Yes	207	29	5.2
Day 3	San Francisco Streets	593051953d714e001f512eda	Yes	533	37	5.8
Day 4	Laguna Beach Living	58d17d114216bc1d00080962	Yes	74	33	5.2
Day 5	Need for Speed	58ebb06d9b5679002258daf2	Yes	145	40	5.6
Day 6	Tour of Oia	59012743b3e4a2001dd95346	Yes	627	42	6.3

Week 2 & 4

Week 4 repeats the protocol from week 2.

	Workout Title	Workout ID	XT	Elevation Gain	Duration	Difficulty
Day 1	From Countryside to City	592df64db2c6c2001f109ade	No	101	25	5.2
Day 2	Off to Zuma	58c85396196e2f22008ac1d4	Yes	88	37	5.6
Day 3	Hooker Valley Trip	592dc182c0ec8200219ac250	Yes	583	42	6.8
Day 4	Ryan Mountain Climb	58c30f083dcf3a1e00f0c885	Yes	1056	38	4.2
Day 5	Lakeside Loop	58c96bb1be0e1823003ff49f	Yes	382	34	6.1
Day 6	Los Angeles Hike	59137e2f30f6f60022747ce2	Yes	642	46	5.4

Week 5 & 7*

Week 7 repeats the protocol from week 5.

	Workout Title	Workout ID	XT	Elevation Gain	Duration	Difficulty
Day 1	Great Wall 1	594b5317d7f2ce00242a8e21	No	548	31	5.2

Day 1.1	Upper Body		Yes			
Day 2	River Run	590ca495fbf542001d70981c	Yes	385	34	6.4
Day 3	High in the Hills	5908ef97cb7565001da8218d	Yes	1253	34	6.6
Day 4	Gateway to the Fjords	5924b434e735840020e60b55	Yes	456	47	6.5
Day 5	Hello Hollywood	5924c99cc6930d0020c215a5	Yes	640	53	7.1
Day 6	Lion's Head Climb	58dd4040c4611f23003da576	Yes	1339	33	5.8

Week 6 & 8*

Week 8 repeats the protocol from week 6.

Incline Trainer 5-Minute Vertical Feet Test should be completed as part of Week 5 Day 1.

	Workout Title	Workout ID	XT	Elevation Gain	Duration	Difficulty
Day 1	Thailand 2	594b50a60d43ee00212b5cea	No	199	27	6
Day 1.1	Upper body		Yes	--	--	--
Day 2	Snow Canyon	594057b93e39420020844701	No	(-)548	33	6.5
Day 3	Chuckwalla	593739f52340550020e0b624	No	388	34	6.6
Day 4	Great Wall 2	594b5369bf229b001f91fd5d	No	866	31	6.5
Day 4.4	Lower Body		Yes	--	--	--
Day 5	Fisher's Tower	59400529b9c1690025bbd5d0	No	585	33	6.7
Day 6	Panorama Trail	593719c3a9c7ae0025957896	Yes	82	36	5.8

Week 9 & 11*

Week 11 repeats the protocol from week 9.

Incline Trainer 5-Minute Vertical Feet Test should be completed as part of Week 9 Day 1.

	Workout Title	Workout ID	XT	Elevation Gain	Duration	Difficulty
Day 1	Great Wall 2		No			
Day 1.1	Upper body		Yes	--	--	
Day 2	Red Rock Intervals	58ae6193849fe21d00e04c4c	No	418	40	7.8
Day 3	Dead Horse Rim-West Loop	593719662340550020e0b608	Yes	32	33	5.9
Day 4	Great Wall 3	594b5369bf229b001f91fd5d	No	866	31	6.5
Day 4.1	Lower body		Yes	--	--	
Day 5	Rim Rock Ladder Run	58b7056ddd8115200085a5dc	No	192	39	7.3
Day 6	Coral Pink Sand Dunes	594ae2d64accf50020009a76	No	1388	31	4.2

Week 10 & 12

Week 12 repeats the protocol from week 10.

Incline Trainer 5-Minute Vertical Feet Test should be completed as part of Week 12 Day 1.

	Workout Title	Workout ID	XT	Elevation Gain	Duration	Difficulty
Day 1	Thailand 3	594b3c450d43ee00212b5ccb	No	207	27	6.4
Day 1.1	Upper body		Yes			
Day 2	Red Mountain	594ad7e36cc2b00020d106a3	No	345	33	6.6
Day 3	Trail Trek	5925f7b5080bdb0020abc3d8	Yes	1222	53	8.2

Day 4	Waterline Road	593f0f61ae31da0024609f66	No	647	53	9.6
Day 5	Goblin Valley Run	59373596259789001faa7423	Yes	191	45	7.2
Day 6	Seize the Summit	59014bf55f1bf3001d7580d8	Yes	1776	47	8.7

*iFit difficulty rating is based on duration, elevation gain, distance, and high speeds.