

# ActivTrax Makes it Easy



## What Is ActivTrax?

ActivTrax is a tool that creates customized workouts around your goals, strength and fitness experience. Each time you visit the club, you'll receive a new and customized workout that tells you exactly what you need to do to get in shape.

TODAY'S RESISTANCE WORKOUT					Date of Workout	7/ 10/ 08	Resistance Start Time	9:30 PM	AM					
Level One, Intro Day: 2		Approximate time of resistance workout: 28							PM					
EXPECTED FEEL Region Target Area	SEAT OTHER	EXERCISE Manufacturer Equipment Name	SET 1			TODAY'S REPS	SET 2			TODAY'S REPS	SET 3			TODAY'S REPS
			WT	REPS	REST		WT	REPS	REST		WT	REPS	REST	
Medium Chest Pecs	N/A	Seated Chest Press Technogym Selectorized Selection Class 2SC (#14) Chest Press	60	10-12	1:00	12	60	14-20	1:00	20				10
Heavy Arms Biceps	N/A	Seated Arm Curl Technogym Selectorized Selection Class 2SC (#15) Arm Curl	20	14-20	1:00		20	8-10	1:00					
Light Legs Calfs	N/A	Horizontal Calf Raise Cybex Selectorized VR 2 (#112) Rotary Calf	25	8-10	1:00		25	10-12	1:00		25	14-20	1:00	
								Resistance End Time		AM			PM	



## Understanding Your Workout

- 1 The **EXPECTED FEEL** column indicates how heavy the weights should feel to you (Light, Medium or Heavy). It also identifies the muscle group and body parts this exercise will work.
- 2 The **SEAT & OTHER** column allows you to record the equipment settings for proper positioning.
- 3 The **EXERCISE COLUMN** helps you locate the equipment in your gym by providing the exercise name and equipment manufacturer. We've also identified each piece of equipment with a unique number to make it even easier for you to navigate the gym.
- 4 For each **SET**, you'll receive instructions on exactly how much **WEIGHT** to use, how many **REPS** to perform and how long to **REST**.
- 5 The **TODAY'S REPS** column allows you to record the number of reps you actually perform.

### IMPORTANT NOTES:

- \* From time to time, you may see the symbol **+P** or **+2P** in the WT Column. This means that you should add a supplemental plate (or two in the case of 2P) to the weight prescribed.
- \* The term **BEST** in the REPS Column indicates that you should try to perform the exercise as many times as you can without doing more than 20 Reps.