

Deep Training MAX - DVD Workout Notes

Segment 1 CARDIO WARM UP

KNEE HIGH JOG	Press-ALT Sweep IN Pwr Shoulder Sweeps Sweep OUT Press-BEHIND
STRADDLE JOG	Scull & Stabilize
INSTEP SWEEP	Sweep-ALT
SHUFFLE	Pump Arms at Sides
SCISSORS	Scull & Stabilize
TUCK JACKS	
HEEL SLIDE – ALT	Scull & Stabilize
SIT KICK	Scull & Stabilize
TUCK JACKS	
STRADDLE (hip rotation)	Scull & Stabilize
REACH & ROTATE	
SHUFFLE	Pump Arms at Sides
X-COUNTRY SKI	SERIES X4

Segment 2 / CARDIO-TONE 1

BUILD UP BLOCK -

- √ Stationary Transition Repeats
- Travel Work Set Varies
- Intensity Repeats @ 70%

TRANSITIONS:

- √ X-COUNTRY SKI
- √ TUCK JACKS

Travel Work Set 1

- | | | |
|-----------------|------|-----------|
| • RUN | FWD | PWR PRESS |
| • KNEE HIGH JOG | BACK | PWR SCOOP |

Travel Work Set 2

- | | | |
|-----------------|------|---------------|
| • RUN | FWD | ROTCUFF SWEEP |
| • KNEE HIGH JOG | BACK | SWEEP FRONT |

Travel Work Set 3

- | | | |
|------------|------|-----------|
| • SIT KICK | FWD | PWR PRESS |
| • SIT KICK | BACK | PWR SCOOP |

Segment 4 / CARDIO-TONE 3

ALL Stationary

Aerobic Pyramid Intervals / X3

- **X-COUNTRY SKI**

20 secs each: 50% / 70% / 80%

Strength Training Intervals / X2

- **Work Set Varies - 30 secs each @ maximum effort**

Work Set 1

KNEE HIGH JOG	Forearm Sweeps	Web
SHUFFLE	Pump Arms at Sides	Fist
INSTEP SWEEP	Sweep-ALT	Web
SIT KICK	Scull & Stabilize	Web

Work Set 2

KNEE HIGH JOG	Push/Pull	Web
COSSACK KICK	Pull In	Fist
TUCK UPS	Pwr Press	Web
REACH & ROTATE		Slice

Segment 5 / CARDIO-TONE 4

- **Strength Training anchored at the Wall**
- **Single Hand Buoy**
- **Core Challenge**

Work Set 1 <Begin – RIGHT Side>

KNEE HIGH JOG

Stabilize at Wall

KNEE HIGH JOG

Bicep Curl – RIGHT

KNEE HIGH JOG

Tricep Extensions – RIGHT

X BRACE

Adductor Squeeze – RIGHT

SHOOT THROUGH

RIGHT Side

<REPEAT – LEFT Side>

Work Set 2 <Begin – RIGHT Side>

XC SKI

Stabilize at Wall

XC SKI

Rotator Cuff Sweep - RIGHT

XC SKI

Sweep Front/Back – RIGHT

SHOOT THROUGH

RIGHT Side + Buoy Press

<REPEAT – LEFT Side>