



SPARC

WORKOUTS

EXPERIENCE HIGH INTENSITY INTERVAL TRAINING EVOLVED

CYBEX

SPARC



IMAGINE THE POSSIBILITIES

STRENGTH POWER ACCELERATED RESISTANCE CARDIO

Here are some ideas to kickstart your quickest, safest and most effective HIIT training experience ever. In five minutes you'll lose fat, build muscle, gain strength, increase metabolism, and improve power. Simply turn the page, get on and go.

SPARC

FEATURES

Easy-to-use console



Multiple hand positions to accommodate different sizes and generate optimal power



Manually controlled incline offers three positions to change the emphasis on different muscle groups



2 modes of operation:

- **Circuit Mode** – Single, quick, high power movement lasting typically less than one minute
- **Interval Mode** – Longer duration workout that has user-defined high intensity and rests

Additional resistance mechanism offers increased intensity levels



Patented arcuate motion allows high intensity with reduced stress on knee joints



SPARC

INSTRUCTIONS

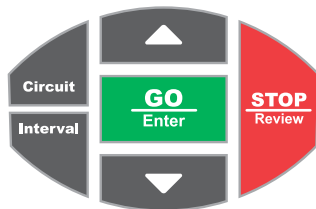
Experience how you can develop strength, power, and endurance with the ultimate in high-intensity interval training. Just like life, you get out of it what you put into it: the harder you push, the harder it gets, the more you benefit.

SET. GET ON. GO.

1. **Set** your desired incline using the side incline lever.
2. **Get On** the machine and adjust the resistance lever.
3. Press **Go** and move as fast as possible for your set work time.

Helpful Hints:

- Use the front display to set your work time, rest time, and number of intervals.
- Anchor your upper body using whichever handle feels most comfortable.





SPARC

WITH BOOT CAMP

PROGRAM: SPARC Kettlebell Boot Camp

LEVEL: Beginner

This workout combines 3 sets of basic kettlebell movements, performed in a 30 second on 30 second off format, alternated with 3 sets of SPARC bouts of the same work to rest ratio.

INTERVALS



8

TIME



25

MINUTES
(APPROX)

CYBEX

SPARC KETTLEBELL BOOT CAMP | BEGINNER**EXERCISE**

Kettlebell row

DURATION

3 sets of 30 sec. on, 30 sec. off

SPARC WORKOUT: 3 sets of 30 sec. on, 30 sec. off**EXERCISE**

Kettlebell swing

DURATION

3 sets of 30 sec. on, 30 sec. off

SPARC WORKOUT: 3 sets of 30 sec. on, 30 sec. off**EXERCISE**

Kettlebell shoulder press

DURATION

3 sets of 30 sec. on, 30 sec. off

SPARC WORKOUT: 3 sets of 30 sec. on, 30 sec. off**EXERCISE**

Kettlebell deadlift

DURATION

3 sets of 30 sec. on, 30 sec. off

SPARC WORKOUT: 3 sets of 30 sec. on, 30 sec. off



SPARC

WITH CROSS TRAINING

PROGRAM: SPARC & Body Weight Blast

LEVEL: Beginner

This workout is time-based. Repeat the SPARC and body weight circuit for 10 sets. Your score will be the time it takes you to complete the 10 sets.

INTERVALS



4

TIME



20

MINUTES
(APPROX)

CYBEX

SPARC BODY WEIGHT BLAST | BEGINNER

SPARC WORKOUT: 30 seconds – work at a challenging but sustainable speed

EXERCISE

Pull-ups

DURATION

10 reps

EXERCISE

Push-ups

DURATION

20 reps

EXERCISE

Body weight squats

DURATION

10 reps

Repeat for 10 sets

CHALLENGE

If this workout is too easy, try staying 2x above your body weight in watts for 30 seconds.



SPARC

WITH SUSPENSION TRAINING

PROGRAM: SPARC & Tabata-Style

LEVEL: Intermediate

This workout is based on a Tabata-Style series of intense bouts.
Alternate between SPARC and suspension training exercises.

INTERVALS



2

TIME



35

MINUTES
(APPROX)

CYBEX

SPARC TABATA-STYLE | BEGINNER

SPARC WORKOUT:

20 sec. on 10 sec. off for 5 minutes – intense, but sustainable

EXERCISE

Suspended push-ups, one foot suspended in strap

DURATION

20 sec. (10 sec. rest)

EXERCISE

Suspended lunges, one foot suspended in strap

DURATION

20 sec. (10 sec. rest)

Repeat for 2 min. and 30 sec. on right leg, then 2 min. and 30 sec. on left leg

Rest for 2 min., then repeat for 2 sets



SPARC

WITH SUSPENSION TRAINING

PROGRAM: 30:30 Total Body

LEVEL: Intermediate

This workout is based on a 30 second on 30 second off format. Basic suspension exercises alternate with 30 second bouts on SPARC.

INTERVALS

10

TIME

10

MINUTES
(APPROX)

CYBEX

SPARC 30:30 TOTAL BODY | INTERMEDIATE

EXERCISE

Bicep curl – any variation

DURATION

30 sec. on, 30 sec. off

SPARC WORKOUT: Max effort – 30 sec. on, 30 sec. off

EXERCISE

Suspended chest press

DURATION

30 sec. on, 30 sec. off

SPARC WORKOUT: Max effort – 30 sec. on, 30 sec. off

EXERCISE

Row

DURATION

30 sec. on, 30 sec. off

SPARC WORKOUT: Max effort – 30 sec. on, 30 sec. off

EXERCISE

Triceps

DURATION

30 sec. on, 30 sec. off

SPARC WORKOUT: Max effort – 30 sec. on, 30 sec. off

EXERCISE

l's

DURATION

30 sec. on, 30 sec. off

SPARC WORKOUT: Max effort – 30 sec. on, 30 sec. off



SPARC

WITH BOOT CAMP

PROGRAM: SPARC Kettlebell Boot Camp

LEVEL: Advanced

This workout combines more power-based kettlebell movements and maximum effort, alternated with 10-second blasts on the SPARC for an athletic style, power conditioning program.

INTERVALS



8

TIME



20

MINUTES
(APPROX)

CYBEX

SPARC KETTLEBELL BOOT CAMP | ADVANCED**EXERCISE**

Kettlebell swings

DURATION

3 sets of 20 reps

SPARC WORKOUT: 3 sets of 10 sec. on, 20 sec. off**EXERCISE**

Kettlebell box blast

DURATION

3 sets of 10 reps on each leg

SPARC WORKOUT: 3 sets of 10 sec. on, 20 sec. off**EXERCISE**

Kettlebell jump squat

DURATION

3 sets of 10 reps

SPARC WORKOUT: 3 sets of 10 sec. on, 20 sec. off**EXERCISE**

Kettlebell squat to press

DURATION

3 sets of 10 reps

SPARC WORKOUT: 3 sets of 10 sec. on, 20 sec. off



SPARC

WITH CROSS TRAINING

PROGRAM: SPARC Athletic Power Endurance
LEVEL: Advanced

This workout is based off of a block-style, 30 second on 30 second off format with 60 seconds off between each exercise. Time is set constant so performance is measure by load volume and average watts per set on the SPARC. The higher the load volume and watt level, the better the performance score.

INTERVALS

6

TIME

20

MINUTES
(APPROX)

CYBEX

SPARC ATHLETIC POWER ENDURANCE | ADVANCED

EXERCISE

Dumbbell jump clean to press

DURATION

3 sets of 30 sec. on, 30 sec. off

Rest for 60 sec.

SPARC WORKOUT: Max effort – 3 sets of 30 sec. on, 30 sec. off

Rest for 60 sec.

EXERCISE

Dumbbell thrusters

DURATION

3 sets of 30 sec. on, 30 sec. off

Rest for 60 sec.

SPARC WORKOUT: Max effort – 3 sets of 30 sec. on, 30 sec. off

Rest for 60 sec.

EXERCISE

Dumbbell squat raise to armpit

DURATION

3 sets of 30 sec. on, 30 sec. off

Rest for 60 sec.

SPARC WORKOUT: Max effort – 3 sets of 30 sec. on, 30 sec. off