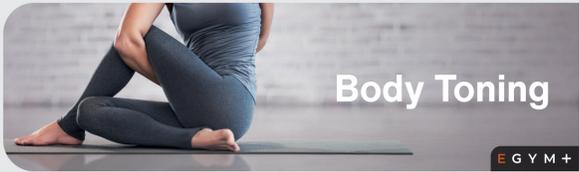


Training Programs

EGYM+

 <p>General Fitness</p>	Regular	Explonic	Negative	Explonic
	Preparation ↻ 15 ≡ 48 % ⚡ normal ⌚ 60	Power ↻ 2x6 ≡ 55 % ⚡ explonic ⌚ 71	Robustness ↻ 2x8 ≡ 40 / 65 % ⚡ normal ⌚ 48	Power ↻ 2x6 ≡ 55 % ⚡ explonic ⌚ 71
 <p>Muscle Building</p>	Negative	Adaptive	Explonic	Adaptive
	Robustness ↻ 12 ≡ 45 / 65 % ⚡ normal / slow ⌚ 60	Muscle Growth ↻ 10 ≡ 68 % ⚡ slow ⌚ 50	Power ↻ 2x6 ≡ 55 % ⚡ explonic ⌚ 71	Muscle Growth ↻ 10 ≡ 68 % ⚡ slow ⌚ 50
 <p>Body Toning</p>	Negative	Explonic	Adaptive	Explonic
	Body Toning ↻ 25 ≡ 28 / 48 % ⚡ fast / normal ⌚ 75	Fat Burn ↻ 2x6 ≡ 45 % ⚡ explonic ⌚ 71	Body Toning ↻ 12 ≡ 60 % ⚡ normal ⌚ 48	Fat Burn ↻ 2x6 ≡ 55 % ⚡ normal ⌚ 71
 <p>Weight Loss</p>	Regular	Adaptive	Explonic	Adaptive
	Endurance ↻ 30 ≡ 35 % ⚡ normal ⌚ 78	Fat Burn ↻ 25 ≡ 45 % ⚡ normal ⌚ 75	Power ↻ 2x6 ≡ 55 % ⚡ explonic ⌚ 71	Fat Burn ↻ 25 ≡ 45 % ⚡ normal ⌚ 75
 <p>Athletic</p>	Negative	Explonic	Adaptive	Explonic
	Robustness ↻ 2x10 ≡ 47 / 70 % ⚡ normal ⌚ 60	Power ↻ 2x6 ≡ 55 % ⚡ explonic ⌚ 71	Strength ↻ 3x4 ≡ 72 % ⚡ normal ⌚ 42	Power ↻ 2x6 ≡ 55 % ⚡ explonic ⌚ 71
 <p>Metabolic Fit</p>	Negative	Regular	Negative	Regular
	Activation ↻ 20 ≡ 35 / 50 % ⚡ fast / normal ⌚ 60	Metabolism ↻ 22 ≡ 43 % ⚡ normal ⌚ 66	Fat Burn ↻ 25 ≡ 39 / 54 % ⚡ fast / normal ⌚ 75	Muscle Growth ↻ 2x10 ≡ 50 % ⚡ normal ⌚ 60
 <p>Rehab Fit</p>	Regular	Negative	Regular	Explonic
	Mobilisation ↻ 15 ≡ 30 % ⚡ slow ⌚ 60	Activation ↻ 15 ≡ 30 / 50 % ⚡ normal ⌚ 60	Strength Initiation ↻ 20 ≡ 45 % ⚡ normal ⌚ 60	Full Function ↻ 2x6 ≡ 50 % ⚡ explonic ⌚ 71
 <p>Immunity Boost</p>	Regular	Regular	Negative	Negative
	Get Started ↻ 3x5 ≡ 42 % ⚡ medium ⌚ 59	Volume Up ↻ 3x5 ≡ 42 % ⚡ medium ⌚ 59	Intensity Up ↻ 2x8 ≡ 36 / 55 % ⚡ medium ⌚ 58	Peak ↻ 2x9 ≡ 36 / 55 % ⚡ medium ⌚ 64

Available exclusively with EGYM+

↻ Repetitions ≡ Intensity ⚡ Speed ⌚ Duration (Sec.)