

## Customized Programs

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- Start out with 5 minutes on an Elliptical getting heart rate to 70% of Maximum Heart Rate.
- Quickly proceed to Jacobs Ladder for 10 minutes of continuous steady speed. Start the user out at 60 feet per minute.
- Keep the entire 10 minutes at one speed.
- Finish off by cooling down on a treadmill for 5 minutes. This ensures the user is warmed up at a lighter pace using the elliptical. They use a very functional, full range of motion, total body workout on Jacobs Ladder never letting their heart rate get over 85%.
- Finish off and cool down on a treadmill. This also keeps the user stimulated by switching machines