

YOUR WORKOUT PLAN

Cross trainer workout plan

8-week build-up · joint-friendly endurance without impact load · for cross trainers and elliptical trainers

On a cross trainer, your foot never leaves the pedal – there is no impact like when running. This makes it the most joint-friendly endurance machine in the range and allows for longer sessions. Three sessions per week, plus one active recovery day.

YOUR TRAINING WEEK

DAY	FOCUS	SESSION	DURATION
Mon	Base	Session 1 – easy steady pace	30 min
Tue	Recovery	Stretching & Mobility	15 min
Wed	Intervals	Session 2 – Resistance Changes	25 min
Thu	Recovery	Easy walk	–
Fri	Reverse	Session 3 – Direction Changes	30 min
Sat	Active	free – bike, swim, walk	–
Sun	Rest day	Recover & refuel	–

BEFORE AND AFTER EVERY SESSION

WARM-UP · 5 MIN • 5 min low resistance, steady cadence • Consciously engage arms • increase to target cadence during the last minute	COOL-DOWN · 5 MIN • Resistance to the lowest level • 3 min cool-down • Stretch calves, thighs, and hip flexors
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Handles

ENGAGE

Anyone who **leans on the fixed handles** misses out on half the benefits. The movable handles belong in the movement – this engages the shoulders, chest, and back, significantly boosting calorie burn.

SESSION 1 · STEADY ENDURANCE PACE

BASE · YOU CAN TALK WHILE DOING THIS

5 min	Warm-up
20 min	steady, medium resistance, 50–60 steps/min
	Weeks 5 to 8: extend to 30 min
5 min	Cool-down

SESSION 2 · RESISTANCE CHANGES

ENDURANCE & STRENGTH ENDURANCE

5 min	Warm-up
6 × 1 min	Increase resistance by 4–6 levels, maintain cadence
in between	2 min back to base resistance
5 min	Cool-down

SESSION 3 · CHANGE OF DIRECTION

GLUTES & HAMSTRINGS

5 min	Warm-up forward
5 × 3 min	pedal backward, medium resistance
in between	2 min easy forward
5 min	Cool-down

WHAT YOUR EQUIPMENT CAN DO

MODEL	STRIDE LENGTH	PEDAL DISTANCE	FLYWHEEL MASS	MAX. WEIGHT
Cross Trainer Smart Stair Pro E50	53 cm	4.5 cm	26 kg	150 kg
Cross Trainer Smart E4 Pro	–	6 cm	24 kg	130 kg
Cross Trainer C29 Pro	–	17.3 cm	16 kg	120 kg
Cross Trainer C29 Step	40 cm	18 cm	16 kg	120 kg
Cross Trainer C28 Runner	39 cm	14 cm	16 kg	120 kg
2in1 Cross Trainer & Exercise Bike C16	33 cm	22 cm	12 kg	110 kg

FIVE RULES THAT MAKE ALL THE DIFFERENCE

- **Stay upright.** Do not lean over the handlebars.
- **Whole foot on the pedal,** not just the ball of the foot.
- **Maintain cadence,** control resistance – not the other way around.
- **Don't forget pedaling in reverse.** Targets different muscles.
- **Small pedal distance protects the knees** – check the specification sheet for values.

Good luck – your AsVIVA Team

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This workout plan is for general information purposes only and does not replace medical advice. If in doubt, please seek medical advice before starting training – especially in the case of pre-existing conditions, injuries, or long breaks from training. Training is done at your own risk.