MX4

MATRIX

SMALL GROUP TRAINING COURSE

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 1 5/16/24 6:50 AM

TABLE OF CONTENTS

INTRODUCTION 3

What is MX4 Programming? 3

MX4 SESSION STRUCTURE & PROTOCOL 4

Structure 4
Why Cardio, Power, Strength, Endurance 4
Intensity 4
Periodization 4
Undulating Periodization Structure 5
MX4 Small Group Time Trial 5

SMALL GROUP TRAINING 6

What Defines Small Group Training? 6
Facility Benefits of Small Group Training 6
Participant Benefits of Small Group Training 6
Ways to Offer Small Group Training 6

MX4 CARDIO 7

How to Program Cardio 7

MX4 FUNCTIONAL & STRENGTH TRAINING 8

Functional Frame Considerations 9
How to Program Power, Strength & Endurance 10

UNDULATING PERIODIZATION DEMO PROGRAMMING 11

EXAMPLE PROGRAMS 12

MX4 SMALL GROUP TIME TRIAL 28

MX4 PROGRAMMING TEMPLATE 29

This work is the exclusive copyright property of Johnson Health Tech North America (JHTNA), protected under the laws of the United States of America. No part of this work may be copied, reproduced or distributed other than by written permission of JHTNA. The unauthorized reproduction or distribution of this copyrighted work is illegal. Criminal copyright infringement, including infringement without monetary gain, is investigated by the FBI and is punishable by up to five years in federal prison and a fine of $250,000.

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 2 5/16/24 6:50 AM



INTRODUCTION

WHAT IS MX4 PROGRAMMING?

Developed by industry experts, our MX4 programming addresses multiple aspects of fitness — cardio, power, strength and endurance — to create a complete group exercise experience that members will commit to. You can modify programming to fit members of all ability levels and scale the program to accommodate small groups or large groups, easily expanding as popularity grows.



The **X** in MX4 is a visual cue to help the instructor and the participants understand the dynamic flow of the session. Each of the four arms of the **X** represents one of the four pillars of fitness. Participants can start on any of the locations, and the instructor can decide if they rotate clockwise or counter-clockwise by drawing an arrow between stations.

- MX4 allows instructors to refresh workouts as often as they wish
- MX4 bridges the gap between personal training and group exercise
- MX4 supports the needs of:
  - Instructors (programming suitable for a wide range of participants)
  - Management (continuity of programming via all instructors)
  - Participants (results-driven programming, variety and group dynamics with personal coaching)

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 3 5/16/24 6:50 AM

MX4 SESSION STRUCTURE & PROTOCOL

MX4 workouts revolve around four highly trainable pillars of fitness: cardio, power, strength and endurance. Unlike traditional circuit training workouts, which have participants constantly move from one station to the next, MX4 participants stay on the same station for three consecutive exercises. These three exercises are sequenced to target the lower, upper and total body (see programming template on the final page).

STRUCTURE

This protocol allows us to maximize productivity in a short period of time. Alternating between upper, lower, and total body exercises trigger peripheral heart action (PHA), which has long been considered an effective way of achieving cardiovascular improvement and hypertrophy in the same workout. Each MX4 session follows the same basic structure:

- Instructor-led functional warmup (3–5 minutes)
- First station (e.g., cardio): 60s work, 30s recovery (three times); 60s to transition to the next station
- Second station (e.g., power): 60s work, 30s recovery (three times); 60s to transition to the next station
- Third station (e.g., strength): 60s work, 30s recovery (three times); 60s to transition to the next station
- Fourth station (e.g., endurance) 60s work, 30s recovery (three times)
- Instructor-led cooldown and stretch (3–5 minutes)

Note: While the group self-selects which station they start on, feedback suggests that the fittest individuals should aim to finish on the cardio station.

WHY CARDIO, POWER, STRENGTH & ENDURANCE?

MX4 is designed for participants who want to maximize their workout time. By incorporating four different modes of exercise into each circuit, MX4 stimulates the cardiorespiratory system and musculature of the whole body.

INTENSITY

While traditional circuit training encourages “all-out” intensity from start to finish (an unrealistic goal for many participants), MX4 blends quality and quantity. When on the strength and endurance stations, the movements may be intentionally slower than those on the cardio and power stations.

Ultimately, the intensity of each session is dictated by the participants. Some will constantly push themselves to work harder, while others will be content to make it to the end of each session. The participants’ goals should guide the instructor’s behavior and lead them to adjust the level of motivation and coaching they deliver.

OPTIONAL FEATURES

To position MX4 as a more sophisticated circuit training / SGT program, facilities may consider incorporating the two optional program features, namely the inclusion of undulating periodization and / or the MX4 SGT time trial assessment.

PERIODIZATION

The structure of MX4 lets instructors include weekly or monthly periodization within consecutive sessions. As MX4 is designed for groups, the ideal method of periodization is undulating periodization. This method adds additional layers of structure to the workouts for regular attendees, while also making it possible for drop-in participants to join at any point of the periodization cycle.

Periodization appeals to consumers who are committed to attending multiple sessions per week as each week of the month is assigned a different purpose. If undulating periodization is incorporated, the weeks are defined as Establish (week 1), Enhance (week 2), Elevate (week 3) and Density (week 4). However, it should be noted that periodization impacts sessions in two ways. First, some sessions will be intentionally slower as the focus is on the quality of movement or learning new exercises. Secondly, designing workouts becomes more complicated as each workout within a four-week period influences the next one.

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 4 5/16/24 6:50 AM

UNDULATING PERIODIZATION STRUCTURE

In small group training, we must accommodate the reality that people will want to join the group at different times. Therefore, undulating periodization is the most appropriate form of periodization for small group training.

When undulating periodization is applied to MX4, the intensity and duration of each exercise is adapted each week to continually challenge regular participants while allowing new people to join at any stage without being alienated by the level of intensity. This can add appeal to consumers who are committed to attending multiple sessions per week, as each week of the month is assigned a different purpose. If undulating periodization is applied to MX4, the weeks are defined as Week 1: Establish; Week 2: Enhance; Week 3: Elevate; and Week 4: Density.

Week 1: ESTABLISH

- "Establish" workouts encourage overall conditioning by focusing on stabilization, cardiovascular endurance, neuromuscular efficiency and stamina
- WORK / REST: 60 / 30 seconds
- EXERCISE SELECTION: Tools and exercises that challenge stability, coordination, balance and stamina
- TEMPO: 2-0-2 (controlled)
- LOAD: Medium
- INTENSITY: Moderate
- REP RANGE: 12–15 reps

Week 2: ENHANCE

- "Enhance" workouts stimulate muscular hypertrophy and strength
- WORK / REST: 60 / 30 seconds.
- EXERCISE SELECTION: Tools and exercises that build strength and hypertrophy
- TEMPO: 3-1-1 (slower eccentric)
- LOAD: Medium to heavy
- INTENSITY: Moderate to high
- REP RANGE: 8–12 reps

Week 3: ELEVATE

- "Elevate" workouts improve force production and fast-twitch muscle fiber activation while building muscle and burning fat
- WORK / REST: 60 / 30 seconds
- EXERCISE SELECTION: Tools and exercises that target fast-twitch muscle fiber and enhance power production
- TEMPO: 2-1-0 (explosive concentric)
- LOAD: Light to medium
- INTENSITY: High
- REP RANGE: 15–20 reps

Week 4: DENSITY

- "Density" workouts help participants test overall work capacity and note improvements from one month to the next
- Exercises should be familiar, letting participants focus on intensity rather than learning new movements (use an Establish, Enhance or Elevate workout from that month)
- 30-second recovery period is omitted; participants perform the three exercises at each station doing AMRAP (as many rounds as possible) for four minutes
- Include the usual one-minute transition time between stations

Note: See pages 11–15 for undulating periodization demo programming.

MX4 SMALL GROUP TIME TRIAL

The MX4 Small Group Time Trial is a simple, repeatable method of assessing participant performance and demonstrating that all their effort was worth it. Scheduled as a once-a-month session, the format is simple and reflects the MX4 workout structure.

- Each participant performs four exercises for 60 seconds
- Each repetition equals one point
- Participants have two minutes of recovery between each exercise
- On completion of all four exercises, the participant's four scores are added together to give them their overall total.

The MX4 Small Group Time Trial template on page 28 shows example challenges; however, the exercises can be swapped to reflect the equipment in each facility.

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 5 5/16/24 6:50 AM

SMALL GROUP TRAINING

WHAT DEFINES SMALL GROUP TRAINING?

According to organizations like the A.C.S.M. and A.C.E., small group training consists of 4–12 participants. Sessions are instructor-led with a focus on coaching rather than simply motivating. The ratio of one instructor for a maximum of 12 participants is suggested to help the instructor deliver a personalized coached experience. Larger groups can be accommodated, but the exercises selected should be simpler movements.

FACILITY BENEFITS OF SMALL GROUP TRAINING

The benefits of MX4 Small Group Training go beyond physical enhancements, impacting the way your facility does business. With small group training, your facility can:

- Generate membership sales
- Increase retention
- Build community
- Better leverage time using 30-minute sessions
- Attract different demographics
- Provide participants with a more consistent experience and better results
- Demonstrate the benefits of coaching, which can increase personal training sales

PARTICIPANT BENEFITS OF SMALL GROUP TRAINING

Like all small group training formats, MX4 delivers the following primary benefits for your participants:

- Motivation
- Direction
- Accountability
- Introduces participants to a coached training model

However, MX4 also offers a variety of benefits for participants that are specific to MX4 programming. Traditional circuit training features an instructor supervising a group of people who are all performing different exercises; this means the instructor can only offer general coaching tips and motivation to the group during the activity. MX4 has small groups of people on either cardio, power, strength or endurance station. Since the entire group will be performing only four different exercises at once, the instructor can provide more specific coaching. Also, by staying on each station longer, participants can focus on their exercise rather than where they are supposed to be moving to next.

WAYS TO OFFER SMALL GROUP TRAINING

Depending upon your facility's business model, you can position the experience in a variety of ways:

- Included in membership
- Pay as you go
- Part of a membership add-on

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 6 5/16/24 6:50 AM

MX4 CARDIO

Each group of four participants needs access to a cardio option, which can be either equipment-based or a bodyweight option. These can be identical for all groups or a combination of cardio modalities. Cardio options can include:

- Matrix S-Drive Performance Trainer
- Matrix Total Body Cycle
- Matrix Upper Body Cycle
- Matrix Rower
- Matrix Connexus Step+
- Bodyweight movements such as jumping jacks, etc., or other cardio products that need little user adjustment to start

HOW TO PROGRAM CARDIO

In the cardio section of MX4 workouts, either a single exercise or a selection of three can be programmed. For each Connexus functional training unit, there should be a corresponding cardio station. Ideally, each cardio station will be identical (e.g., all Rowers or all Total Body Cycles). However, it is also possible to have a range of modalities used on the separate cardio stations.

If a single exercise is selected, that single exercise will be performed for the entire time spent on the cardio station (e.g., row three times for 60 seconds with 30 seconds between each work period). If three varied cardio exercises are programmed, the goal should be to target the lower body with the first, upper with the second and the total body with the third in the sequence (e.g., for the S-Drive Performance Trainer, 60-second push, 60-second reverse walk, 60-second run).

Be sure to consider which exercises are being performed on the neighboring station to ensure the work required is achievable. For example, if the rower is the cardio station, having participants then perform rows with a resistance band on the power station is not desirable.



MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 7 5/16/24 6:50 AM

MX4 FUNCTIONAL & STRENGTH TRAINING

Make safety your top consideration when selecting functional and strength training equipment, as small group training participants are often working close to each other. Because of their close proximity, an exercise or piece of equipment that is suited to a personal training session may not be appropriate in a small group training setting. Also keep in mind that for MX4, you need the same number of functional items as frames you are using (e.g., three frames require three TRX straps). Functional and strength training options can include:

- Matrix Connexus Hub
- Matrix Connexus Crest
- Matrix Connexus Edge
- Matrix Connexus Functional Trainer
- Matrix Connexus Compact
- Suspension straps
- Medicine ball
- Slam ball
- Battle rope
- Circular resistance bands
- Resistance bands with handles
- Dumbbells
- Kettlebells
- Landmine
- Matrix Connexus Step+
- Soft plyo box
- Swiss ball
- BOSU ball
- Mats
- Floor markings
- Bodyweight exercises



MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 8 5/16/24 6:50 AM

FUNCTIONAL FRAME CONSIDERATIONS

During the development of MX4, Matrix established that small group training works best when the functional frame design features repetition like our Connexus Series does. This enables the instructor to split large groups of participants into smaller groups. By applying A.R.E.A., instructors can develop safe and effective programs:

- Adjustable
  - Consider how each station on the frame or floor can have multiple purposes
- Repeatable
  - Repeating stations allow instructors to increase the number of participants performing the same exercise, letting the instructor focus on high-quality coaching
- Expandable
  - The addition of new accessories helps MX4 sessions evolve and keeps them fresh
- Adaptable
  - Programming with training tools and exercises that can be easily regressed or progressed for a variety of fitness levels



MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 9 5/16/24 6:50 AM

HOW TO PROGRAM POWER, STRENGTH & ENDURANCE

The number of participants is dictated by the number of Connexus bays being used, with four participants using each Connexus bay. Prior to the MX4 workout, each bay is set up to match its neighbor. As shown on the MX4 workout template, each station follows the same format with lower, upper and total-body exercises performed in that order. To keep your workout achievable, it is important to be mindful of the exercises featured on neighboring stations. For example, having squats or lunges on every station as the lower body option may be overwhelming for some participants.

Exercise selection is guided by the modality of that station:

- Power station
  - Select three exercises that complement each other and are not like those on neighboring stations
  - Each exercise should be performed explosively in either the push or pull phases of the movement
- Strength station
  - Select three exercises that complement each other and are not like those on neighboring stations
  - Choose exercises that require the same tempo on both concentric and eccentric phases of the movement
- Endurance station
  - Select three exercises that complement each other and are not like those on neighboring stations
  - Choose exercises that can be performed smoothly rather than explosively



MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 10 5/16/24 6:50 AM

UNDULATING PERIODIZATION DEMO PROGRAMMING

In the world of professional sports, periodization training will usually revolve around key dates in the competitive session. The training performed during the off-season will differ significantly from that performed during the season. Therefore, athletes use a detailed system broken into cycles. A **macrocycle** describes their entire year, a **mesocycle** relates to a singular block of time (usually 3–4 weeks) and a **microcycle** is the collective activity done for one session or one week. The goal of periodization is to effectively and systematically increase the demands upon the body with the goal of developing peak performance and conditioning for a specific goal or sport. In the fitness industry, the most viable use the **macro / meso / micro** approach is via one-on-one personal training. In group exercise or small group training, we must accommodate the reality that people will want to join the group at different times. Therefore, **undulating periodization** is the most appropriate form of periodization.

When undulating periodization is applied to MX4, the intensity and duration of each exercise is adapted each week with the goal being for regular participants to be continually challenged while allowing new people to join the group at any stage without being alienated by the level of intensity. This can add appeal to consumers who are committed to attend multiple sessions per week as each week of the month is assigned a different purpose. If undulating periodization is applied to MX4 the weeks are defined as Week 1: Establish, Week 2: Enhance, Week 3: Elevate, Week 4: Density.

Week 1: Establish – Work/rest 60/30. Focus on controlled movements with moderate loads/resistance. Introduce new exercises. Tempo = 2-0-2

Week 2: Enhance – Work/rest 60/30. Familiar exercises with heavier loads. Tempo = 3-1-1 (slow eccentric)

Week 3: Elevate – Work/rest 60/30. Familiar exercises performed fast. Moderate resistance. Tempo = 2-1-0 (explosive concentric)

Week 4: Density – Work/rest, each station performed for continuous four minutes AMRAP. Familiar exercises (consider using Week 1 exercises again). Tempo = fast concentric/eccentric

The following pages feature examples of the MX4 protocol with the four-week undulating periodization method applied.
Note: It's important to advertise or highlight the use of periodization to ensure participants understand the structure.



MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 11 5/16/24 6:50 AM

FOUR WEEKS OF DEMO PROGRAMMING

ESTABLISH

ESTABLISH DEMO 1
W / R: 60 / 30
TEMPO 2-0-2
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.

CARDIO: Rower

Row Full Time @ 28+ SPM

ENDURANCE: Suspension Straps

Foot Elevated Lunge (6)

Squat to Biceps Curl

Kneeling Roll Outs



POWER: Med Ball

Jacks

Forearm Strikes

Skaters

STRENGTH: Landmine

Front Squat

Push-up Pass

Squat to Press

ESTABLISH DEMO 2
W / R: 60 / 30
TEMPO 2-0-2
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.

CARDIO: S-Drive Sled

Low Push

Mid Push

High Push

ENDURANCE: Bands

Skaters

Bear Crawls

RDL to Row



POWER: Slam Ball

Halo Slam: R

Halo Slam: L

Scoop to OH Slam

STRENGTH: Bodyweight

Step Back Sumo Squats

Cobras

Sumo Squat Thrust

ESTABLISH DEMO 3
W / R: 60 / 30
TEMPO 2-0-2
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.

CARDIO: Connexus Step +

Single Leg Power Steps

Step-up, Back into Push-up

Straddle Jump-up / Jump-down

ENDURANCE: Plyo Box / Step

Step Ups

Triceps Dips

Elevated Mountain Climber



POWER: Ropes

Waves

Russians

Slam w/ Squat Thrust

STRENGTH: Kettlebells

Goblet Squat

Wide Stand Rows (5)

Clean + Press

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 12 5/16/24 6:50 AM

ENHANCE

ENHANCE DEMO 1
W / R: 60 / 30
TEMPO 3-1-1
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.

CARDIO: S-Drive

Low Skips

Reverse Jog

Sprint 20 Strides, Walk 20

ENDURANCE: Bands

Resisted Lunges

Hop-out Squat

Forward Shuffle Touch



POWER: Med Ball

Moguls

Crunch Throws

Med Ball Burpees

STRENGTH: Dumbbells

Front Squats

Push-up w/ Mt. Climber

Squat w/ Curl at Bottom

ENHANCE DEMO 2
W / R: 60 / 30
TEMPO 3-1-1
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.

CARDIO: Rower

Hard Pulls x 10 /
Easy Pulls x 10

ENDURANCE: Suspension Straps

Crossing Lunge (5)

Y/T Ups

Muscle Ups



POWER: Slam Ball

Lunge w/ Rotation

Halos (5)

OH Ground

STRENGTH: Landmine

ALT Lateral Lunge

One arm Shoulder Press (5)

Russian Twist

ENHANCE DEMO 3
W / R: 60 / 30
TEMPO 3-1-1
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.

CARDIO: Connexus Step +

Across the Top

Unstable Mountain Climber

Lateral Power Steps

ENDURANCE: Bands

Assisted Lunge

OH Triceps Extension

RDL to Row



POWER: Ropes

Moguls

Reverse Triceps Waves

Jacks

STRENGTH: Kettlebells

Reverse Lunge w/ Pass

Offset Push-up (5)

Squat to High Pull

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 13 5/16/24 6:50 AM

ELEVATE

ELEVATE DEMO 1

W / R: 60 / 30
TEMPO 2-1-0
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.

CARDIO: S-Drive

Reverse Walk Hold Bars

Sled Push High

Reverse Mt. Climber

POWER: Bodyweight

Reverse Lunge Touch Jump: R

Reverse Lunge Touch Jump: L

Rainbow Jumps



ENDURANCE: Suspension Straps

Elevated Lunge Jumps

Clutch Curls

Squat to Y Up

STRENGTH: Bands

Frog Hop to Step Back

Halos (5)

Squat to Press

ELEVATE DEMO 2

W / R: 60 / 30
TEMPO 2-1-0
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.

CARDIO: Rower

Toward 1000m (don't stop)

POWER: Ropes

Waves w/ Lunge

Snakes

Seated Russians



ENDURANCE: Med Ball

High-knee March

Cowboy Squat

Jacks

STRENGTH: Landmine

RDL

Close-grip Shoulder Press

Clean and Press

ELEVATE DEMO 3

W / R: 60 / 30
TEMPO 2-1-0
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.

CARDIO: Connexus Step +

End to End

Raised / Unstable Mountain Climber

Straddle Step-ups

POWER: Slam Ball

OH Ground Slams

Rainbow Slams

Split Jumps w/ Rotation



ENDURANCE: Bands

Bent Rows (heavy)

Triceps Extensions

Plyo Push-ups

STRENGTH: Dumbbells

Goblet Squat

Split Stance Row (5)

Ground to OH Press

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 14 5/16/24 6:50 AM

DENSITY

DENSITY DEMO 1
WORK: 4 MIN.
TEMPO 2-0-2
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.
12 REPETITIONS EACH UNLESS NOTED. ( ) INDICATES REPETITIONS PER SIDE.

CARDIO: Rower

Row Full Time @ 28+ SPM

POWER: Med Ball

Jacks

Forearm Strikes (6)

Skaters (6)



ENDURANCE: Suspension Straps

Foot Elevated Lunge (6)

Squat to Curl

Kneeling Roll Outs

STRENGTH: Landmine

Front Squat

Push-up Pass (6)

Squat to Press

DENSITY DEMO 2
WORK: 4 MIN.
TEMPO 3-1-1
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.
10 REPETITIONS EACH UNLESS NOTED. ( ) INDICATES REPETITIONS PER SIDE.

CARDIO: S-Drive

Low Skips x 20

Reverse Jog x 20

Sprint 20 Strides, Walk 20

POWER: Ropes

Moguls (10)

Reverse Triceps Waves (10)

Jacks



ENDURANCE: Bands

Assisted Lunge (5)

OH Triceps Extension

RDL to Row

STRENGTH: Kettlebells

Reverse Lunge w/ Pass (5)

Off-set Push-up (5)

Squat to High Pull

DENSITY DEMO 3
WORK: 4 MIN.
TEMPO 2-1-0
TEACH EXERCISES: 2 MIN.
WARMUP: 3 MIN.
TRANSITION: 1 MIN.
WORKOUT: 20 MIN.
GROUP STRETCH: 3 MIN.
8 REPETITIONS EACH UNLESS NOTED. ( ) INDICATES REPETITIONS PER SIDE.

CARDIO: Connexus Step +

Lateral Power Steps x 10

Side Lunge Wide x 10

Step+ Mountain Climber x 10

POWER: Slam Ball

OH Ground Slams

Rainbow Slam (4)

Split Jumps w/ Rotation (4)



ENDURANCE: Bands

Bent Rows (heavy)

Triceps Extensions

Plyo Push-ups

STRENGTH: Dumbbells

Goblet Squat

Split Stance Row (4)

Ground to Overhead Press

15

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 15 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

TOTAL BODY CYCLE	EQUIPMENT
@60+ RPM	LOWER BODY
@60+ RPM	UPPER BODY
@60+ RPM	TOTAL BODY

POWER

CIRCULAR BAND	EQUIPMENT
FRONT SQUAT	LOWER BODY
BENT-OVER ROW	UPPER BODY
SKATER	TOTAL BODY



ENDURANCE

MED BALL	EQUIPMENT
HIGH-KNEE MARCH	LOWER BODY
MOGULS	UPPER BODY
RAINBOW DROPS	TOTAL BODY

STRENGTH

TRX	EQUIPMENT
CROSSING LUNGE	LOWER BODY
HIP DIPS (5)	UPPER BODY
SQUAT WITH HIGH ROW	TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 16 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

S-DRIVE	EQUIPMENT
JOG / RUN	LOWER BODY
JOG / RUN	UPPER BODY
JOG / RUN	TOTAL BODY

POWER

MED BALL	EQUIPMENT
TOE TAPS	LOWER BODY
MOGULS	UPPER BODY
BURPEE	TOTAL BODY



ENDURANCE

TRX	EQUIPMENT
ALT. REV. LUNGE	LOWER BODY
HIP DROPS (5)	UPPER BODY
SQUAT TO HIGH ROW	TOTAL BODY

STRENGTH

DUMBBELLS	EQUIPMENT
DEADLIFT	LOWER BODY
OVERHEAD PRESS	UPPER BODY
PLANK ALT. ROW	TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 17 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

ROWER
EQUIPMENT
ROW @ 26 SPM
LOWER BODY
ROW @ 26 SPM
UPPER BODY
ROW @ 26 SPM
TOTAL BODY

POWER

TRX
EQUIPMENT
SQUAT
LOWER BODY
CHEST PRESS
UPPER BODY
HIP HINGE TO Y-FLY
TOTAL BODY



ENDURANCE

MED BALL
EQUIPMENT
HIGH-KNEE MARCH
LOWER BODY
SEATED RUSSIAN TWIST
UPPER BODY
BURPEE
TOTAL BODY

STRENGTH

KETTLEBELL
EQUIPMENT
SUMO SQUAT
LOWER BODY
SINGLE-ARM ROW (5)
UPPER BODY
DEADLIFT
TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 18 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

TOTAL BODY CYCLE

EQUIPMENT

@60+ RPM FOCUS ON LOWER BODY

LOWER BODY

@60+ RPM FOCUS ON UPPER BODY

UPPER BODY

@60+ RPM FOCUS ON TOTAL BODY

TOTAL BODY

POWER

CIRCULAR BANDS

EQUIPMENT

RESISTED FRONT SQUAT

LOWER BODY

BENT-OVER ROW

UPPER BODY

BEAR CRAWL

TOTAL BODY



ENDURANCE

BATTLE ROPE

EQUIPMENT

WAVES WITH SQUAT

LOWER BODY

SNAKES

UPPER BODY

WHIPS

TOTAL BODY

STRENGTH

DUMBBELLS

EQUIPMENT

FRONT SQUAT

LOWER BODY

BENT-OVER ROW

UPPER BODY

GROUND TO OVERHEAD

TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 19 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

BODYWEIGHT	EQUIPMENT
SHUTTLE RUN	LOWER BODY
JUMPING JACK	UPPER BODY
SHUTTLE RUN	TOTAL BODY

POWER

PLYO BOX	EQUIPMENT
ALT. POWER STEP UP	LOWER BODY
TRICEPS DIPS (SLOW DOWN/FAST UP)	UPPER BODY
ALT. POWER STEP UP	TOTAL BODY



ENDURANCE

TRX	EQUIPMENT
ALT. REAR LUNGE	LOWER BODY
ROLL OUT	UPPER BODY
SQUAT TO Y-FLY	TOTAL BODY

STRENGTH

KETTLEBELL	EQUIPMENT
SUMO SQUAT	LOWER BODY
SINGLE-ARM ROW (5)	UPPER BODY
DEADLIFT	TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 20 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

ROWER

EQUIPMENT

ROW @ 26 SPM

LOWER BODY

ROW @ 26 SPM

UPPER BODY

ROW @ 26 SPM

TOTAL BODY

POWER

SLAM BALL

EQUIPMENT

SUMO SQUAT

LOWER BODY

SIT-UP CHEST PRESS

UPPER BODY

OVERHEAD SLAM

TOTAL BODY



ENDURANCE

CIRCULAR BAND

EQUIPMENT

RESISTED REVERSE LUNGE

LOWER BODY

BENT-OVER ROW

UPPER BODY

BEAR CRAWL

TOTAL BODY

STRENGTH

TRX

EQUIPMENT

SUSPENDED HIP THRUSTERS

LOWER BODY

HIP DROPS (5)

UPPER BODY

ROLL OUT

TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 21 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

S-DRIVE
EQUIPMENT

SLED PUSH
LOWER BODY

BACKWARD WALK
UPPER BODY

JOG / RUN
TOTAL BODY

POWER

CIRCULAR BAND
EQUIPMENT

RESISTED FORWARD LUNGE
LOWER BODY

FACE PULL
UPPER BODY

BEAR CRAWL
TOTAL BODY



ENDURANCE

TRX
EQUIPMENT

ALT. REVERSE LUNGE
LOWER BODY

WALL SLIDE
UPPER BODY

SQUAT TO ROW
TOTAL BODY

STRENGTH

DUMBBELLS
EQUIPMENT

DEADLIFT
LOWER BODY

CURL TO PRESS
UPPER BODY

SUMO SQUAT TO THRUSTER
TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 22 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

ROWER

EQUIPMENT

ROW @ 26 SPM

LOWER BODY

ROW @ 26 SPM

UPPER BODY

ROW @ 26 SPM

TOTAL BODY

POWER

SLAM BALL

EQUIPMENT

SUMO SQUAT

LOWER BODY

OVERHEAD SLAMS

UPPER BODY

RAINBOW DROPS

TOTAL BODY



ENDURANCE

CIRCULAR BAND

EQUIPMENT

RESISTED FORWARD LUNGE

LOWER BODY

CHEST PRESS

UPPER BODY

BEAR CRAWL

TOTAL BODY

STRENGTH

DUMBBELLS

EQUIPMENT

GOBLET SQUAT

LOWER BODY

CLEAN / PRESS RIGHT / LEFT ARM (5)

UPPER BODY

PLANK, ROW ALT. ARMS

TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 23 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

TOTAL BODY CYCLE

EQUIPMENT

FOCUS ON LOWER BODY @ FAST RPM

LOWER BODY

FOCUS ON UPPER BODY @ FAST RPM

UPPER BODY

FOCUS ON TOTAL BODY @FAST RPM

TOTAL BODY

POWER

TRX

EQUIPMENT

SUSPENDED HIP THRUSTERS

LOWER BODY

ROLL OUT

UPPER BODY

SQUAT TO Y-FLY

TOTAL BODY



ENDURANCE

CIRCULAR BAND

EQUIPMENT

RESISTED LUNGE

LOWER BODY

FACE PULL

UPPER BODY

SKATER

TOTAL BODY

STRENGTH

DUMBBELLS

EQUIPMENT

ALT. REVERSE LUNGE

LOWER BODY

LATERAL RAISE

UPPER BODY

GROUND TO OVERHEAD

TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 24 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

S-DRIVE	EQUIPMENT
SLED PUSH	LOWER BODY
BACKWARD WALK	UPPER BODY
JOG / RUN	TOTAL BODY

POWER

BATTLE ROPE	EQUIPMENT
WAVE TO SQUAT	LOWER BODY
SNAKES	UPPER BODY
WHIPS	TOTAL BODY



ENDURANCE

MED BALL	EQUIPMENT
HIGH-KNEE MARCH	LOWER BODY
MOGULS	UPPER BODY
RAINBOW DROPS	TOTAL BODY

STRENGTH

CIRCULAR BAND	EQUIPMENT
RESISTED LUNGE	LOWER BODY
TRICEPS PRESS	UPPER BODY
DEADLIFT TO ROW	TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 25 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

BODYWEIGHT	EQUIPMENT
SHUTTLE RUN	LOWER BODY
SHUTTLE RUN	UPPER BODY
SHUTTLE RUN	TOTAL BODY

POWER

SLAM BALL	EQUIPMENT
SUMO SQUAT	LOWER BODY
OVERHEAD SLAMS	UPPER BODY
RAINBOW DROPS	TOTAL BODY



ENDURANCE

LANDMINE	EQUIPMENT
ROMANIAN DEADLIFT	LOWER BODY
SINGLE-ARM PRESS (5)	UPPER BODY
RUSSIAN TWIST	TOTAL BODY

STRENGTH

CIRCULAR BAND	EQUIPMENT
LATERAL HOP OUT (5)	LOWER BODY
BENT-OVER ROW	UPPER BODY
BEAR CRAWL	TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 26 5/16/24 6:50 AM

EXAMPLE PROGRAMS



CARDIO

TOTAL BODY CYCLE

EQUIPMENT

FOCUS ON LOWER BODY @ FAST RPM

LOWER BODY

FOCUS ON UPPER BODY @ FAST RPM

UPPER BODY

FOCUS ON TOTAL BODY @FAST RPM

TOTAL BODY

POWER

PLYO BOX

EQUIPMENT

ALT. POWER STEP UP

LOWER BODY

TRICEPS DIPS (SLOW DOWN, FAST UP)

UPPER BODY

CROSS-BODY MOUNTAIN CLIMBER

TOTAL BODY



ENDURANCE

CIRCULAR BAND

EQUIPMENT

RESISTED REVERSE LUNGE

LOWER BODY

BENT-OVER ROW

UPPER BODY

BEAR CRAWL

TOTAL BODY

STRENGTH

TRX

EQUIPMENT

SUSPENDED HIP THRUSTERS

LOWER BODY

HIP DROPS (5)

UPPER BODY

ROLL OUT

TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 27 5/16/24 6:50 AM

MX4 SMALL GROUP TIME TRIAL

Each assessment is performed for 1 minute and score is recorded.
Rest and transition for 2 minutes between assessments.

NAME: **DATE:**

CARDIO TEST

RESISTANCE BAND LOADED SKATERS
Adjust anchor just below hip height and step out until there is tension on the band. Draw or use two lines to hop over back and forth landing on alternating feet. Each foot strike counts as one repetition.

BAND USED:

 # OF REPS:

POWER TEST

SLAM BALL OVERHEAD GROUND SLAMS
Start with the slam ball on the floor between your feet. The feet are shoulder width apart. Squat and pick up the ball, then stand and lift it over your head fully extending at the ankles, knees and hips. In one movement, perform a slam to the ground. Pick up and repeat. Each slam counts as one repetition.

SLAM BALL USED:

 # OF REPS:

ENDURANCE TEST

SUSPENDED ROW
Adjust suspension straps to mid-length. Begin in suspended position. Row / pull with arms until hands are close or touch ribs. Return the body to the start position for one repetition.

 # OF REPS:

STRENGTH TEST

PUSH-UP
Begin with arms fully extended and hands slightly wider than shoulder width. Lower your body until your chest lightly touches the floor then push back up to the starting position for one repetition.

 # OF REPS:

WHY:

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 28 5/16/24 6:50 AM

MX4 PROGRAMMING TEMPLATE



CARDIO

EQUIPMENT

LOWER BODY

UPPER BODY

TOTAL BODY

POWER

EQUIPMENT

LOWER BODY

UPPER BODY

TOTAL BODY



ENDURANCE

EQUIPMENT

LOWER BODY

UPPER BODY

TOTAL BODY

STRENGTH

EQUIPMENT

LOWER BODY

UPPER BODY

TOTAL BODY

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 29 5/16/24 6:50 AM

MATRIX

S24.01

MX24_TRAINING_INT-NA MX4 trainer manual_S24-01_v5.indd 30 5/16/24 6:50 AM