

THE HELIX LATERAL TRAINER WORKOUT GUIDES





THE MOST EFFECTIVE CARDIO PRODUCT EVER BUILT

WELCOME TO THE HELIX WORKOUT GUIDES

The Helix Lateral Trainer is a ground-breaking multi-purpose fitness machine designed to provide you with maximum results in minimum time.

The Helix's unique lateral, "sideways figure 8" motion delivers better - and faster - results for users that are seeking muscle toning and shaping, weight loss, sports therapy and physical rehabilitation.

Thank you for training with the Helix - we promise you will achieve your fitness goals faster with the truly challenging & enjoyable workouts presented in this Guide...and, of course, all the workouts you & your trainer customize to meet your individual objectives! We also hope you take a few minutes to watch our short video "*Using The Helix - The Basics Video*" on our website, since that's the best way to learn the basic operations of the machine and the different workout movements (<https://helixco.com/customer-support/>).

Helix & Your Safety

The Helix Lateral Trainer is an inherently safe piece of equipment to use but, as with all fitness training, safety ultimately depends on the individual user's unique physical condition and fitness level. Helix requests, therefore, that you carefully read & thoroughly follow these instructions:

- **Do not use the Helix Lateral Trainer if your weight exceeds 300 lbs.**
- **Consult your physician before beginning this or any exercise or diet program, especially if you have concerns about your physical and fitness levels and overall suitability for using the Helix Lateral Trainer. This is especially important if you are over the age of 35, have never exercised before, are pregnant or suffer from any illness.**
- **If you experience any pain or tightness in your chest, irregular heartbeat, and shortness of breath, faintness, or unusual discomfort during exercising, stop your workout at once and consult a physician before continuing.**
- **Use CAUTION when getting on or off the Helix Lateral Trainer.**
- **Always choose the workout level and intensity appropriate for your physical strength and ability.**
- **Know your limits and train within them. Always use common sense when exercising. Listen to your body.**
- **Use proper footwear and attire while exercising on the Helix. A cross training sneaker is highly recommended along with active wear that is breathable and permits you to move freely.**
- **Stay hydrated while exercising. Be sure to keep a bottle of water with you as well as a towel, as you will sweat during your Helix workout - we promise!**



Intro Workout On The Helix (11-25 minutes)

The Helix Intro Workout is designed to familiarize users with the motion & rhythm of the machine, introduce the range of base moves that can be utilized during a workout, and become aware of the muscles that can be engaged by alternating base moves, speed, resistance, directionality, and duration.

The Intro Workout can also be used as a foundation for building customized training routines and, for users pressed for time, can be abbreviated to provide an Express Workout as indicated below.

THE INTRO WORKOUT ON Helix					
Stage	Resistance	Movement	Time		
			Beginner	Intermediate	Advanced
Warm Up	L1-3	Surfing Alt Sides	2-5 min	2-5 min	2-5 min
NOTE: during the Warm Up stage, introduce base moves: surf, grind, squat, sprint, plus proper technique and physical demands					
I	L3-6	Surfing Alt Sides	4-6 min	6-8 min	8-10 min
NOTE: during Stage I - Cardio Base-Building Training, increase leg speed to something that is challenging but sustainable over desired workout length					
II	L6-8	Grind Alt Sides	30 sec	30 sec	30 sec
III		Active Rest	30 sec	30 sec	30 sec
Repeat Stages II-III			2 times	2-3 times	4-5 times
NOTE: during Stages II-III - Strength Interval Training, increase RPMs to a challenging pace					
Cool Down	L1-3	Surfing Alt Sides	2-4 min	2-4 min	2-4 min
Total Time			11-18 Min	13-21 Min	17-25 Min
NOTE: for an Express Workout, cut all but Warm Up time in half					



Endurance Workout On The Helix (14-30 minutes)

Endurance is the ability to maintain physical work over a sustained period of time. Endurance or volume training helps improve cardiovascular, muscular and ventilatory endurance during aerobic or anaerobic activity.

Cardiovascular endurance is a major priority for all athletes. Essentially, it is how efficient your heart is. The heart controls oxygen flow to your body's muscles, resulting in a direct impact on both endurance and strength based performance.

Muscular endurance refers to your muscles' ability to contract repeatedly over a sustained period of time and resist fatigue. Muscular endurance helps an athlete work harder for a longer period of time.

Specific benefits from Endurance Training include:

- Increased energy levels
- Increase in efficient cardiovascular function
- Improved mental focus
- Increased immunity
- Increased bone density
- Increased metabolism

THE ENDURANCE WORKOUT ON Helix					
Stage	Resistance	Movement	Time		
			Beginner	Intermediate	Advanced
Warm Up	L1-3	Surfing Alt Sides	4-6 min	4-6 min	4-6 min
I	L3-6	Surfing Alt Sides	8-10 min	10-15 min	15-20 min
NOTE: increase leg speed to 45-60 RPMs for continuous cardiovascular training over the desired workout length					
Cool Down	L1-3	Surfing Alt Sides	2-4 min	2-4 min	2-4 min
Total Time			14-20 Min	16-25 Min	21-30 Min



Strength Workout On The Helix (16-29 minutes)

Strength training is a type of physical activity that specializes in the use of bodyweight or external resistance to induce muscular contraction to build the strength, anaerobic endurance, efficiency, and size of skeletal muscles.

Muscular strength is different from muscular endurance. Strength is a measure of how much force your muscles can exert, while endurance is the measure of the duration of time a muscle can maintain tension, or force.

Specific benefits from Strength Training include:

- Decreased body fat
- Decreased stress levels
- Increased immunity
- Increased bone density
- Increased metabolism
- Increased self-esteem
- Increased strength
- Enhanced motor control

Strength building leads to improved mental and physical stamina enabling one to endure the challenges of on-the-go everyday living.

THE STRENGTH WORKOUT ON Helix				
Stage	Movement	Resistance	Time	NOTE
Warm Up	Surfing Alt Sides	L1-3 to L4-6	4-6 min	Gradually increase resistance, 2-3 min/side
I	Surfing Alt Sides	L5-6 and up	5-10 min	Increase resistance from heavy to challenging level
II	Surfing Alt Sides	L3-5 to L6-8	2-3 min	Gradually increase resistance
III	Grind Alt Sides	L6-8	30 sec	Increase RPMs to a challenging pace
IV		Active Rest	30 sec	
Repeat Stages III-IV 2 to 5 times				
Cool Down		L2-3	2-4 min	
Total Time			16-29 min	



Speed Workout on The Helix (19-34 minutes)

Speed is work/time. The ability to produce a maximal amount of work in minimal amounts of time requires speed or power. Speed can enhance reaction time, motor unit recruitment, strength, and muscular efficiency.

The speed or power workout involves numerous short bursts of work with low intensity output between each burst. Developing true speed or power requires maximal effort and focus.

Benefits from Speed and Power Training:

- Increased speed
- Increased work capacity
- Increased strength
- Enhanced motor unit recruitment
- Enhanced reaction time
- Enhanced hormonal activity

THE SPEED WORKOUT ON Helix										
STAGE:	WARM-UP*	I	II	III	IV	V	VI	REPEAT I-VI	COOL DOWN*	TOTAL
RPE:	2-3	6-7	2-3	7-8	2-3	7-8	2-3		1-2	
BEGINNER TIME	4 min	20 sec	90 sec	20 sec	90 sec	20 sec	90 sec	1 time	4 min	19 min
BEGINNER RPM	+/- 45	55-60	+/- 45	60	+/- 45	6060	+/- 45		+/- 45	
INTERMEDIATE TIME	4 min	30 sec	90 sec	30 sec	90 sec	30 sec	90 sec	2 times	4 min	24 min
INTERMEDIATE RPM	+/- 45	60	+/- 45	65	+/- 45	65	+/- 45		+/- 45	
ADVANCED TIME	4 min	40 sec	90 sec	40 sec	90 sec	40 sec	90 sec	3 times	4 min	34 min
ADVANCED RPM	+/- 45	60	+/- 45	65	+/- 45	65	+/- 45		+/- 45	

*Warm-up and Cool Down should be completed with the Surfing Motion

Tabata Workout On The Helix (8-10 minutes)

Developed by Dr. Izumi Tabata at Tokyo's National Institute of Fitness and Sports to induce aerobic and anaerobic conditioning simultaneously, this workout has been widely adopted by the mixed martial arts community and fitness enthusiasts seeking to develop supreme fitness levels and physical development.

Specific benefits from Tabata include:

- Increased fat loss (increased metabolic rate = increased potential for fat loss)
- Increased conditioning and stamina
- Time saving and super-efficient (10 minutes including warm up)
- Increased ability to perform high intensity exercise
- Increased mental toughness due to the exercise intensity involved

Helpful tips:

- All-out effort during Interval I in each round
- Do nothing but breathe during Interval II, stick strictly to the 10 second rest period - NO LONGER
- Have a clock plainly visible (Helix Monitor or Tabata timer available online)
- During the rest period, stay put, and breathe
- It's 4 minutes, it's not forever - although it will feel like it at the time
- This training is incredibly demanding, and as such should be treated with respect and performed at most 2-3 times a week with a day of recovery in between.

THE TABATA WORKOUT ON Helix					
Interval	Perceived Exertion	Time	Beginner Resistance	Intermediate Resistance	Advanced Resistance
Warm Up	Light	2-3 min	L 1-2	L 2-3	L 3-4
I	Very Hard to Max	20 sec	L 3-4	L 4-5	L 5-6
II	Very Light	10 sec	rest	rest	rest
Repeat Intervals I-II			7 times	7 times	7 times
Cool Down	Light	2-3 min	L 1-2	L 1-2	L 1-2
Total Time			8-10 min	8-10 min	8-10 min



HIIT Workout On The Helix (20-55 minutes)

High Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery.

On a 1-10 scale of perceived exertion, high intensity can be considered anything over an effort level of 7. When using max heart rate (MHR) as a guide, high intensity can be considered exercising above 80% of MHR. HIIT training calls for challenging work-rates such as sprints for short time frames lasting from thirty seconds to two minutes.

Specific benefits from HIIT include:

- Trains the body to become efficient at producing and using energy from the anaerobic energy system
- Trains the body to effectively remove metabolic waste from the muscles between the work intervals
- Provides an effective way to increase VO2 max without having to run for long distances or periods of time

Helpful tip:

- Due to the high level of intensity and the amount of time necessary to appropriately recover from the exercise session, it is recommended to do no more than two days of HIIT per week, allowing at least one full day of recovery between training sessions.

THE HIIT WORKOUT ON HELIX LATERAL TRAINERS					
Interval	Perceived Exertion	Time (min)	Beginner Resistance	Intermediate Resistance	Advanced Resistance
Warm Up	Light to Moderate	5-10	L2-3	L3-4	L4-5
I	Vigorous to Max Effort	1	L5-7	L6-8	L7-9
II	Light to Moderate	2-3	L4-6	L5-7	L6-8
Repeat Intervals I-II			4-6 times	6-8 times	8-10 times
Cool Down	Light	3-5			
Total Time			20-39 min	26-47 min	32-55 min