

KEISER[®] KRUSH 30

ACCELERATED TRAINING



CARDIO + STRENGTH TRAINING + STRETCHING

KRUSH IT

ALL IN JUST 30 MINUTES



KEISER[®]

BECAUSE...
**'GOOD ENOUGH'
ISN'T.**[™]

KRUSH30 ACCELERATED TRAINING

30 MINUTES PER SESSION. 90 MINUTES PER WEEK.

WHO IS KRUSH30 FOR?

The system is designed for people with busy schedules but the desire to lead a fit, healthy life. KRUSH30 Accelerated Training is the fast and fun way to safely MAXIMIZE strength, aerobic capacity and flexibility in the MINIMUM amount of time.

HOW DOES KRUSH30 WORK?

Combining the best machines in cardio with the best in strength, KRUSH30 utilizes Keiser's groundbreaking magnetic-resistance cardio and pneumatic-resistance strength equipment for an intense 30-minute workout. It's also THE ONLY SYSTEM to include a full stretching program and provide rest between exercises – both keys to results.

WHAT MAKES KRUSH30 BETTER?

Keiser's pneumatic variable-resistance system is designed to allow for greater efficiency, speed and safety while working two or more muscle groups simultaneously. KRUSH30 combines this leading-edge equipment with a program grounded in fitness science to generate maximum results – quickly. The six strength exercises are specifically ordered to work from large to smaller muscle groups and alternate between the upper and lower body. And while other training systems jump between cardio and strength – compromising results for both – KRUSH30 separates the two for optimal impact.

Independent research by San Francisco State University has shown that, with just three 30-minute sessions per week over 10 weeks, KRUSH30 users can expect:

- 21-30% increase in upper body strength
- 22-44% increase in lower body strength
- 10% increase in cardio capacity
- 5% increase in overall flexibility

KEISER VS. STATUS QUO: Why Keiser? Watch the video at [keiser.com/science](https://www.keiser.com/science)



FASTER WORKOUT. FASTER RESULTS.

30 MINUTES: CARDIO + STRENGTH TRAINING + STRETCHING

KRUSH30 Accelerated Training begins with 13 minutes of cardio on a Keiser magnetic-resistance machine, followed by 60-second intervals on six Keiser pneumatic variable-resistance machines. The exercises are selected and ordered to work the most muscle mass possible, with periods of rest and stretching between each. Keiser KRUSH30 programs include Strength, Speed, Max Power and Power Endurance, or users can choose to perform the maximum reps possible (burnout).

CARDIO ZONE: CARDIO WORKOUT	13 min
REST / TRANSITION TO STRENGTH	2 min
ZONE 1: STRENGTH - BIAXIAL UPPER BACK	60 sec
VERTICAL ROTATION STRETCH	80 sec
ZONE 2: STRENGTH - LEG PRESS	60 sec
STANDING HIP STRETCH	80 sec
ZONE 3: STRENGTH - BIAXIAL CHEST PRESS	60 sec
CHEST STRETCH	80 sec
ZONE 4: STRENGTH - LEG EXTENSION	60 sec
CALF & QUAD STRETCH	80 sec
ZONE 5: STRENGTH - LAT PULLDOWN	60 sec
OVERHEAD SHOULDER STRETCH	80 sec
ZONE 6: STRENGTH - LEG CURL	60 sec
HAMSTRING STRETCH	80 sec

START



OR

OR

CARDIO ZONE

13 minutes: M3i Indoor Bike, M3i Total Body Trainer or M5i Strider

1



2



3



4



5



6



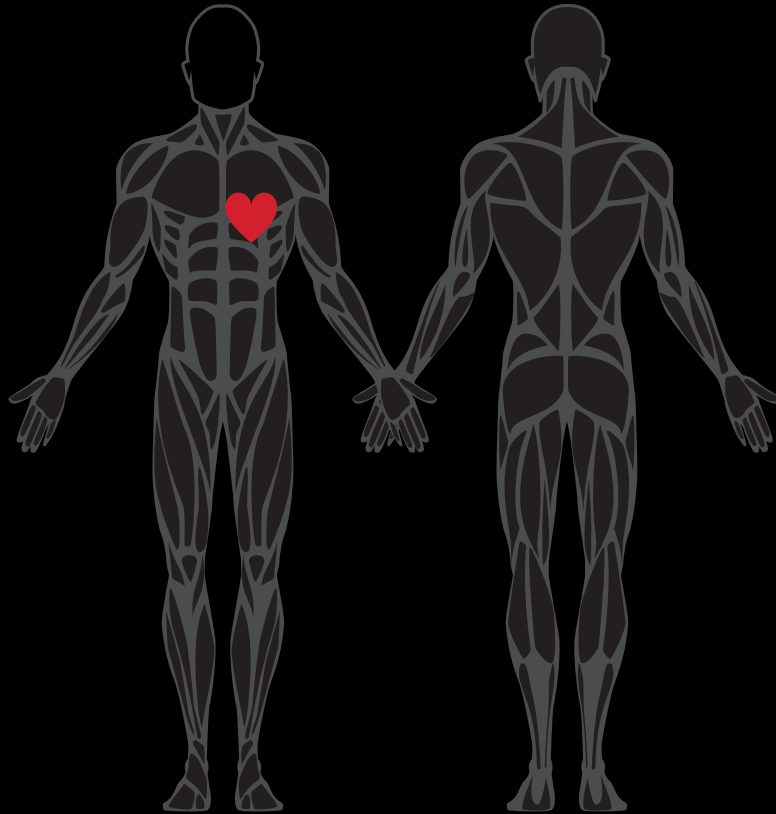
END

KEISER[®] KRUSH30

STRETCH ZONE

80-second Stretch after
each Strength Zone

KEISER
KRUSH30
ACCELERATED TRAINING



MUSCLES ENGAGED

M3i Bike: Heart & Legs

M3i TBT: Heart, Legs, Arms & Chest

M5i Strider: Heart, Legs, Arms & Chest

CARDIO WORKOUT

CARDIO EQUIPMENT

M3i Indoor Bike or M3i Total
Body Trainer (TBT) or M5i Strider

TECHNIQUE

Begin with a 13-minute workout
on a Keiser magnetic-resistance
cardio machine, followed by a
two-minute rest period during
which you transition to the first
strength machine.

REST

2-Minute Rest Period

TIMING



CARDIO



REST

M SERIES **CARDIO**



M3i Indoor Bike



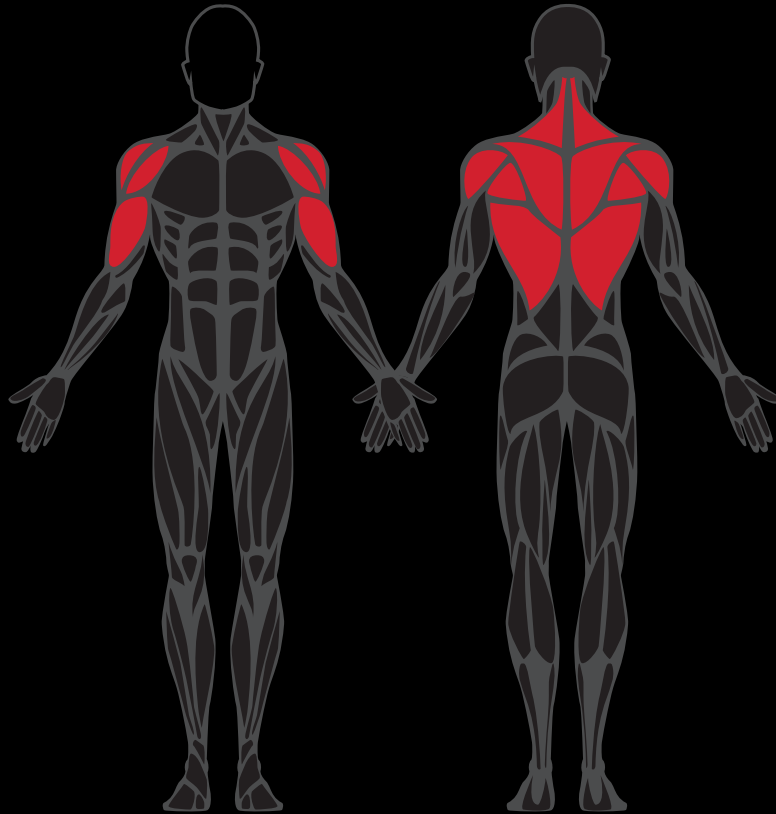
M3i Total Body Trainer



M5i Strider

KEISER®

KEISER
KRUSH30
ACCELERATED TRAINING



MUSCLES ENGAGED

Upper Back, Biceps & Shoulders

ZONE 1
BIAXIAL UPPER BACK

STRENGTH

EQUIPMENT

AIR350 Biaxial Upper Back

TECHNIQUE

While the legs get a rest following the cardio workout, exercise the second-largest muscle group in the body – the upper back – in addition to the biceps and shoulders.

STRETCH

Vertical Rotation Stretch

TIMING



STRENGTH



STRETCH

AIR350 BIAXIAL UPPER BACK



KEISER®

KEISER
KRUSH30
ACCELERATED TRAINING

ZONE 2
LEG PRESS



MUSCLES ENGAGED

Quadriceps, Hamstrings & Glutes

STRENGTH
EQUIPMENT

AIR300 Leg Press

TECHNIQUE

With the upper body now resting, exercise the largest muscle group in the body – quadriceps, hamstrings and glutes.

STRETCH

Standing Hip Stretch

TIMING



STRENGTH



STRETCH

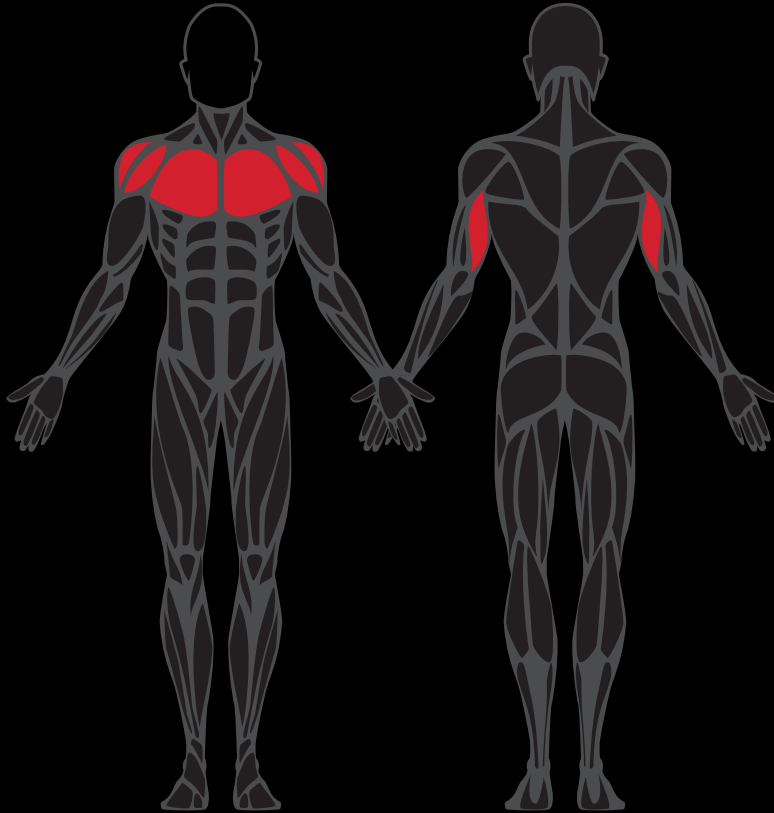
AIR300 LEG PRESS



KEISER®

KEISER
KRUSH30
ACCELERATED TRAINING

ZONE 3
BIAIXAL CHEST PRESS



MUSCLES ENGAGED

Pectorals, Triceps & Shoulders

STRENGTH

EQUIPMENT

AIR350 Biaixal Chest Press

TECHNIQUE

Alternating muscle groups following the leg press, exercise the pectorals, as well as the triceps and shoulders.

STRETCH

Chest Stretch

TIMING



STRENGTH



STRETCH

AIR350 **BIAXIAL CHEST PRESS**



KEISER®

KEISER
KRUSH30
ACCELERATED TRAINING



MUSCLES ENGAGED

Quadriceps

ZONE 4
LEG EXTENSION

STRENGTH

EQUIPMENT

AIR300 Leg Extension

TECHNIQUE

Returning to the lower body, isolate the quadriceps and take the muscles through a full range of motion, providing an intense second exercise for the body's largest muscle group.

STRETCH

Calf & Quad Stretch

TIMING



STRENGTH



STRETCH

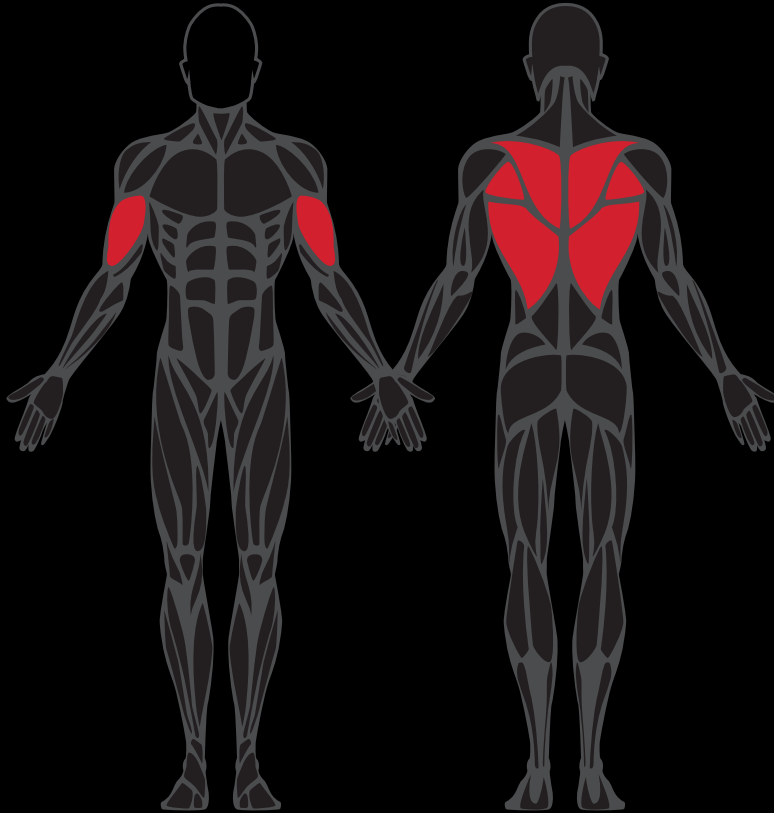
AIR300 LEG EXTENSION



KEISER®

KEISER
KRUSH30
ACCELERATED TRAINING

ZONE 5
LAT PULLDOWN



MUSCLES ENGAGED

Upper Back & Biceps

STRENGTH

EQUIPMENT

AIR250 Lat Pulldown

TECHNIQUE

Switching back to the upper body, re-work the body's second-largest muscle group – the upper back – and the biceps for a second time.

STRETCH

Overhead Shoulder Stretch

TIMING



STRENGTH



STRETCH

AIR250 LAT PULLDOWN



KEISER®

KEISER
KRUSH30
ACCELERATED TRAINING

ZONE 6
LEG CURL



MUSCLES ENGAGED

Hamstrings

STRENGTH

EQUIPMENT

AIR300 Leg Curl

TECHNIQUE

Finishing the KRUSH30 workout with the legs, focus on the hamstrings, which were exercised once previously with the leg press.

STRETCH

Hamstring Stretch

TIMING



STRENGTH



STRETCH

AIR300 LEG CURL



KEISER®

KEISER
KRUSH30
ACCELERATED TRAINING

13 MINUTES: CARDIO

6 MINUTES: STRENGTH

11 MINUTES: STRETCHING & REST



MUSCLES EXERCISED

Heart

Upper Back (2x)

Shoulders (2x)

Quadriceps (2x)

Hamstrings (2x)

Biceps (2x)

Chest (1x)

Glutes (1x)

Triceps (1x)

KEISER

BECAUSE...
**'GOOD
ENOUGH'
ISN'T.**

keiser.com