



The HOGGAN Sprint Circuit is designed for individuals who workout to look and feel better. Its non-intimidating, easy-to-use design appeals to beginners along with providing advanced circuit training options for the experienced user. In addition, there are no unnecessary machine configurations or adjustments to confuse or slow training.

HOGGAN Sprint Circuit is a carefully conceived fitness circuit incorporating the latest techniques in exercise physiology and product engineering. Its double concentric (push-pull) iso-kinetic resistance eliminates any fixed load against the muscular or skeletal systems. This design eliminates the negative resistance common in weight training machines, which causes muscle soreness. It also allows for simultaneous training of several muscle groups while safely adapting to any fitness level. This innovative combination of principles allows it to quickly work all major muscle groups and to isolate specific muscle groups for maximum training benefits.

When correctly sequenced, the stations exercise the most durable, larger muscles first and save the least durable, smaller muscle groups for the end of your workout. By starting with the large muscle groups, the body is efficiently strengthened. The stations should alternate between the upper body, core and lower body whenever possible. The movements push and pull muscles on both sides of joints. The agonist/antagonistic movements provide a balanced workout to improve the flexibility and avoid the overdevelopment of individual areas. The result is a more balanced and efficient workout.

To achieve optimum benefits, we recommend using the stations in the following order. We also recommend placing a cardio, also known as a recovery station, between each resistance station.

1. CHEST PRESS & HORIZONTAL ROW
2. TOTAL LEG PRESS
3. SHOULDER PRESS & LAT PULL
4. LEG EXTENSION & LEG CURL
5. ABDOMINAL FLEXION & BACK EXTENSION
6. BICEPS CURL & TRICEPS PRESS
7. CORE TRAINING STATION

HOGGAN Sprint Workouts

The following are a set of different workout programs that may be used with the HOGGAN Sprint Circuit and HOGGAN Sprint Cardio equipment. HOGGAN Health is also available to help you select and develop a specific circuit for your facility and users.

Option #1 Basic Workout

- 1) WARM-UP (Stretching, Jumping Station, etc.) (5 Minutes)
- 2) CHEST PRESS & HORIZONTAL ROW (30 Seconds)
- 3) CARDIO STATION (30 Seconds)
- 4) TOTAL LEG PRESS (30 Seconds)
- 5) CARDIO STATION (30 Seconds)
- 6) SHOULDER PRESS & LAT PULL (30 Seconds)
- 7) CARDIO STATION (30 Seconds)
- 8) LEG EXTENSION & LEG CURL (30 Seconds)
- 9) CARDIO STATION (30 Seconds)
- 10) ABDOMINAL FLEXION & BACK EXTENSION (30 Seconds)
- 11) CARDIO STATION (30 Seconds)
- 12) BICEPS CURL & TRICEPS PRESS (30 Seconds)
- 13) CARDIO STATION (30 Seconds)
- 14) CORE TRAINING STATION (30 Seconds)
- 15) COOL DOWN (Stretching, Jumping Station, etc.) (5 Minutes)

Note: 10 Seconds Between Each Station

Total Time: 19 Minutes

Option #2 Intermediate Workout

- 1) WARM-UP (Stretching, Jumping Station, etc.) (5 Minutes)
- 2) CHEST PRESS & HORIZONTAL ROW (45 Seconds)
- 3) CARDIO STATION (45 Seconds)
- 4) TOTAL LEG PRESS (45 Seconds)
- 5) CARDIO STATION (45 Seconds)
- 6) SHOULDER PRESS & LAT PULL (45 Seconds)
- 7) CARDIO STATION (45 Seconds)
- 8) LEG EXTENSION & LEG CURL (45 Seconds)
- 9) CARDIO STATION (45 Seconds)
- 10) ABDOMINAL FLEXION & BACK EXTENSION (45 Seconds)
- 11) CARDIO STATION (45 Seconds)
- 12) BICEPS CURL & TRICEPS PRESS (45 Seconds)
- 13) CARDIO STATION (45 Seconds)
- 14) CORE TRAINING STATION (45 Seconds)
- 15) COOL DOWN (Stretching, Jumping Station, etc.) (5 Minutes)

Note: 10 Seconds Between Each Station

Total Time: 22 Minutes

Option #3 Advanced Workout

- 1) WARM-UP (Stretching, Jumping Station, etc.) (5 Minutes)
- 2) CHEST PRESS & HORIZONTAL ROW (30 Seconds)
- 3) CARDIO STATION (30 Seconds)
- 4) TOTAL LEG PRESS (30 Seconds)
- 5) CARDIO STATION (30 Seconds)
- 6) SHOULDER PRESS & LAT PULL (30 Seconds)
- 7) CARDIO STATION (30 Seconds)
- 8) LEG EXTENSION & LEG CURL (30 Seconds)
- 9) CARDIO STATION (30 Seconds)
- 10) ABDOMINAL FLEXION & BACK EXTENSION (30 Seconds)
- 11) CARDIO STATION (30 Seconds)
- 12) BICEPS CURL & TRICEPS PRESS (30 Seconds)
- 13) CARDIO STATION (30 Seconds)
- 14) CORE TRAINING STATION (30 Seconds)

Note: Repeat Circuit

- 15) CHEST PRESS & HORIZONTAL ROW (30 Seconds)
- 16) CARDIO STATION (30 Seconds)
- 17) TOTAL LEG PRESS (30 Seconds)
- 18) CARDIO STATION (30 Seconds)
- 19) SHOULDER PRESS & LAT PULL (30 Seconds)
- 20) CARDIO STATION (30 Seconds)
- 21) LEG EXTENSION & LEG CURL (30 Seconds)
- 22) CARDIO STATION (30 Seconds)
- 23) ABDOMINAL FLEXION & BACK EXTENSION (30 Seconds)
- 24) CARDIO STATION (30 Seconds)
- 25) BICEPS CURL & TRICEPS PRESS (30 Seconds)
- 26) CARDIO STATION (30 Seconds)
- 27) CORE TRAINING STATION (30 Seconds)
- 28) COOL DOWN (Stretching, Jumping Station, etc.) (5 Minutes)

Note: 10 Seconds Between Each Station

Total Time: 28 Minutes

HOGGAN Sprint Circuit Station Instructions

SHOULDER PRESS & LAT PULL

Model: 210

1. Sit on seat and select desired resistance level.
2. Straddle bench in sitting position and grasp handles with your palms facing forward. Taller users may use upper handles.
3. Slide hips forward until shoulders and hips are aligned vertically under handles.
4. To exercise press handles upward to full arm extension, without arching your back, and return by pulling handles down to shoulder level.

CHEST PRESS & HORIZONTAL ROW

Model: 220

1. Sit on seat and select desired resistance level.
2. Grasp handles and place feet on foot support.
3. Contract abdominal muscles and keep back from arching.
4. To exercise, press handles forward to full arm extension without locking elbows and pull handles back bringing shoulder blades toward each other.

BICEPS CURL & TRICEPS PRESS

Model: 230

1. Straddle seat and select desired resistance level.
2. Lean forward and grasp handle bars.
3. Sit down and place elbows in the “target” position.
4. To exercise, flex elbows by pulling handles up to shoulders and return by pushing handles out and down.
5. For smaller users: Place one knee on seat with your other leg outstretched behind you for support.

ABDOMINAL FLEXION & BACK EXTENSION

Model: 240

1. Sit down on seat facing away from the machine and select desired resistance level.
2. Slide hips back against lumbar support pad and grasp handles.
3. Keep back against the lumbar support pad to prevent hip flexor recruitment.
4. To exercise, push against the back pad and return by lowering your elbows toward your knees.
5. Be sure to use slow, even movements to give the lower portion of the rectus abdominis and erector spinae muscle groups time to fully flex and extend.

TOTAL LEG PRESS

Model: 250

1. Enter from the side to a seated position and select desired resistance level.
2. Grasp side handles with palms facing in for support.
3. To perform the quad exercise, push the platform away from body. Please note that the platform will automatically return to the starting position.
4. To perform the calf exercise, place both feet on the calf block and push away from the body. Remember to allow your heels to overhang off of the calf block.

LEG CURL & LEG EXTENSION

Model: 260

1. Enter from the side to a seated position and select desired resistance level.
2. Tuck ankles in between roller cushions.
3. Grasp side handles with palms facing in for support.
4. Slide hips back until the backs of your knees are just forward of the seat.
5. To exercise, lift roller with legs. Pause with legs at full extension, but do not lock knees. Return by pulling roller down and back through the full range.

CORE TRAINING STATION

Model: 270

1. Sit on center pad and swing legs to upper pad.
2. Slide hips forward as possible.
3. To exercise, do half sit-ups. Raising yourself to a full upright position is not necessary or desirable. Lower yourself slowly to maximize benefit. Do not lock heels to aid in pulling yourself up.
4. To increase difficulty use alternate movements including leg lifts and rotary sit-ups.