



WELCOME TO THE **BODY CONSTRUCTION ZONE**

No matter what your fitness level, Strive can help you build the body of your dreams. That's because the Smart Strength System is the most effective training system available today! Using our adjustable cam instead of a traditional fixed cam resistance, Smart Strength enables you to vary peak resistance at any point in the range of motion to work each muscle more completely for shorter, more effective workouts, without overtraining.

Level I *For individuals with little to no conditioning*

Accommodates for weaker areas within the motion and facilitates a more complete movement
After the 6th workout, advance to the next level

Level II *For individuals with low conditioning*

Introduces the muscle to the different resistance curves
After 8-10 workouts, move to the next level.

Level III *For individuals with moderate conditioning*

Basic 1,2,3 Workout

Builds and further strengthens muscle

Level IV *For individuals with intermediate to advanced conditioning*

Sustains growth and strength

Level V *For individuals with advanced conditioning*

Breaks through plateaus and encourages

*Occasionally performing one set at Sets 4 and 5 instead of one set at Sets 1, 2, and 3 is recommended for additional training variety.



Important Tips!

- Consult with a physician before starting any exercise program

- Don't train the same body part on consecutive days
- Proper nutrition and appropriate rest are necessary for continued success
- Workout intensity is the most important factor in determining results
- The body responds to the smallest amount of effort, so increases in intensity need to be slow
- Varying the repetitions, weight or the amount of rest taken in-between sets can influence the intensity of the exercise.