

TO CHANGE YOUR BODY CHANGE YOUR TRAINING

High Intensity Training unleashes your fast twitch fibers...opens the door to more muscle and more results..... **This Plyo & Cardio class will engage both helping you to:** Builds power and increases speed and leg strength. Increases muscular endurance and stamina for competitive sports events. Uses power agility training to transform muscle fiber and produce a lean, athletic shape.

SLOW TWITCH MUSCLE FIBERS

Marathon Runner
Engages Slow twitch helps to pump out miles

FAST TWITCH MUSCLE FIBERS

Sprinter
Fast Twitch fibers provide Strength and Power

ENGAGE 100% OF YOUR MUSCLE FIBERS

Slow & Fast Twitch Muscle Fiber

Whenever you exercise you engage your slow twitch muscle fiber but if you want maximize your workout you need to unleash your fast-twitch muscle fiber

EPOC EFFECT

Excess Post-exercise Oxygen Consumption

Otherwise known as the EPOC effect will help you burn calories even after you've finished working out.

THERE'S A REASON HIGH-INTENSITY INTERVAL TRAINING (HIIT) IS ONE OF THE HOTTEST FITNESS TRENDS ON THE PLANET – IT'S THE FASTEST WAY TO GET FIT, AND IN SHAPE. SHORT, SHARP BURSTS OF EFFORT ALLOW YOU TO REACH MAXIMUM TRAINING ZONES AND THAT'S THE SECRET TO ATHLETIC PERFORMANCE.

