

Maximum Results in Minimal Time

If your time is limited but you want to get in an effective, challenging workout that is going to give you cardiovascular and strength benefits in a short period of time, try training with circuits or intervals.

Committing to 20-30 minutes a day of high intensity fast paced exercises performed with a rest period or active recovery period of lower activity will allow you to improve your fitness in less time.

Benefits:

- Increased strength
- Increased cardio
- Increased bone density
- Increased speed
- Higher caloric expenditure
- Improved body tone
- Decreased blood pressure
- Improve metabolism
- Body awareness
- Stronger immune system

The beauty of these workouts is that you can choose from a variety of exercises and change your focus between cardio, strength, endurance, core etc. with each workout just by choosing different exercises! Equipment required is minimal and often only a stopwatch, mat and some dumbbells are needed.

Interval Training

High intensity aerobic intervals interspersed with periods of recovery allowing cardiovascular system to recover and muscles to flush lactic acid away

ex. Sprint for 30 seconds (high intensity interval) : jog for 30 seconds (recovery phase).

OR Skip for 30 seconds (high intensity interval) : walk for 30 seconds (recovery phase).

This is just an example. Length of recovery and work phases can vary.

Circuit Training

Blending resistance training with cardiovascular training in one intense workout. Challenging your body through strength and aerobics. Complete 10-12 reps at each station or time based where necessary. Move quickly from exercise to exercise. May opt to alternate between a cardio and a resistance station. Stations can be rotated through 2-3 times and can be as many stations as time permits.

