



Go360 + HT Fitness

Price \$120 for 6 weeks x 2 classes

First Timers - \$99 for a 6 week HIT360

Timing: Tuesday and Thursday 12.10pm

Where: Go360 Gym or HT Fitness Premises - mix

Start Date is: Tuesday 25th March 2014

Seminar: Thursday 20th @ Go360 12.10pm.

Program includes: Strength, Core, CrossFit, Agility, Weights, Resistance

Level of Fitness required: Not for the Faint Hearted

6 Benefits of High-Intensity Training

And why it needs to be part of your regular workout routine

High-intensity training (HIT360) describes any workout that alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest.

1. Efficient

Super-efficient HIT360 is the ideal workout for a busy schedule—whether you want to squeeze in a workout during your lunch break or to get in

shape for a fast-approaching event. Research shows you can achieve more progress in a mere 30-40 minutes of interval training (done twice a week) than the person jogging on the treadmill for an hour.

2. Burn More Fat

Not only do you [burn more calories](#) during HIT360 workouts, but the effect of all that intense exertion kicks your body's repair cycle into hyperdrive. That means you burn more fat and calories in the 24 hours *after* a HIT360 workout than you do after, say, a steady-pace run.

3. Healthier Heart

Most people aren't used to pushing into the [anaerobic](#) zone (that lovely place where you can't breathe and you feel like your heart is trying to jump out of your chest). But in this case, extreme training produces extreme results.

4. Lose Weight, Not Muscle

Anyone who has been on a diet knows that it's hard to not lose [muscle mass](#) along with fat. While steady state cardio seems to encourage muscle loss, studies show that both weight training and HIT workouts allow dieters to preserve their hard-earned muscles while ensuring most of the weight lost comes from fat stores. Win/win!

5. Increase Metabolism

In addition to increased fat burning and more muscle preserved, HIT360 stimulates production of your human [growth hormone](#) (HGH) [by up to 450 percent](#) during the 24 hours after you finish your workout. This is great news since HGH is not only responsible for increased caloric burn but also slows down the aging process, making you younger both inside and out!

6. Challenging

This is not a workout you can do while reading a magazine or chatting with your friend. Because it's so short, you will be working hard the whole time. The trade-off is this format offers seasoned exercisers [a new challenge](#) and new exercisers a quick way to see results. You may be in pain, you may be sucking wind, but you definitely won't be bored!