

TURBO CHARGE YOUR TRAINING!



Why Do you need to 'turbo Charge' your training?

- 1) Stuck on a 'platform' and want to 'rev it up' to 'break the next barrier' !
- 2) Overcome a 'sticking point' !
- 3) Extra Motivation and sense of achievement!

The reason we need to do this is 'all of the above' if you are doing a certain routine then you should 'peak' that routine periodically, to lift your levels of fitness, strength and conditioning to a new height.

Periodization? Most 'informed' training is periodised , which means there is a 'cycle' over a week, month, 3 months, and a year and the graph of this pattern is called periodization.

How do we TURBO CHARGE ?

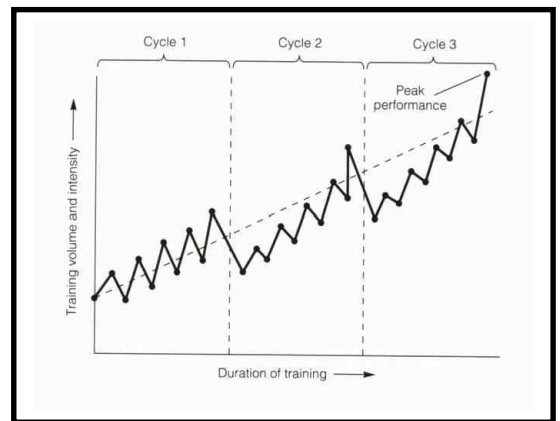
-Provided you have already established a 'base' of Regular training over time , you are then ready to **TURBO CHARGE** your training.

Whats Involved ?

Master Instructor *Graham Healy* will analyse what You can do ,based on your track record , and then set Some Turbo Charged Workouts for you .

How Many and how long are the sessions per week ?

No More then **20 to 30 Minutes** but you must be warmed up and ready to go , so as to not waste time . **Only 1 or 2 x 30 minute** 'Turbo Charged' sessions per week is required , depending on your recovery , and you other training commitments .



Cost ?

= \$40 (paid to trainer) per 30 minutes + \$4.50 Gym Surcharge (paid to Movements)

Packs of 10 x 40 = \$400 recommended (existing clients can use 1/2 of standard visit)

-one of Session only surcharge of +\$10 = \$50 (plus Gym Surcharge of \$4.50)

What's Evolved ?

-Power Boxing, Kick boxing, Martial Art moves Stair Runs, Stepper Sprints, Bag drags , Endurance body Squats , push ups , sit ups , hard circuit work , Intensive Weights training .
(It depends on what you want , and where you want to go with it)

Will I lose Weight /Body fat ? Yes in combination with a Low calorie Nutrition plan , remember 1kg of Body fat = 7,700 calories , the average 'high intensity' turbo 30 min workout might burn about 300 calories so that's still 25.66 hrs of work to burn 1 kg fat However, High Intensity does have a greater 'afterburner' effect then normal exercise.

Bookings?

Ring Graham Healy on mobile 0411 393 503 or web www.healyshealthandfitness.com