

# PRECISION TRAINING®

## HEART RATE MONITOR

### THE PROGRAM

There is a lot of science out there that explains the different energy systems we use when we exercise. The energy systems you activate determine the types and quantity of fuel your body uses. The intensity, which you work in, is what controls these energy systems.

Elite endurance athletes and medical professionals have used this information for years. Athletes have used it to excel their performance and turn their bodies into finely tuned machines. Medical professionals have used it to make low functioning cardio respiratory systems strong and healthy.

We can use this science with the help of a simple heart rate monitor, a Personal Trainer and a piece of high quality cardio (aerobic) equipment.

Whether your goals are for wellness, weight management, fitness or performance, your personal trainer will design a progressive program for you.

Your target zones are calculated using your age and fitness level.

You work within 3 zones of intensity using peaks and valleys (intervals).

The frequency, duration and intensity of the peaks and valleys are different all the time and controlled by your Trainer.

The Precision Training session is available through our personal training program. Due to the interval nature of the Precision Training session the use of a Personal Trainer is required to maximize the fitness benefits.

Please see our Personal Training brochure (30-minute sessions) for package prices.

### HERE ARE THE BENEFITS

1. Your heart rate is constantly monitored throughout the entire exercise session.
2. Promotes cardio and muscular development.
3. Increases tolerance to lactic acid.
4. Builds self confidence by hitting targets and overcoming obstacles.
5. Develops the ability to recover quickly after work efforts.
6. Can use a variety of equipment and programs.

### DID YOU KNOW?

- ¥ Most people see more weight loss when using a heart rate monitor.
- ¥ Most people overestimate their rate of intensity and don't make sufficient gains when not using a monitor.
- ¥ Some people over do too soon and have to quit prematurely.
- ¥ When you reach certain intensity levels during your cardio workout, your metabolism stays elevated and you burn more calories all day long.
- ¥ You can train your body to handle very high levels of intensity very efficiently without the typical uncomfortable feelings and symptoms of exhaustion.
- ¥ You will limit any wasted time in your existing workout and increase the total caloric expenditure each and every minute.
- ¥ Improvements in your fitness will be easily noticed and measured.
- ¥ Your metabolism will rev higher all day long.
- ¥ Your heart and lungs will be stronger and more efficient.
- ¥ You will have a focal point during your cardio work, which improves mind/body awareness.

**Call 459-3033 or 866-5425 for details.**

### HERE'S WHAT MEMBERS HAVE TO SAY

*"Cardio training will never be boring again! I used to watch TV and wait for it to be over. Now I enjoy the process by hitting my mark and then getting my recovery."*

*-Chris Fall*



# FREE



## PRECISION SESSION

First time visitors only. Must be LOCAL RESIDENT, over the age of 18 years and must make an appointment. Valid photo I.D. required.