

Supercharge your metabolism with the Bravo HIIT Series™.

Introducing the new **Bravo HIIT Series™** – high intensity interval training workouts designed to burn calories and build strength through a series of specific movement patterns and cardio blasts. Bravo HIIT™ features circuit-based exercises that combine the award winning Bravo functional training system (Bravo Press, Pull and Lift) and Arc Trainer™, along with other training accessories.

Unrivalled total body conditioning.

The Bravo HIIT Series™ draws from two powerful training methodologies - High Intensity Strength Training (HIT) and High Intensity Interval Training (HIIT) - to deliver results across the entire fitness spectrum: developing stamina (your ability to endure harder exercise), increasing muscular strength and endurance, and improving cardiovascular conditioning. This intense, calorie burning workout gets your body to be a better consumer of energy during exercise and long after it's over.

The Bravo HIIT Series™ satisfies all levels of fitness. Each series has an unlimited number of progressions and digressions that can be used to modify the intensity level to match every fitness level – from high performance athletes to general fitness enthusiasts.

Bravo HIIT Series™ at a glance

Duration	Exercise type	Intensity	Core activation	Key equipment
30 minutes	High Intensity Interval circuit workouts	High	3X greater core activation	Cybex's Bravo cable strength training machines: Lift, Pull, Push and Arc Trainer™ with other training accessories.
Results	<ul style="list-style-type: none"> ○ Safely provides 2 x more strength to abs and body ○ High calorie burn from high intensity cardio blasts and strength exercises. ○ Metabolism revved long after exercise is finished. ○ Results in metabolic adaptations, making you a better fat burner with improved insulin sensitivity. ○ Hones agility skills. 			

Bravo workout sessions are offered in small group supervised training classes. Ask at reception for booking details or go to bodytech.co.nz