

HIT Personal Training™

Variety is an important component in any training programme. It helps maintain progress and motivation. But the truth is, variety without sufficient intensity and good form will compromise the quality of your workout and the results you hope to achieve.

Extensive research demonstrates that High Intensity Training (HIT) under the supervision of highly skilled trainers is the most effective and efficient way of adding muscle, gaining strength, reducing body fat, breaking fitness plateaus and improving appearance.

The primary purpose of **HIT Personal Training™** is to make each exercise session more challenging in order to stimulate your body to change, without exposing you to the dangerous exercise practices or methodologies that plague the fitness market. HIT PT™ will get you results faster, more safely and with less wear and tear on your body. It's also very time efficient, making it attractive to those who have limited time to train.

What the experts say.

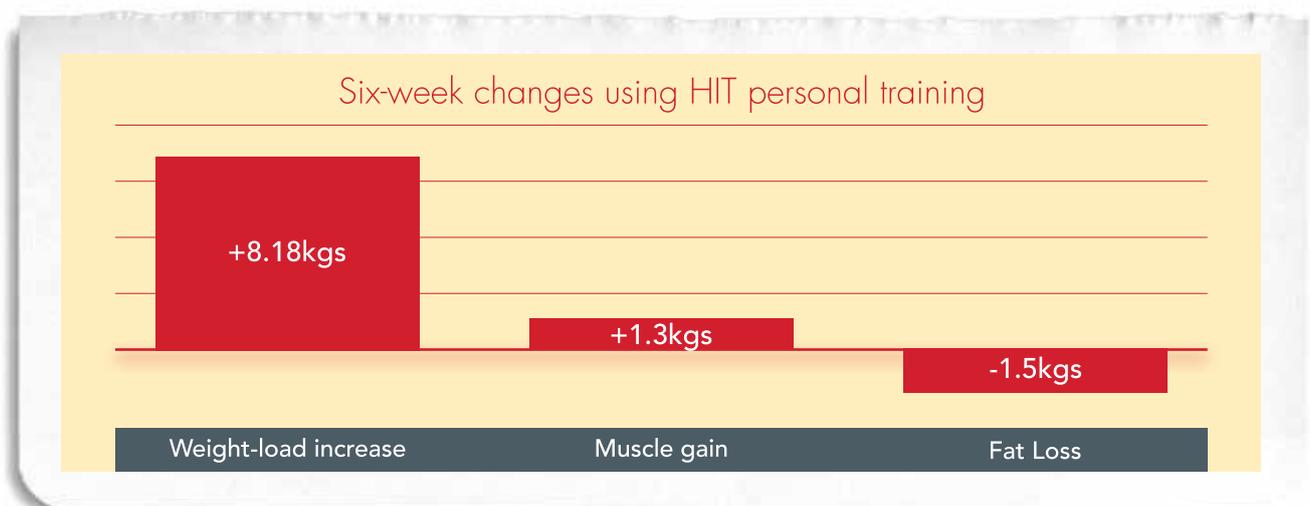
Dr Wayne Westcott, Ph.D., researcher, author, fitness expert, and lifetime achievement award recipient from the International Association of Fitness Professionals, has studied the effects of using a combination of HIT techniques (commonly used by BodyTech's Personal Trainers).

Westcott's research on 48 intermediate fitness level men and women, who followed the above training protocol using 12 to 16 machine exercises for a period of six weeks, revealed an average weight-load increase of 8.18 kgs, an average muscle gain of 1.3 kgs and an average fat loss of 1.5 kgs. These results, according to Westcott, represent a high rate of strength gain and body composition improvement for average experience subjects, which is encouraging news for those exercisers wanting to move past a training plateau (weight loss, lean weight, or strength).

Harder, briefer, fewer workouts are best.

The results achieved by Dr Westcott's subjects under the supervision of a personal trainer came from only two 24-minute (on average) workout sessions per week. Because of the high intensity stimulus afforded by a highly supervised HIT strength programme, briefer and fewer workouts are required because the body needs more time to recover and adapt. It should also be noted that no subjects received nutritional information or dietary guidelines during the study; the only intervention was the highly supervised HIT sessions.

What's more, because HIT is physically demanding and, for some, mentally challenging, the variety of HIT routines that were incorporated into workouts helped participants to maintain a fresh perspective and a positive attitude towards their sessions.



Six-week changes in exercise weight-loads, lean weight (muscle), and fat weight for intermediate level subjects using a combined high intensity personal training programme.