

Fast Cardio: Evidence-based cardio training for faster cardiovascular fitness, maximal calorie burn and reduced risk of diabetes.

Traditionally, the strategy recommended by fitness experts for boosting cardiovascular fitness (VO2 Max) has been increased frequency and longer duration training. But research is now telling us there's a much more efficient way to achieve it.

What the evidence tells us.

New scientific studies are providing mounting evidence that you can get many of the same benefits, or better, from short bursts of intense exercise efforts (HIIT) as you can from following the more traditional approach (endurance training of moderate intensities), in only a fraction of time.¹

BodyTech's new Fast Cardio™ is predicated on this research and forms the basis of a practical but potent approach to getting the most out of using its cardio machines for maximum benefit in minimum time. Simply stated, it puts scientific theory for highly productive cardio exercise into practice.

Who's it for?

Fast Cardio recognises that no one size fits all. That's why it offers a range of high intensity interval workouts to suit all age groups and fitness levels, using BodyTech's high performance, science-based Cybex® cardio machines.

Fast Cardio™ combines high intensity, calorie-torching periods of activity with low intensity recovery periods for an overall duration of as little as 4 minutes to a maximum of 30 minutes per session. It takes into consideration members who don't particularly enjoy exercise but want to keep down their fat and stay healthy in the most effective, time-efficient way, as well as members who love exercise and want to get the most from it.

Fast Cardio at a glance.

Duration	Exercise type	Intensity	The promise	Key equipment
As little as 4 mins No more than 30 mins	HIIT cardio machine workouts	High	Get seriously fit in a fraction of the time	Cybex® cardio exercise machines: Treadmills, Arc-Trainers®, Bikes & Sparc Trainers®
Results	<ul style="list-style-type: none"> o Lifts cardiovascular fitness (VO2 Max), allowing sustained repeated muscle contractions at higher intensities for longer. o Stimulates high production of Catecholamines Hormones that lead to much greater fat burning. o Burns 2 to 3 times more calories, helping to reduce your body fat faster. o Improves glucose metabolism and insulin sensitivity, reducing your risk of diabetes. o Eliminates boredom associated with long duration cardio. 			

¹ Science Daily, February 2013, Getting fit fast: Inactive people can achieve major health and fitness gains in a fraction of the time. Science Daily, March 2010, High-intensity interval training is time-efficient and effective.

Talk to your trainer or see Reception to book your introductory session today.