

Group Fitness Level Of Difficulty Ranking

Level 4

May Reach High to Max Intensity.

Level 3

Moderate to High Intensity May be Reached.

Level 2

Light to Moderate Intensity May Be Reached.

Level 1

Light Intensity.

Classes are ranked on a 1 to 4 scale with 1 being the easiest and 4 being the hardest. Regardless of ranking, all classes can be modified to meet the needs of the participants.



Periodization

A systematic and progressive training program that allows for continued results and mental engagement. This is what the group training programs at Power-Up are all about.

Superior Training. Optimum Results.

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TRIFECTA



TRX



HIIT TRAINING

Train Like A Triathlete!



What is *Trifecta*?

Technically, the word *Trifecta* means "A group of three". In our case it refers to a combination of Spinning, TRX, and High Intensity Interval Training (HIIT). Each class lasting approximately 25 minutes each for a total of 1.5 hours (including warm-up and cool-down).

Originally we created Trifecta to help those interested in training for a triathlon but soon realized that due to its diversity and **cross-training** effects this class should be offered to all of our clients as a group fitness program.

Trifecta is part of our "Integration for Destination" (ID) programs that includes the 3 elements necessary for long-term success: Exercise, Nutrition and Behavioral Modification Strategies:

- Fitness Assessments to establish baseline measurements.
- SMART Chart programming for Goal Attainment
- Exercise and Nutrition Tracking Logs
- Weekly Summary and Self-Reflection Log to assist with accountability. You may also meet with YOUR Exercise Physiologist who would be happy to review this log with you to discuss any concerns, questions, guidance, etc. In short, we are with you every step of the way.
- And so much more!!!!

What makes Trifecta so unique?

Trifecta brings the concept of "Cross Training" (training routine that involves several different forms of exercise) into one program. Many of the benefits include:

- Reduces exercise boredom
- Produces a higher level of all around conditioning
- Conditions the entire body, not just specific muscle groups
- Reduces the risk of injury
- Work some muscles while others rest and recover
- Improves your skill, agility, and balance
- Prevents reaching "steady state heart rate" allowing for increased caloric expenditure during exercise

Yes, the list continues...

- Improved core and joint stabilization
- Increased Excess Post-Exercise Oxygen Consumption (EPOC), keeping your metabolism burning calories long after your workout
- Improved proprioception; the sense of self-movement and body position.

So, are you ready to
Train Like A Triathlete!!



SNAPSHOT

- Level 3 Difficulty (see chart on back)
- 8 Week ID Program
- Meets One Time Per Week
- Fee \$100
- Schedule: TBA



TRIFECTA
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