

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.

**Phone: (315)717-5712
travishyer@yahoo.com
www.power-up-training.com**



STRONG



I am a BELIEVER

I am an ACHIEVER

I AM....

STRONG



What is **STRONG**?

STRONG is an 8 week small group personal training program that integrates **Strength** and **Power Training**. Starting with Strength Training and Olympic Lift supersets (commonly referred to as "Complex Training") then progressing into more traditional strength training exercises.

STRONG 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!!!!

Benefits of our Strong Include:

Makes you stronger and more fit.

This benefit is the obvious one, but it shouldn't be overlooked. Muscle strength is crucial in making it easier to do the things you need to do on a day-to-day basis. Especially as we get older and naturally start to lose muscle.

Protects bone health and muscle mass.

At around age 30 we start losing as much as 3 to 5 percent of lean muscle mass per year thanks to aging. Muscle-strengthening activities help preserve or increase muscle mass, strength, and power, which are essential for bone, joint, and muscle health as we age.

Helps keep the weight off for good.

Aerobic exercise such as walking, running, and cycling is well-known as a way to help increase the number of calories you burn in a day and thereby shed extra pounds. But strength training helps, too (even if you're not burning a huge number of calories during the workout).

Strength training is helpful for weight loss because it helps increase your resting metabolism (meaning the rate at which your body burns calories when you're just going about your day, not exercising).

A study published in the journal *Obesity* in November 2017 found that, compared with dieters who didn't exercise and those who did only aerobic exercise, dieters who did strength training exercises four times a week for 18 months lost the most fat (about 18 pounds, compared with 10 pounds for non-exercisers and 16 pounds for aerobic exercisers).

Improves/Speeds Up Reactive Time

As we age our ability to react and respond slows down. For example, when we loose our footing our ability to react and stop from falling slows down. Strength and Power Training helps to maintain or improve our reactive time reducing the likelihood of injury.

These are only some of the benefits!!!

Are you ready to come find out the rest?



SNAPSHOT

- Level 3 Difficulty (see chart on back)
- 8 Week ID Program
- Meets One Time Per Week
- Fee \$75
- Schedule: TBA



NEVER to old to get STRONG!!