

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

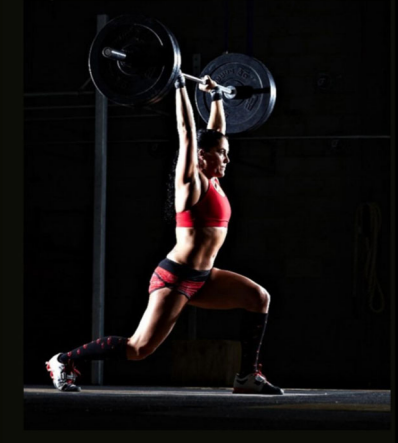
A systematic and progressive training program that allows for continued results and mental engagement. This is what the group training programs at Power-Up are all about.

Superior Training. Optimum Results.

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Power Fit



**Train Like An
Athlete!**



What is *PowerFit*?

PowerFit is a small group personal training program designed for those who want to be as powerful and as fit as an athlete!! Most of the modalities used in this program are utilized in your division one and professional level sports performance training facilities.

From battle ropes to push sleds, plyo-boxes to landmines, Olympic lifts to medicine balls, *PowerFit* takes group training to an entirely different level!!

PF 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 *PowerFit*

Include:

- Improved Power and Explosiveness
- Improved Strength and Endurance
- Improved body composition (reduced body fat, increased muscle)
- Increased resting metabolic rate (you burn more calories even while at rest!!)
- Improved self-confidence and self-esteem.
- Increased energy keeping you Powered-Up all day!!

Whether you are a sport athlete, weekend athlete, recreational athlete or simply want to look and feel like an athlete this program is for you!!

Caution. Max Intensity May Be Reached

Important Notice

Due to the technical difficulty of some of the exercises and potential to reach Max Intensity it is imperative that all participants have a sound understanding of proper exercise technique.

If you are interested in this program but feel you may need more individualized guidance on exercise technique please speak to one of our coaches about our "Onboarding" programs.



SNAPSHOT

- Level 4 Difficulty (see chart on back)
- 8 Week ID Program
- Meets One Time Per Week
- Fee \$75
- Schedule: TBA



Its good to be fit but its best to be *PowerFit*!!