

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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Muay Thai Fitness



**Find out why Muay Thai is
referred to as
"The Art of Eight Limbs"**



What is *Muay Thai Fitness*?

Performing various hand, elbow, knee and foot strikes *Muay Thai Fitness (MTF)* literally works you from your head to your toes, improving strength and endurance while shredding body fat!!

Integrating other modes of conditioning such as kettlebells, TRX, ground-based strikes, etc. your body is forced to improve continuously. You don't have time to get bored or plateau!!! Muscle confusion at its best.

MTF 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 Muay Thai Fitness

Include:

- 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!!

Muay Thai Fitness (MTF) is not your typical cardio kickboxing class or dance martial arts workout.

This is hardcore, intense, and most importantly, effective!!

MTF is as real as it gets!!

A little history on Muay Thai

If you are not familiar with Muay Thai, it's the national sport of Thailand, and one of the most effective stand up fighting systems in the world. Participants of Muay Thai are incredibly fit and develop strong, athletic bodies. This system of martial arts uses powerful strikes with the hands, elbows, knees and feet. This is why Muay Thai is known as "The Art of 8 Limbs."



SNAPSHOT

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



The Ultimate Mind-Body Workout!!