

## 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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## Tabata Boot Camp



**Based on the most  
current research in group  
fitness training!**



## What is *Tabata Boot Camp*?

Tabata Boot Camp is the ultimate in group fitness training diversity. Broken into four sections: Triple H, Tabata, Partner Challenges and finally, Team Challenges. TBC is so much fun because of the interaction between participants.

Based on the hottest scene to hit the fitness industry, High Intensity Interval Training (HIIT), you get an amazing and efficient workout in a very short amount of time.

TBC 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 Tabata Boot Camp 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!!)
- Increased core and joint stabilization
- Increased energy keeping you Powered-Up all day!!



### The History of Tabata

Tabata was discovered by Japanese scientist Dr. Izumi Tabata and a team of researchers. Tabata and his team conducted research on two groups of athletes. The first group trained at a moderate intensity level while the second group trained at a high-intensity level.

The results showed the HIIT group had better strength, endurance, aerobic capacity and elevated metabolism long after the exercises had ended.

HIIT training proved to be more effective yet takes less time, making it one of the preferred training methods today!!

#### SNAPSHOT

- Level 3 Difficulty (see chart on back)
- 8 Week ID Program
- Meets Twice A Week
- Fee \$90
- Schedule: TBA



**A new body. A new you!!**