

Supervised HIT™ The fast track to fitness.

“Exercise more!” It’s the catchcry of our times as people struggle with creeping obesity and its related health issues. But study after study is supporting a different view – that just a few minutes of intense exercise a few days a week can make a big difference to strength, flexibility, leanness and cardiovascular endurance.

It’s called High Intensity Training (HIT) and it’s the power behind our Supervised HIT™ workouts at BodyTech Gym.

Supervised HIT™ for strength and flexibility.

High intensity strength training is no walk in the park. However it’s enormously productive and, when done under the supervision of highly trained instructors, has been proven to deliver up to 58.4% more strength than standard unsupervised strength training. This makes Supervised HIT™ at BodyTech Gym the most effective and efficient means for stimulating muscle and developing strength, faster.

Plus because your Supervised HIT™ strength exercises are supervised on full range MedX exercise machines, you have the potential to improve your flexibility by 10% or greater. **That means stronger joints and better mobility, faster.**

Supervised HIT™ for leanness.

If you’re stuck with excessive fat cells and wasted muscles, then Supervised HIT™ is a proven method for losing fat and leaning up. In as little as six weeks you can expect to lose as much as 1.5kgs of fat and add 1kg of lean muscle. **That means a leaner body, faster metabolism and less fat, faster.**

Supervised HIT™ for cardiovascular conditioning.

Each high intensity strength exercise done on our Supervised HIT™ circuit is designed to tax your anaerobic energy system with an all-out effort (typically lasting less than 90 seconds).

Alternating different exercises between different muscles groups with little rest between means you’ll soon be on your way in achieving up to 4x the cardiovascular improvement of most steady state exercise in just a quarter of the time – and without the impact injuries typically associated with longer and repetitive type exercise. **That means better cardio and more energy, safely.**

Nothing comes close to BodyTech Supervised HIT™ for total body fitness.

If you want a high level of strength, flexibility, cardiovascular endurance and weight loss, rest assured that BodyTech Supervised HIT™ will get you to your goals faster than any other fitness programme. Quality supervision ensures strength exercises are performed properly, with maximum effort, meaningful weight loads and only brief rest periods between them. In short, better results faster from just three 30-minute (or less) workouts a week.

Supervised HIT™ at a glance.

Duration	Exercise type	Intensity	Supervision	Key equipment
30 minutes or less	Circuit strength training	High	Supervised Every workout is supervised at no additional cost	MedX [®] full range exercise strength machines
Results	<ul style="list-style-type: none"> ○ Up to 58.4% more strength than from unsupervised traditional strength training. ○ Greater than 10% improvement in flexibility compared to traditional stretching. ○ More than 4x improvement in cardiovascular endurance compared to steady state running of equal duration and frequency. ○ In six weeks lose 1.5kg of fat and gain 1kg of muscle. 			