

HALF HOUR TO POWER

What is it?

HHTP is a 5 week course, which will give you results, so long as you attend 3 out of the 4 sessions each week. We use fitness tests throughout the year to record results. Using High Intensity Interval Training (HiiT) you can achieve results and increase your metabolism in only 30 minute sessions. This increases your body's ability to burn fat. HiiT means we work hard for a short time, and then burn more calories throughout the day.

How Hard Should I Work?

There are different options for the moves, if you are new to interval training, please go with the low impact options for the first week, and start introducing the harder options in week 2. Pace yourself on the first week, as you may feel a bit achey, once you have warmed up again the next day, you should feel better.

Once you are accustomed to HHTP, you should be pushing yourself during the workout. If you finish a block of exercises, and you are not out of breath, then you are not working hard enough, the 30 minutes is designed in such a way to get you fit in a short time, but that will only happen if you utilise each block accordingly.

Do you want to see more results?

I suggest you use at least 2 other forms of measuring, to see how far you go during your fitness journey.

Scales are good, but do not use scales alone, they have to be used along side before and after photos, or a tape measure, or you can do all 3!

Make sure the before and after photos are taken in the same place, wearing the same clothes, and in the same lighting, this way you can see an accurate difference.



Purity Studio

This picture is why you should not use scales alone, as you can see muscle is small and dense compared to fat. If you only use scales, you may notice you look better, but you are weighing more. This would be because you are gaining muscle, but so long as you are looking better, or your clothes are becoming looser, then you know you are burning away the fat.

80% of weight loss is diet, and only about 20% is exercise, although I find both go hand in hand for keeping your mind on your goals. The nutrition advice is optional, but you will get more results if you combine both exercise and nutrition. I do also offer a 4 week nutrition plan, which looks at your meals, and gets you on a good eating plan. Please note they are not 'diets' it is healthy eating.

Important Advice

Please make sure you drink at least another litre of water before bedtime, once you have completed a HHTP workout in the evening.

For those on the morning class, you can do HHTP as fasted cardio, meaning you don't eat until after, but you must eat as soon as possible after completing your work out. As we want to burn the fat, without putting the body into stress, which will hold on to weight.

Please drink little sips of water during the 30 second breaks in class, failing to drink will lead to poor performance, increased risk of injury, headaches and other health issues. If your body has a 2% drop in hydration, these factors will apply.

Train Regularly, Eat Well, Enjoy Life ☺