



# Introduces: Fast Fitness

These INTENSE 25 minute instructor led workouts incorporate cycling, skipping, core stability, resistance and stretching routines that are designed to achieve maximum results in minimum time.

Recent exercise guidelines for physical activity state that healthy adults should:

Do moderately intense cardio 30 minutes a day, five days a week

*Or*

Do vigorously intense cardio 20 minutes a day, 3 days a week

*And*

Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

(ASCM, 2007)

Incorporating Fast Fitness into your routine over the week will enable you to achieve these targets, improve your fitness and be home before most of us even get to the gym!

You can achieve all this in just over 2 hrs gym time per week.

**Book your place now!**

Please ask a Fusion fitness instructor for further details

