

## How is it possible that one 30 minutes workout twice a week can produce optimal results ?

A **HIT**-Training program will improve your strength and your endurance, rebuild your bones and muscles, restore your vitality, and postpone the aging process more safely and effectively than any other form of exercise, in thirty minutes twice a week. It sounds impossible, but it is absolutely true.

The secret to building strength quickly is exercising slowly and minimizing the effects of momentum and gravity. Although you can complete a full HIT-Training workout in thirty minutes, you will perform each individual exercise with deliberate slowness. And while "slow" might sound easy, the focused slowness that eliminates momentum actually forces your muscles to work much harder.



Get up right now and try performing a deep knee bend the way you would normally do it – go down quickly and bounce up. Now try doing it incredibly slowly – take ten seconds to go down and ten seconds to rise up. Performed slowly, it's a totally different exercise, isn't it ? Without momentum to assist you, your muscles had to work much harder the second time.

It is the elimination of momentum that is the heart of the HIT-Training method, producing maximal results with a minimal time investment, because 100 percent of the work is done by your muscles.

While the workout itself is responsible for stimulating changes in your body; it is actually your body itself that produces those changes. It is therefore crucial that you allow time for recovery between workouts, in order to continually improve. Due to the **High-intensity** nature of HiT-Training an average of 4-6 days is necessary between workouts, in order to reach and maintain optimal results.