

more than
resistance

A workout that's
designed around
YOUR fitness level

MORE
INTERVAL TRAINING

more **efficient.** more **fun.**

MORE Interval Training is a workout designed around you. It adjusts to your current level of conditioning to enable the most productive fat loss and calorie burn possible. Utilizing cutting-edge individual heart rate monitoring technology, MORE INTERVAL Training delivers effective and fun training in a team environment.



EFFICIENT
1 hour workout



BOOST
weight loss



SYNCED
to your heart rate



IGNITE
your metabolism



ACHIEVE
your goals



MORE

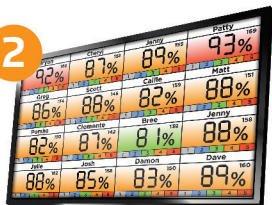
INTERVAL TRAINING

more **energy.** more **results.**



1 A heart rate monitor is synced to you as you workout.

2 Heart rate and calorie data is transmitted via bluetooth and your individual performance is shown on screen.



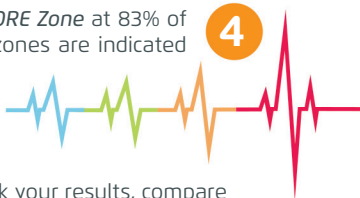
3 Performance levels vary as you change from different interval stations.

- 
CORE
suspension training
- 
STRENGTH
high muscle activity
- 
POWER
rowers w/ water dynamics
- 
ENDURANCE
cardio w/ extreme incline
- 
STAMINA
cycling aerobics
- 
TONING
stride motion

Your metabolism is ignited in the *MORE Zone* at 83% of your max heart rate. Performance zones are indicated by different colors on screen.



4
5 Track your results, compare calorie burn data and receive a full summary of your achievements on the Polar Flow mobile app.



get **MORE** at

CHUZE
FITNESS

COMPLIMENTARY WORKOUT

BOOK TODAY TO KICKSTART YOUR JOURNEY AT CHUZE FITNESS!

1521 S. Riverside Ave. | Rialto, CA 92376

Good for your first time visit only.

909-873-5997

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