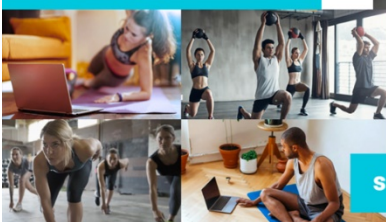
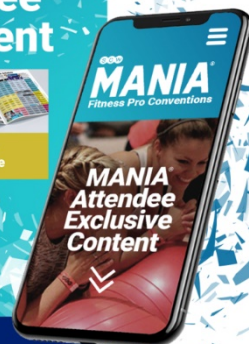


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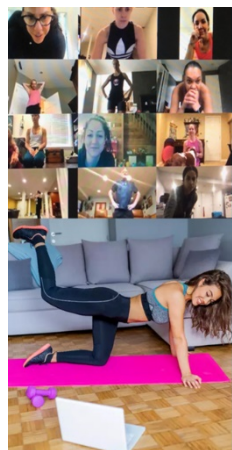
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- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HIIT
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- KIDS IN MOTION
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- MIND BODY FUSION
- MOMS IN MOTION
- NUTRITION, HORMONES & METABOLISM
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- PILATES MATWORK
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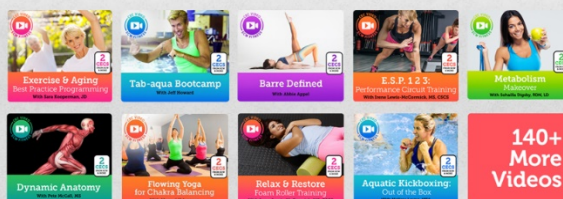
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Active Recovery, Are You Implementing It?

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Active Recovery can be the most beneficial to implement after HIIT intervals

Promotes a Holistic Approach to Fitness

Holistic Training=Maximum results & Optimal Health

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"HOLISTIC"

Relating to the whole of something or to the total system instead of just to its parts

~Cambridge English Dictionary

Having a holistic approach to fitness is more than challenging your physical being by breaking a sweat; it also works out your mind for your mental well-being

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DEFINITIONS OF HEALTH

Wellness

A state of high-level health. One can achieve this by balancing their focus amongst the various dimensions of health.

Holistic Health

An understanding that all the aspects of wellness are interrelated. Lifestyle choices can impact my health physically, mentally, emotionally, socially and spiritually. Examples are what to eat, and when to exercise.

Fitness is more than simply being able to lift a weight over your head or running a 5K...deeper than having a 6 pack or defined biceps

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TRAINING WELL WITHOUT A HOLISTIC APPROACH

Health Can Remain Unchanged

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American College of Sports Medicine RECOMMENDS

**Cardio, Strength, Core,
Flexibility & Balance as
Part of Your Workout**

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PRACTICING HOLISTIC TRAINING

**Always include multiple modalities
including a dedicated active recovery
segment that works the entire muscle
cell**

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Most Effective Way to Incorporate HIIT w/ Active Recovery:

**Variable-intensity Interval Training
(VIIT)**

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Why VIIT?

**VIIT allows for true HIIT intervals to be
performed. Active recovery is what
determines if HIIT is being implemented
properly!**

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How Much Active Recovery is Needed?

**An ideal ratio of HIIT : Active Recovery ranges
between 1:2-1:4 (women typically needing less
recovery and men needing more recovery) is
recommended by Fabio Comana. An individual
only needs to spend 15-20 min. maximum in
focused on HIIT (roughly 1/3rd of the total
workout).**

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Implementing Active Recovery

- Active Recovery does not have to all be done immediately after each individual interval but at least performed after a HIIT segment is complete.
- In MASHUP®, there is an immediate 1:1 ratio (30 seconds of work: 30 seconds of rest). Then additional active recovery via the MindBody segment (relatively 1/3rd of the entire workout) occurs after the entire HIIT segment is complete for a total ratio of 1:2-1:3 depending on the format. In group fitness, you have to determine what is the best way to implement the science for a group of diverse individuals versus one on one training.

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Variable-intensity Interval Training (VIIT) Workout Formula:

- Agility & Strength (medium-intensity for about 1/3rd)
- HIIT (high-intensity for about 1/3rd)
- MindBody (low-intensity, active recovery for about 1/3rd)

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BENEFITS OF ACTIVE RECOVERY

- Increased flexibility and range of motion
- Injury prevention
- Improved energy levels
- Improved blood circulation
- DOMS (Delayed Onset Muscle Soreness)
- Improved posture
- Improved athletic performance
- Stress relief
- Cholesterol reduction
- Increased stamina

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MINDBODY (ACTIVE RECOVERY)

- Make it dynamic vs. static (moving vs. stagnant)
- Move slowly but fast enough to keep your heart rate above resting
- Implement immediately after HIIT
- Incorporate balance movements
- Work your body from all angles (on your abs, on your back, on your side, on your feet)
- Functions as your cool down at the very end of your workout

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PUTTING IT ALL TOGETHER**Simplicity**

-Choose a small set of exercises from different modalities (Agility & Strength, HIIT, and MindBody for each workout.

-Keep your equipment simple for each workout.

Repetition Produces Results

-Repeat the set of exercises several times using muscle memory to your advantage

-Every time you repeat a movement you have the potential to improve your form and increase your intensity

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MASHUP®'s KEY INGREDIENTS FOR SUCCESS

✓VIIT is the New HIIT (Variable-intensity Interval Training allows participants to maximize the full benefits of High-intensity Interval Training)

✓Holistic Health and Wellness

✓3 Fitness Levels (caters to all age populations including older adults)

✓3 Fitness Modalities (Agility & Strength, HIIT, MindBody working all aspects of our physiology) are utilized within research-based (VIIT) formulas

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MASHUP®'s 8 TENETS OF HEALTH

#1 Nutrition

#2 Exercise Efficiently

#3 Accountability

#4 Hydration

#5 Remove Toxins

#6 Supplementation to account for SAD
(Standard American Diet)

#7 Sleep

#8 Stress Reduction

These along with web sources are listing at mashupconditioning.com

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READY TO WORKOUT?

mashup

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