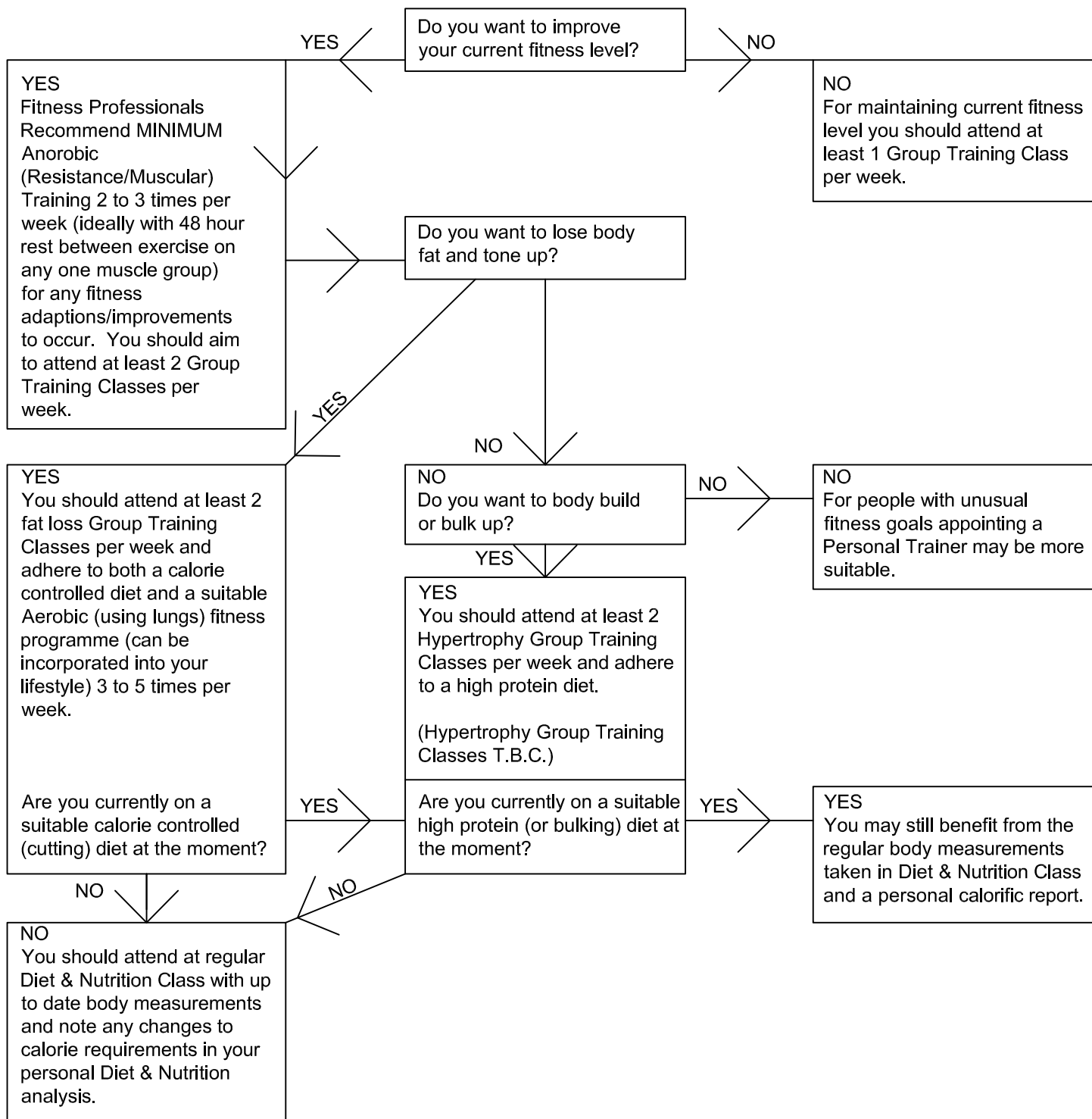


Beyond Barriers Group Training Flow Chart



Beyond Barriers Group Training FITT Table

Recommended Class attendance based on Sports Science and the F.I.T.T. (Frequency, Type, Intensity, Time and Type) exercise principle. Basically in order to increase our fitness or get "FITT" we need to follow the appropriate F.I.T.T. guidelines for that particular type of fitness. For fat loss we adopt a combination of Cardiovascular and Strength training programmes along with a calorie controlled healthy diet for sustainable effective long term fat loss.

FITT	Cardiovascular	Strength
Frequency	3-5 times per week	2-3 times per week (per body part)
Intensity	Moderate to vigorous 60-80% maximum heart rate (MHR)	3 sets of 10-15 repetitions
Time	20-60mins	30-45mins
Type	Cardiovascular activity	Compound (working many muscle groups) or isolated (working one muscle group)