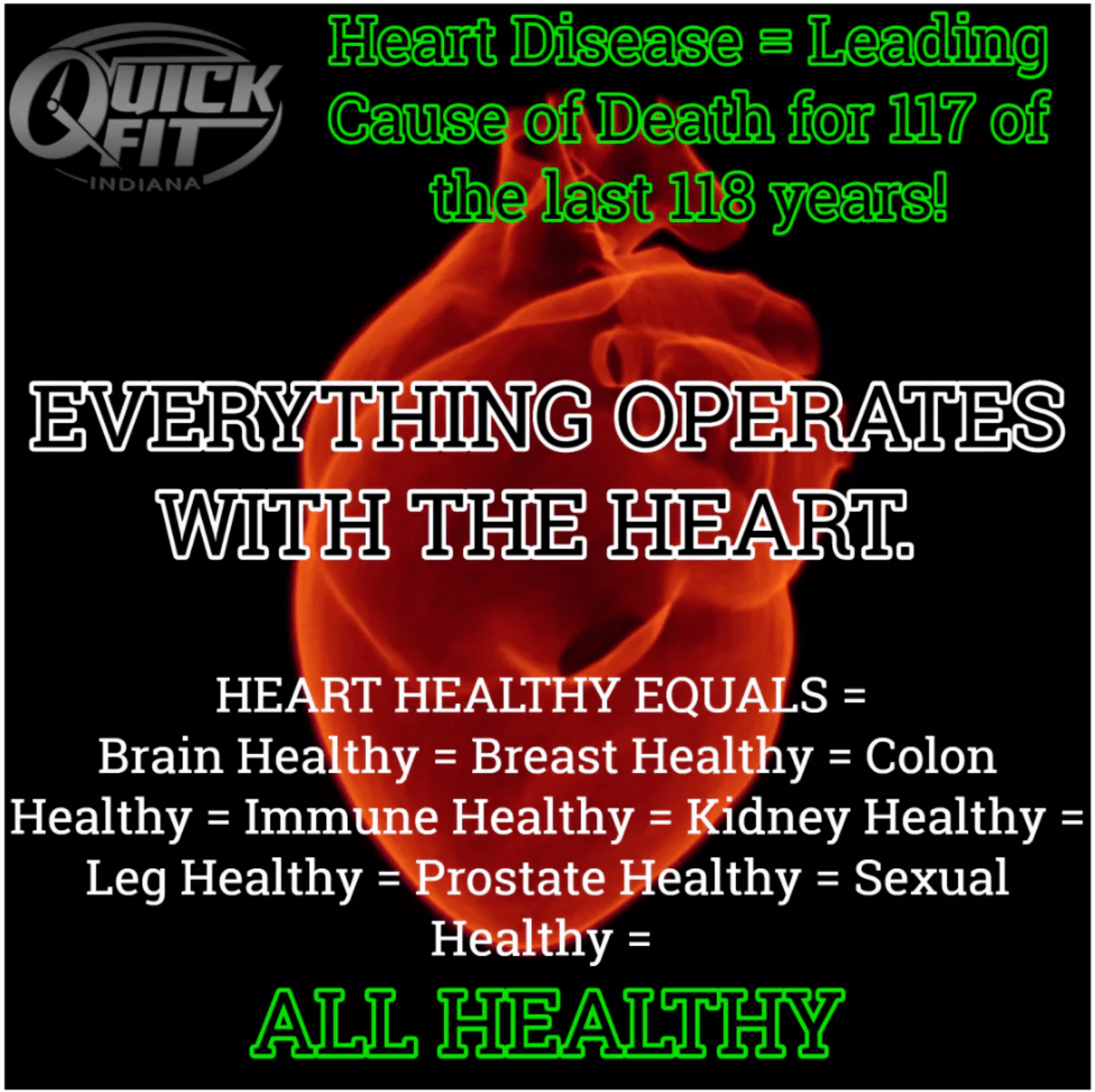
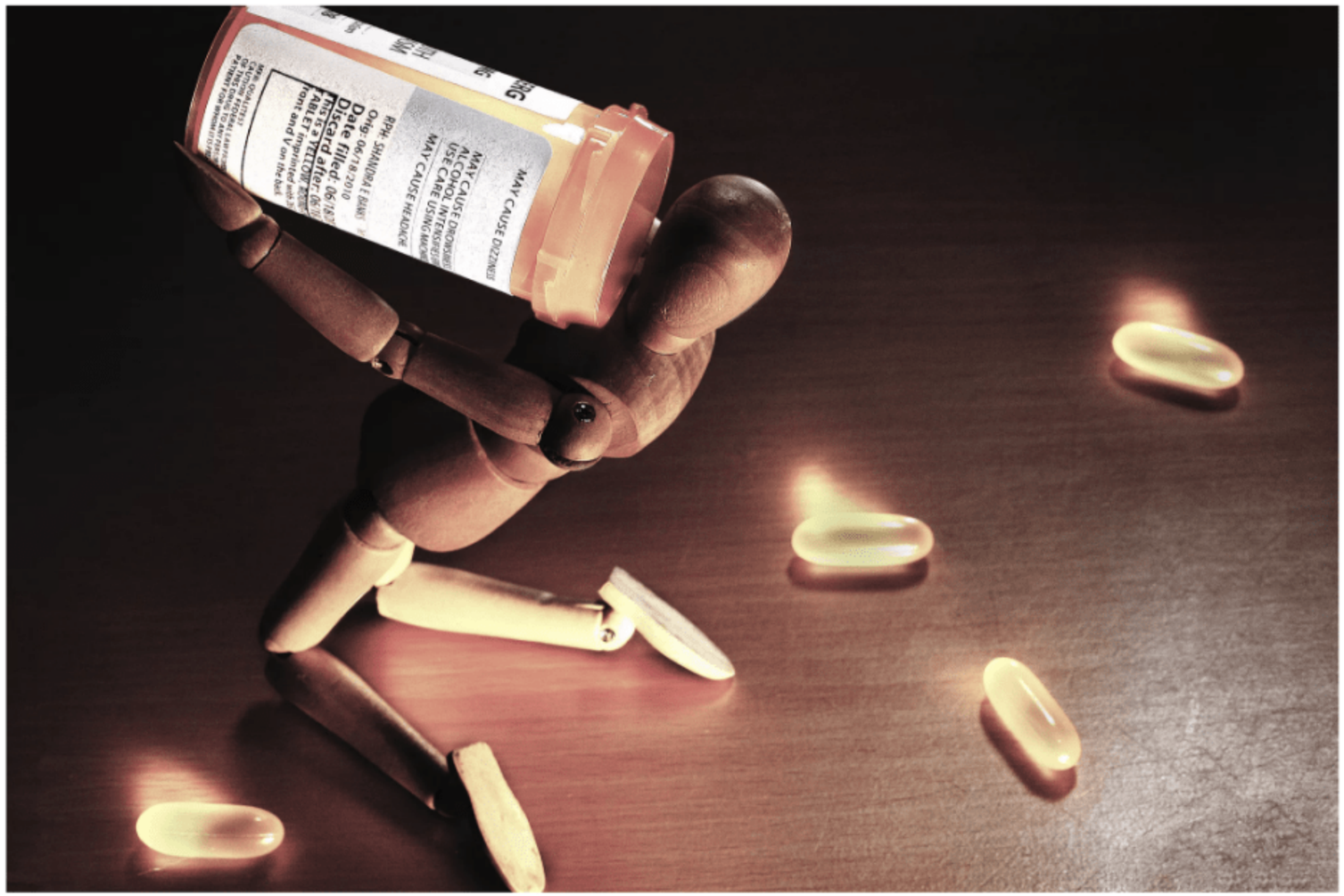
QUICK FIT
INDIANA

# Quick Fit Indiana
## A Uniquely Better Way to Get Fit Fast


QUICK FIT
INDIANA
Heart Disease = Leading Cause of Death for 117 of the last 118 years!
EVERYTHING OPERATES WITH THE HEART.
HEART HEALTHY EQUALS =
Brain Healthy = Breast Healthy = Colon Healthy = Immune Healthy = Kidney Healthy = Leg Healthy = Prostate Healthy = Sexual Healthy =
ALL HEALTHY

# THE MAGIC PILL




Does a magic pill exist?

# YES - IT'S EXERCISE!

# PROPER EXERCISE
# SAFE, EFFICIENT, & EFFECTIVE

# THE SYSTEM

# FIT 3D

The very first thing that happens at Quick Fit Indiana, you are given a Fit3D Body Scan and Health Assessment. The scan takes approximately 45 seconds. It is completely private. This laser imaging and body composition scan provides a basis for your journey to better health, improved body composition and the best YOU!

After your Fit3D Scan and Assessment, you are introduced to the most advanced resistance equipment on the planet. ARX stands for Adaptive Resistance Exercise and I want to explain what exactly that means.

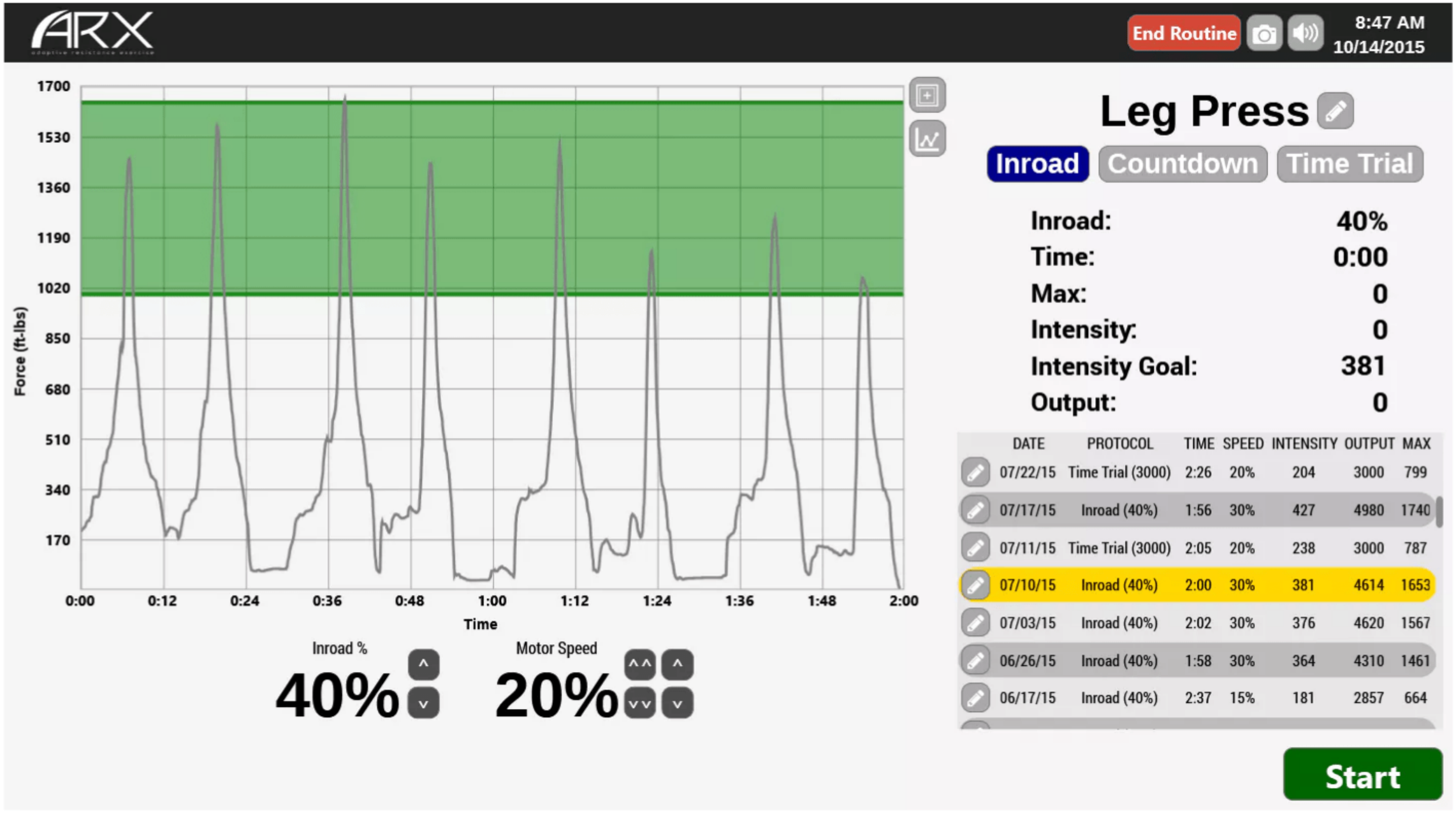
ARX
adaptive resistance exercise

Alpha & Omni

- Adaptive - The resistance adapts to you the user. The machine will adjust the resistance each millisecond to give you the perfect amount of resistance that you can move safely. As you get weaker during the exercise, the machine drops the resistance. When you stop, it stops!

- Exercise - Our two ARX Machines perform over 25 of the common, compound exercises that you may be familiar with.

- Resistance - The machines are motor operated. Resistance training differs from weightlifting. Not only are you getting stronger from positive repetitions, you are maximizing the science  of strength training in the negative repetitions as well.




Your resistance force is captured and saved live onscreen right in front of you. Compete against this workout and compare it to the same exercise down the road. You will literally be able to see how much stronger you are in such a quick period of time because of the tracking that is done at Quick Fit Indiana using ARX.

# 20 MINUTES - REALLY?
# LESS THAN 1 HOUR/WEEK?

We perform 1 set of exercises for every major muscle group in your body.

This one set using ARX is scientifically proven to be as effective at breaking down the muscles as multiple sets of traditional weightlifting.

Muscle, strength, bone building and heart health do not have to take a long time.

In the name of simplicity; all you have to do is break down the muscle and then give mother nature time to rebuild it. For most people over the age of 30, this means strength training about once every 5-8 days.

# CARDIO?

Our small group cardio classes are built around HIT and HIIT (High Intensity Training) principals.

These classes are only 20 Minutes too and you do not want any more when the clock runs out.

We use the most advanced equipment on the planet to minimize joint impact while providing the heart with the maximum benefits of HIT Training.

# OTHER REASONS TO GIVE QUICK FIT INDIANA A TRY

- Quick Fit Indiana is 60% less expensive than a cheap Personal Trainer.
- Better results in 50% - 75% less time.
- Extremely clean environment
- Private sessions are PRIVATE - no one else in the room watching you
- Fit3D and ARX Tracking show you actual progress all along the way
- We're not one dimensional. We have all the traditional equipment that every other gym has as well (free weights, bands, racks, kettle-bells, etc).

WWW.QUICKFITINDIANA.COM

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QUICK FIT INDIANA

COME IN FOR A FREE
COMPLIMENTARY SESSION

Visit our website or call to
schedule your free session.