

Turn Your Body into a Race Car!

in 10 weeks or less



*"Adding Life
To Your Years
And Years To
Your Life!"*

*Exercise anytime, anywhere and change your health for
life regardless of your age or level of fitness.*

HOW TO DO IT

You can make 1010FIT easily part of your daily life.

It can be done anywhere at anytime even at work.

Unless you're making it part of your workout, there is no need to change into gym clothes.

It can be done in 10 minutes or less, 2 to 3 times a week.

Here is how:

Warm up for 2 minutes walking, pedaling or running gently

When ready speed up and work as hard as you can for 20 seconds before slowing down

Gently walk, pedal or run for another 2 minutes to recover then repeat 1 or 2 more times.

After each 20 second burst it's important to recover for 2 minutes.

Cool down for 2 or 3 minutes.

What is 1010FIT?

Exercise is always equated with the more time you spend doing it, the better. But let's be smart about it. How would it be if we can achieve not only similar but even better results with less time?

HIT or High Intensity Interval Training achieves just that in a relative much shorter time. Numerous studies over the past decade have shown that less can be more.

Is 1010FIT safe?

As with any exercise there is a risk of injury regardless if you are fit or not. Most common are pulled muscles.

If you are not fit you should start out easily with 1010FIT. Reduce the spurts to 10 seconds or less then work your way up towards the 20 seconds bursts. As with all exercise programs you should consult a physician if you feel unfit or otherwise not healthy enough to exercise,

Where to exercise

The advantage of 1010FIT is that it can easily fit into your day. Even on busy days you can always find the time to do a 10 minute exercise.

Do it in the morning on the way to work, during your lunch break or in the evening when you get home. Plan it into your day 2 or 3 times a week, then stay committed.

10 ways to exercise with 1010FIT

- ♦ **Walking to/from work or home**
- ♦ **Walking up a hill or staircase**
- ♦ **Stair Running**
- ♦ **Cycling outdoors or at the gym**
- ♦ **Running outdoors flat or up a hill**
- ♦ **Running on a treadmill**
- ♦ **Cross Training at the gym**
- ♦ **Swimming**
- ♦ **Rowing**
- ♦ **Aerobic Stepping or Jump Roping**



Contact

1010FIT

650 E. Palisades Avenue, Ste 2-262

Englewood Cliffs, NJ 07632

(201) 247-9501

patrick.schoeneborn@gmail.com

Visit us on the web:

www.1010FIT.com

COMING SOON!

1010FIT can easily be worked into a busy life