

VIP 60 Challenge Product Launch Announced

December 21, 2016

December 21, 2016 - PRESSADVANTAGE -

Nature To, a Brazilian firm, offers their new product known as the VIP 60 Challenge to customers. The Challenge method was created by personal trainer Cristiane Senna to help clients lose weight without going to a gym.

Natureto.eco.br is pleased to announce the launch of their Brazilian product which offers an at-home HIIT workout program for fat loss. For most people, regular attendance at a gym, spa or similar facility can be a challenge. The stress of finding time to go to the facility may cause most people to avoid the preparation and cost to take advantage of the tips, techniques and methods. The Challenge VIP 60 courses created by Cristiane Senna are a method of practicing physical exercises that promise effective results for those who want lose weight and don't want to spend the time to attend a gym.

According to a spokesperson for the product, "The VIP 60 Challenge has short and intense classes, which can be viewed on any device with internet access. The time of classes varies according to the module, which can take from twelve to twenty minutes. In addition, the program has a training guide with a detailed explanation of each exercise and a schedule divided into levels: 0 (zero), 1 (beginner), 2 (intermediate) and 3 (advanced)."

Classes in the VIP 60 method are intense and short. The purpose of the sessions is to accelerate the metabolism so that it remains at a high level throughout the day. The method is known as HIIT or High Intensity Interval Training. From a scientific standpoint, the methods are more effective than other types of training designed to aim at burning body fat.

VIP 60 training model was adapted by Cristiane Serra to become the VIP 60 Challenge Program and applied the methodology to her students. Women who had been trying to lose weight for years were able to reach their weight and body shape goals using the techniques. The program is suitable for any age and physical restrictions. The results is lost weight, improved quality of life, better health and disposition.

For more information, visit <http://natureto.eco.br/desafio-vip-60-funciona-para-emagrecer/>.

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For more information about NatureTo, contact the company here: NatureToCarolSantiagocarolsantiagojornalista@gmail.com

NatureTo

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Email: carolsantiagojornalista@gmail.com

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