6 Figure Fitness Now Offers High Intensity Interval Training Programs

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Health club, 6 Figure Fitness, occupying a warehouse space in Carlson Business Center, now offers high-intensity interval training (HIIT,) as well as group and personal training programs.

6 Figure Fitness is a premier personal training and group fitness facility with a strong commitment towards personalized service and individual attention for those seeking to achieve a healthier lifestyle.

The HIIT program uses a variety of resistance and cardio training exercises with the help of TRX resistance training, kettlebells and numerous other training tools to help maximize caloric burn and energize practitioners.

HIIT is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercise and HIIT sessions may vary from four to 30-minutes. These short, intense workouts provide improved athletic capacity and condition, improved glucose metabolism, and improved fat burning.

?The longer you wait, the further you?re getting from your goal. Those calories aren't burning themselves. Make the commitment to be healthy. We'll be your partner every step of the way,? says Lindsey Olsen of 6 Figure Fitness.

6 Figure Fitness regularly utilizes TRX resistance band training. TRX draws research and practices from military, pro sports, and academic institutions. TRX resistance bands leverage gravity and bodyweight to perform hundreds of exercises. This allows the practitioner to decide how challenging each exercise is as they adjust their body position to add or decrease resistance.

6 Figure Fitness offers various membership rates as well as drop-in rates for group classes and personal training. Online personal training and nutrition courses are also available.

?You have fitness goals. We have the facility and the people to make them a reality. Come in for a free, personalized tour, and check out all that we offer,? says Olsen.

JGM Properties and owns and manages Carlson Business Center, where 6 Figure Fitness currently rent warehouse space in Eden Prairie. JGM also manages 24 suburban Minneapolis warehouse, and office space properties. JGM Properties works with over 300 tenants, including 6 Figure Fitness, to provide office, warehouse, and retail space for lease in Minnesota, and the surrounding suburban areas.

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For more information about 6 Figure Fitness, contact the company here:6 Figure FitnessLindsey Olsen952-229-4675maxx@6figurefitnessstudio.com6520 Edenvale Boulevard Suite 114Eden Prairie, MN 55346

6 Figure Fitness

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Website: https://www.6figurefitnessstudio.com/

Email: maxx@6figurefitnessstudio.com

Phone: 952-229-4675