



# THE HARDEST "HIIT"

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## BENEFITS

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EXERCISE DENSITY: **VERY HIGH**

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FAT BURNING: **VERY HIGH**

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MUSCLE GAINER - **MODERATE**

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STRENGTH: **LOW**

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## KEY POINTS

*by Dr. Kuntz*

The best program hands down specific to weight loss, fat reduction, and to improve the tone and tightness in your body. This program provides a unique form of circuit training that incorporates multi-joint, dynamic exercises that leave you with the best workout possible in just a short period of time!

Be prepared to experience aerobic and anaerobic challenges like never before.

Great for any age and for those short on time!

