



Getting fit next to your busy job and lifestyle? SWITCH offers you the solution!

Terry Labee owner Switch the Gym

In the last edition we introduced ourselves; SWITCH-the gym and explained our concept. Today we will dig deeper into our unique way of exercising.

When you work out many things happen within your body. You start to sweat, your breathing will change and your heart beat will go up. the HIIT-workouts SWITCH offers will strengthen your entire body, and not to forget it strengthens your most important muscle, the heart. SWITCH-the gym is unique, not only in the way of exercising, but also the innovative way they offer these exercises. In a group form you can work out based on your heartbeat.

During group training everyone wears a heart rate monitor, that sends information to the screens in the gym in real time. That way it is visible for everyone including the trainer in which work-out zone you are exercising. This helps the trainer to coach you to your best potential by either stepping it up or slowing down. These very specific work-out zones are very important. When you make sure to stay within a certain

heart beat zone throughout your workout you will be able to achieve maximum result.

If you work out by heart beat you can monitor the intensity of the work out very precisely and you aren't at risk of working out either too intense or too light gaining maximum results.

Each of these zones represents a percentage of the maximum heart rate. This maximum heart rate is specifically calculated based on effort. They have 5 different colors.

When you work out by heart beat the resting heart rate is key not the maximum one. The faster your heart rate returns to normal after exertion the fitter you are. Obviously your heart rate is personal can vary because of age and genetics. This way everybody can join a class and work out based on their own heart rate. It doesn't matter whether you are young, old a professional athlete or just a beginner. Your maximum effort will result in your own personal success, and a beginner can gain as much result as an experienced athlete.

Sport & Play

At SWITCH we always strive the best result and by achieving it with you we are challenging everyone to make their own goals in a fun sporty way. The overall goal is to earn 1300 SWITCH-points every month. If you hit the 1300 point mark, you are living in sync with the exercise and health goals set world wide. For every minute you that you work out in the orange or red zone you receive up to 4 point per minute. The more effort you make, the more SWITCH points you will receive. However always working out in the red zone is not the overall idea. Personal goals, challenges, and rankinglists are all based on SWITCH-points. This way you can improve yourself every time you work out and set a new goal for yourself. The points you have earned will give you a spot in the rankinglist, the more you reach the 1300 points goal, the higher you will rank.

After every workout you will able to see how many calories you have burned and how many points you have earned in the app.

SWITCH TO THE NEW WORKOUT.

SWITCH

— THE GYM —

Will you take the challenge and earn 1300 SWITCH-points per month ?

Follow us on facebook and instagram.

Get your daily dose of inspiration from our motivating quotes, tips and tricks from our trainers and information about our innovative technologies en and approach. Of course you can only experience the true SWITCH-vibe when you make the decision and reach your goals with us.

Opening soon

We can't wait to open our second studio on the 16th of december in Eindhoven.

Are you ready in Eindhoven? Stay tuned!

ONE FREE SESSION.

In the gym of the future, it's all about data. Concrete goals, performance measurements and SWITCH points guide you towards your desired results. Your progress is tracked and recorded in the app. That's how we prove that you're making progress.

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SWITCHTHEGYM.NL

