



Intelligent
Fitness™

Flexibility: The Art and Science of Stretching

S u p e r i o r

L a c t a t e t h r e s h o l d

C a l i s t h e n i c

L o n g s l o w d i s t a n c e

B a l a n c e o f g o o d h e a l t h

vO₂max Over training syndrome

Synergistic Dominance

Karvonen method EPOC

Submaximal competent

Rigorously researched

Inspiratory muscle training

Submaximal a new breed of exercise professional

Rate coding

P e r c e i v e d e x e r t i o n

E x t r i n s i c r i s k f a c t o r s