

# 6 ways to WORKOUT SMARTER!

SHORT ON TIME? CHECK OUT THE FITNESS ROUTINES THAT GET RESULTS - FAST!

## FIIT30

**FERNWOODFITNESS.COM.AU**

Training in small groups, these 30-minute workouts involve full-body functional exercises using minimal equipment, for fast results. "The benefits are increased strength, increased fitness, fat loss and greater confidence," says Fernwood personal trainer and FIIT30 coach Jodie Burke. "It's suitable for all levels of fitness as every exercise can be modified to each individual. We have 18-year-old athletes and 70-year-old retirees all in the same class, and both leave the gym feeling like they've worked to their maximum potential." ★★★

**GOOD FOR:** Fast results

## BODY BASICS 'CARDIO'

**CURVES.COM.AU**

Feel energised and toned with this 30-minute cardio workout. "This class combines strength training on our hydraulic machines to build muscle, and body-weight-based functional movements that focus on speed, agility, power and endurance, increase your heart rate and burn calories," says Macie Lea, manager of science and kinesiology at Curves. "It's geared for all members. Our coaches work with members to provide modifications so everyone can reap the benefits." ★

**GOOD FOR:** All-round fitness

## GRIT ATHLETIC

**FITNESSFIRST.COM.AU**

Described as a 30-minute HIIT sports conditioning workout, Grit Athletic is aimed at experienced exercisers and currently runs in limited Fitness First clubs in Australia. "It's scientifically designed to shift your fitness to the next level, so you're rapidly improving your athletic performance each time you join a class," says Michael Cunico, head of fitness at Fitness First. "You'll often use a step combined with body-weight exercises, including burpees, tuck jumps and mountain climbers, to help build cardiovascular fitness while improving strength, building lean muscle and maximising calorie burn." Other 30-minute workouts in this Les Mills series include Grit Cardio and Grit Strength. ★★★★★

**GOOD FOR:** Next-level fitness



**ALMOST 37% OF AUSTRALIAN ADULTS AGED 18-64 REPORT NOT ENOUGH TIME AS A MAIN BARRIER TO PARTICIPATING IN PHYSICAL ACTIVITIES\***

## BURN

**ANYTIMEFITNESS.COM.AU**

A Burn session combines a functional 45-minute group HIIT workout with full-body strength training. "It's the ultimate calorie-burning workout," says Adriana Kalidis, national fitness coordinator at Anytime Fitness. "You can burn up to 1000 calories an hour through a variety of functional movements that keeps you burning calories for up to 48 hours after."

★★★★

**GOOD FOR:** Torching those calories

## GRAVITY

**F45TRAINING.COM.AU**

This 45-minute workout is a cardio session that is entirely body weight, says F45 Training's athletic director Nathan Mago. "The beauty of this class is that it doesn't require any equipment, but it's still one of the most challenging cardio programs," he says. "Functional body-weight movements are excellent for building core strength, balance and are easily adapted to any fitness level. As always, if you need any modifications to give you an extra burn or make it a little less intense, our trainers are happy to help out!"

★★★★

**GOOD FOR:** Core strength and balance

## FIERCE

**SWEAT.COM**

Offering a combination of strength and high-intensity training, the online Fierce by Chontel Duncan program aims to decrease body fat and increase strength and lean muscle. Each of these 30- to 45-minute online workouts will get you sweating and working hard, says Sweat trainer Duncan. "Fierce provides a lot of variety and is designed to keep members engaged and challenged – mentally and physically – perfect for anyone who likes to keep their body guessing!" she says. ★★★

**GOOD FOR:** Virtual exercisers

**DIFFICULTY RATING:** ★★★★★ INTENSE ★★★★★ TOUGH ★★★★★ MODERATE ★★ ACTIVE ★ BEGINNER