



# FAST

FAST is our *Fun Aerobic and Strength Training* program. It is our answer to a HIIT style workout (high intensity interval training).

- Combines a variety of aerobic and strength moves
- Uses various principles of training including tri-sets and supersets.
- Work intervals coupled with periods of short rest
- Proven to provide the fastest improvements in fitness and strength.
- Suitable for middle/upper primary students and older

*To book, or to find out more about our programs, contact us:*



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[missfitmovement.com](http://missfitmovement.com)

MORE THAN A  
FITNESS ACTIVITY

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SPORTING SCHOOLS  
AFFILIATED

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LINKS WITH POSITIVE  
EDUCATION

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PROGRAMS ADDRESS  
ACARA OUTCOMES

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WE CAN TAKE UPTO 4  
CLASSES AT ONCE

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YOUR NEXT SPORTS  
DAY HEALTH HUSTLE

### ALL INSTRUCTORS:

- ✓ police checked
- ✓ teachers or pre-service
- ✓ completed child safe environments
- ✓ expertly trained
- ✓ deliver quality programs