

müv tribe

MÜV Training is Peak Health & Wellness Center's premier small group training program. Transform your body with lean, toned muscle in a session that will call upon you to summon your reserves and break through plateaus.

MÜV Training is a multifaceted workout using a broad range of tools and techniques to engage every muscle in your body. This is muscle confusion at its finest, forcing your body to constantly adjust and respond just as it must in sports and in everyday life. Pushing, Pulling, Squatting, Hinging, and Load Carries are the foundation of all movement programs. Progressions and regressions to basic movements make MUV Training perfect for all fitness levels. Adaptability might mean kettlebells one day, TRX suspension trainers another day, Battle Ropes the next. Simple body-weight exercises will remind you that gravity is a force to be reckoned with. Monitor your progress with the MYZONE Heart Rate monitor system and training with your peers, fostering teamwork and motivation.

Session Variations Are:

MÜV STRONG

An engaging and steady tempo class focused on building and improving total body strength through proven training methods and progressive, yet fun, challenges. This class will not only improve functional strength for life's activities, but you'll see improvement in muscle tone and definition. MÜV Strong utilizes Kettlebells, TRX, Dumbbells, and a multitude of other options to help find your inner strength.

XTR1000

A fully engaging, high intensity, and dynamic training class designed to keep you moving and drastically improve your cardiovascular conditioning. This fast paced class will integrate high intensity interval training and dynamic strength sets, to not only get you tone, but to make your body a calorie consuming machine, not only during the session, but for hours AFTER your workout. This occurs by our coaches motivating you to work your body in a position to have a strong caloric "after burn effect". Clients have been shown to burn up to 1,000 calories* in a class – and even more when they leave the studio. Don't miss this exciting and motivating class!



www.thePEAKid.com


PEAK
HEALTH & WELLNESS CENTER

Sign Up On MindBody
208.762.9014