



HF Industries Pty Ltd [ABN 16642637896]

PRESS RELEASE

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HF Industries Introduces MC² Training – A FreeMotion Fitness Innovation

HF Industries in conjunction with FreeMotion Fitness have created the ultimate circuit that increases muscular and cardio fitness while optimizing calorie burn in just 30 minutes.

Backed by scientific research, this 30-minute program is precisely sequenced to optimise metabolic rate where participants can burn up to 600 calories in a session. Featuring the FreeMotion Incline Trainer, FreeMotion Circuit of functional training equipment and the FreeMotion i.Tonic vibration platform, clients are constantly engaged in their workout and getting results.

MC² utilises the following principles to help exercisers get the greatest benefits during their workout while making the most efficient use of their training time:

- > Incline training, which increases caloric expenditure and fat utilization.
- > FreeMotion resistance training exercises, which activates more muscle tissue and develops greater functional fitness as compared to traditional resistance machines.
- > i.Tonic Whole-Body Vibration is used to enhance recovery between exercises while improving flexibility and accelerating muscular fitness adaptations.

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In today's uncertain economic climate, people want to stick with what they know works, while at the same time offering something innovative and exciting to their clients – **MC²** Training by FreeMotion is the perfect solution!

It's the circuit that everyone remembers, but with functional training equipment, new technology and real grunt; now it's a kick-ass workout!

HF Industries will be at the Australian Fitness Expo – April 17th – 19th. Visit our stand (Q34) to see MC² in action and talk to us about our new Rent-Try-Buy option!

MC² Training – The Most Effective 30 Minutes You'll Spend with Your Clients

About HF Industries:

HF Industries is a family owned and operated business that has been prominent in the Australian Fitness Industry for more than 30 years. We represent US based equipment brands such as StarTrac, FreeMotion, Balanced Body Pilates, Ab Coaster, Marpo Kinetics, and Power Block.

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