

# Train Hard or Go Home!



**FT4**

**For Fitness Improvement**

**For those who want basic heart rate-based features to keep their fitness training simple.**

- \*Shows when you're improving fitness based on your heart rate
  - \*Displays calories burned
  - \*Comes with comfortable textile transmitter and coded heart rate transmission to avoid cross-talk
- COLOR OPTIONS:** Bronze/Bronze, Silver/Black, red/black



**\$99.95**



**FT7**

**Clear Training Guidance**

**For those who want to know if they're improving their fitness or burning fat.**

- \*The EnergyPointer tells you if the main effect of your training is fitness improvement or fat burning.
  - \* Displays calories burned
  - \* Target Zone (%bpm)
  - \* Comes with comfortable textile transmitter & coded heart rate transmission to avoid cross talk.
- COLOR OPTIONS:** Black/Gold, Black/Silver, Red/Silver



**\$119.95**



**FT40**

**Clear Training Guidance**

**For active exercisers who want clear guidance and to monitor their fitness level.**

- \*EnergyPointer calculates the point where the main effect of training is fitness improvement or fat burning.
  - \*The Polar Fitness test measures your aerobic fitness at rest and tells you your progress.
  - \*Displays calories burned
  - \*Comes with a comfortable textile transmitter and coded heart rate transmission to avoid cross-talk.
- COLOR OPTIONS:** White, Black/flowers



**\$179.95**



**FT60**

**Weekly Training Program**

**For committed exercisers – the STAR Training Program tells you how much and how intensively to train.**

- \*Creates a training program based on your personal goals and sets new weekly training targets
  - \*Gives feedback on the effect of your training
  - \*The Polar Fitness test measures your aerobic fitness at rest and tells you your progress
- COLOR OPTIONS:** Purple, Black, Black w/ White Display



**\$239.95**



Attached is a Polar Heart Rate monitor information sheet. I highly recommend that you look into purchasing a heart rate monitor. I personally won't train without them and all my personal training clients have them. There are several reasons why I would like for you to consider purchasing one:

1. "Training without a monitor is like sending a kid to school without books." Seriously, this is so true. You can't train in the correct heart zone if you don't have something to use to measure your heart rate.
2. There are certain "zones" that allow more fat to be burned than others. Remember, we want to lose the fat and exchange it for muscle. Muscle burns more calories at rest and muscle dictates metabolism. When my clients want to lose weight, I have them workout in between 60-78% of their max heart rate. This area is the fat burning zone. If you decide you would like a monitor (it doesn't have to be a Polar monitor, you can choose another brand. I personally only like the Polar brand due to their warranty, their different options on the watch, and their quality). I will perform a simple sub max heart rate test on you to find your maximum heart rate. I will then design your cardio workouts around these heart rates. We want to be efficient in our workouts and become LEAN MEAN FAT BURNING MACHINES!
3. They are great for counting calories. It takes 3500 calories burned to lose a pound. With a monitor, you will be able to keep track of how many calories your burn a day in exercise and then add that up for the entire week to see the total number of calories burned while exercising.
4. A heart rate monitor will visually remind you what zone you are training in, and could possibly help you from training in a zone that is too high or too low, because this will not offer optimum fat burning and would be counter productive.

There are four models that I think are great for fitness enthusiast. I personally recommend the FT4, FT7, FT40 and FT60. You can use them for walking, running, cycling, tennis, weight training and much more because they are so versatile. There are also many more monitors to choose from on [www.polarusa.com](http://www.polarusa.com) looking under the product category and choosing cross-training fitness.

You don't have to have a monitor to get results but you will make greater progress at a quicker rate with one. My belief is - how can you measure that which you don't know? The **ONLY WAY** to measure is with a heart rate monitor.

**Let me know if you are interested or have any questions. The prices are MSRP. All Boot Camp Challenge° and nShape Training clients receive 10% off if purchased while in the program.**