

# Heavy Haulers

Craig Abbott – Program Designer for Heavy Haulers Australia talks about the programs they have on offer.



It's that time of year again when everyone is in a frenzy to lose the extra kilos that have slowly but steadily crept on during the winter months. We all know that exercise (along with a healthy diet, of course) is the only way to get back into shape. But reality is that most dread the thought of spending tedious hours at the gym and getting nowhere. That's where our Haulers and Hitters programs come into play.

Since 2007, our goal was to provide a group exercise program that is both fun and safe, yet challenging enough to deliver desired results fast and effectively. The result thus far has been extremely successful; our participants are burning fat and keep it off too!

Both programs have been designed to be body friendly, therefore they appeal to everyone ranging from those who are fit, those who are not so fit, male or female, young or old and even those who are just out of rehab from injury. Typically conducted undercover, we use an interval based training system which enables participants to go at their own pace and complete each and every unique exercise by going as far as they can, or as many times as they can, within a set timeframe. After repeating each session, the challenge is simply to beat their personal effort every time. This effective way of training has proven to provide outstanding results and studies have confirmed that repetitive short, sharp, intense bursts of exercise elicit greater training and fat burning results.

With summer coming up, now is as good a time as any to join us and start shedding those unwanted kilos. Enjoy exercising in a group training environment that has a strong community spirit where you will achieve increased fitness levels and ultimately gain the body shape you crave.

*Book in today for a free trial session to experience one of our great programs. Get ready to get Lean...get strong...and get motivated!*

[www.heavyhaulers.com.au](http://www.heavyhaulers.com.au)  
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