

Care Pack Appeal

Can you help spread some happiness by donating to our Care Pack Appeal?

Items needed for the care packs are toiletries including shower gel, shampoo, toothbrush, toothpaste, razors, deodorant, baby items including nappies and fun items including playing cards, puzzle books



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Train hard and smart with Joana's AMRAP workouts

Milton Keynes personal trainer and nutritional advisor **Joana Todor Back** explains that one of the best ways to get fitness results fast is through AMRAP training, which stands for 'As Many Rounds/Reps As Possible'

STUDIO 44 JOANA TRAINING

Do two in one and be effective with your workout, because what you do in the time you have counts.

Why is that? Because you want results and you want them fast! If this is you, let's get you trying this new type of training... AMRAP.

AMRAP, or 'As Many Rounds/Reps As Possible', is a type of high-intensity interval training that has grown in popularity in recent years – and for good reason.

These short, challenging metabolic-conditioning workouts are fast, fun and effective.

One of the greatest benefits of an AMRAP workout is that you can get a really intense workout done in a short amount of time, as long as you push yourself during the workout period.

AMRAP can help you build muscle and improve your muscular endurance, cardiovascular health and conditioning.

Other benefits include fat burning, because of the high levels of lactic acid produced when bringing the



body into a high lactate state. The workout can be adapted according to levels of fitness and strength, plus place of working out (gym, park, home, hotel etc), and it is time effective as the number of calories burned in the time available is very high, as is TUT (time under tension).

AMRAP workouts may also help increase EPOC, more commonly known as 'The After Burn Effect'.

Research shows that high-intensity strength training is one of the most effective workouts for increasing

how much energy the body continues to burn once exercising has stopped.

So the main idea behind AMRAP is to train at the maximum of each individual's capacity in order to bring their body out of its natural metastasis, which makes it more intense, but it should also be fun!

Contact Joana (details below) for a custom built AMRAP training programme to suite your lifestyle, training experience, training time and levels of strength/fitness.

Call Joana on 07808 030091 or email joanatraining@gmail.com for further advice or to book her for personal training sessions