

# turn up the heat

READY FOR A NEW CHALLENGE? TRY OUR CUSTOMIZED ADVANCED WORKOUT FOR OPTIMUM RESULTS. ○ BY GARY HEAVIN

The terrific features of the Curves workout include the efficiency of a total workout in 30 minutes, the safety of working out with hydraulic resistance machines, energizing music, fun with friends, and—according to the latest research (see “That’s Intense!” on page 64)—a very effective program. But, as with anything, you’ll only get out of the program what you put into it.

## Enter the Advanced Workout

To help you achieve maximum effectiveness out of your 30 minutes at Curves, we’ve recently introduced the Advanced Workout for healthy, active members. This workout is customized to your individual needs and skill level. To accomplish this, a Curves instructor will closely assess your workout and prescribe the effort necessary for optimum results.

Simply ask an instructor to set an appointment for your assessment, which takes about 10 minutes and is done during your regular workout. The instructor will ask you to warm up as usual, and then have you perform your maximum number of repetitions on each machine while she monitors your heart rate and measures your level of perceived exertion. As you move from machine to machine, the instructor will adjust the number of repetitions to accomplish two important objectives:

- To ensure that you are working at a level of intensity that will give you the results you desire
- To ensure you are working out safely

## An Rx for Success

Following your normal cool-down and stretching session, your instructor will write a “prescription” for your perfect Curves workout. She will determine the appropriate number of repetitions you should perform on each machine as well as any hesitation time that may be necessary to maintain a safe but effective level of exertion.

During future workouts, refer to your written prescription to stay on target. We recommend that you ask your instructor to reassess your workout every three or four months and adjust it as needed.

With your hard work, the careful guidance of a Curves instructor, and the new, customized Advanced Workout, you can achieve optimum results in your health and fitness goals. ●



**GARY HEAVIN** holds a bachelor of science degree in health and nutritional counseling and is the author of four books. He has been counseling exercise and weight management for more than 30 years.

ROB BUCK

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