



PYRAMID OF PERFORMANCE

Program Progression

The TrainAero Pyramid presents an understanding into the progressional pillars associated with each program, providing context to their individual role by FITT principles.

UNDERSTANDING THE PROGRAMS?

EXPERIENCE?

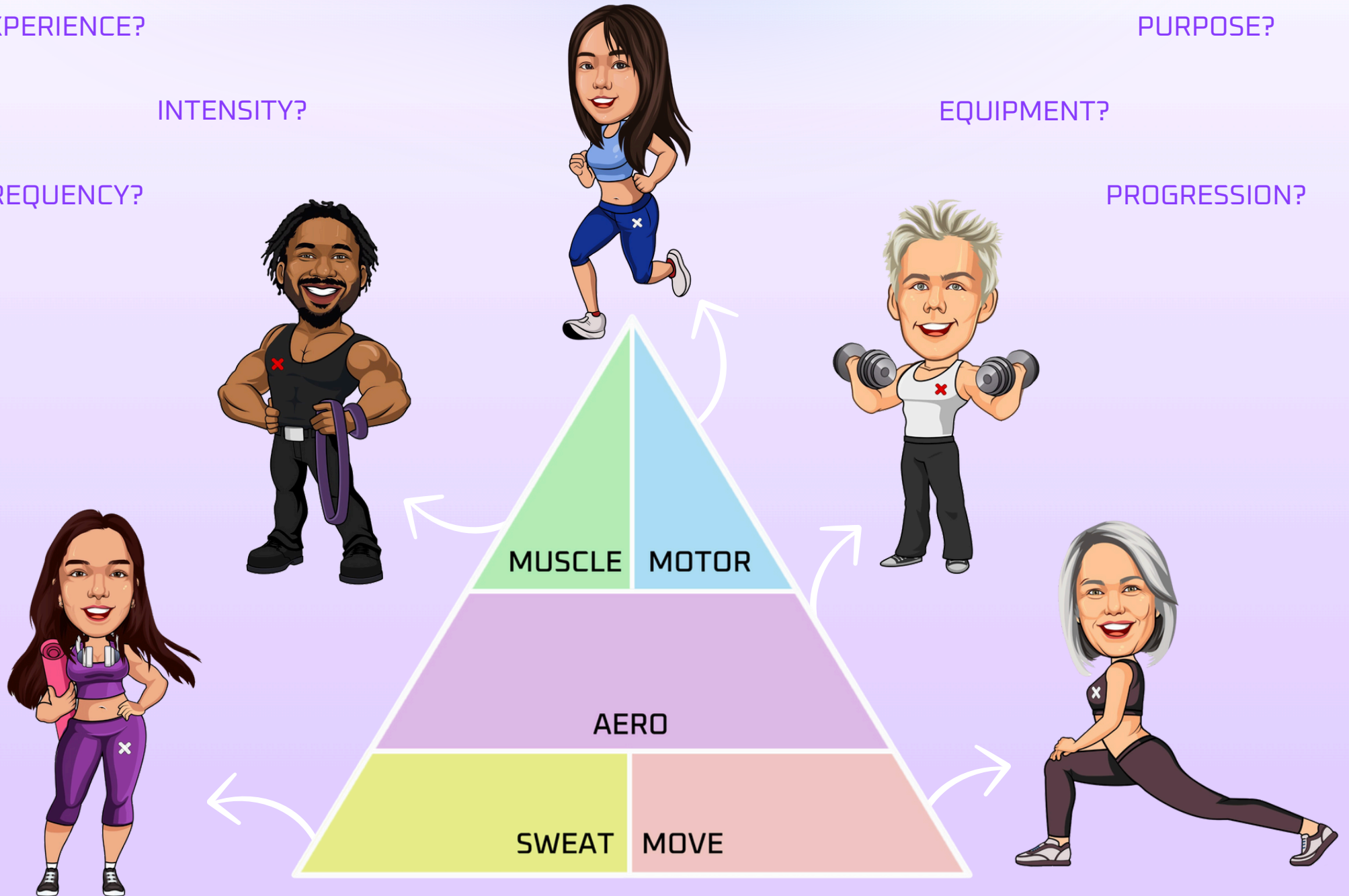
PURPOSE?

INTENSITY?

EQUIPMENT?

FREQUENCY?

PROGRESSION?



AERO

Explore efficient and effective fitness with Aero. Perfect for consistent regimes seeking a well-rounded approach to training. The structured progressions are suitable for any gym environment ideal for all levels of ability, offering a comprehensive approach to helping you reach your full potential.

PURPOSE: STRENGTH AND CONDITIONING

FREQUENCY: 4 DAYS PER WEEK

INTENSITY: MODERATE/HIGH

TIME: ~ 45 MINUTES PER SESSION

EXPERIENCE: ≤ 3 MONTHS

EQUIPMENT: YES

PROGRESSION: THE FLAGSHIP PROGRAM OFFERING PROGRESSIVE FITNESS THAT MEETS INDUSTRY STANDARD HEALTH GUIDELINES.



MOVE

Move offers a no-equipment, bodyweight-based alternative to Sweat. Perfect for any location and any ability level, experience innovative calisthenic principles to improve strength, flexibility, and fitness in time effective manner, ensuring a complete workout anytime, anywhere.

PURPOSE: BODYWEIGHT BASED FITNESS

FREQUENCY: 5 DAYS PER WEEK

INTENSITY: LOW/MODERATE

TIME: ~ 30 MINUTES PER SESSION

EXPERIENCE: NO PRIOR EXPERIENCE

EQUIPMENT: NO

PROGRESSION: MOVE OFFERS THE PERFECT ON RAMPING SYSTEM INTO THE SWEAT PROGRAM.



MUSCLE

Let's get STRONG. Muscle focuses on building strength and power by combining functional bodybuilding and commercial weightlifting principles. Enjoy a specialised program perfect for all fitness levels, aiming to develop a defined physique and increased overall strength.

PURPOSE: STRENGTH AND HYPERTROPHY

FREQUENCY: 3 DAYS PER WEEK

INTENSITY: MODERATE/HIGH

TIME: ~ 45 MINUTES PER SESSION

EXPERIENCE: ≤ 6 MONTHS

EQUIPMENT: YES

PROGRESSION: A SPECIALISATION PROGRAM OFFERING THE OPPORTUNITY TO EXPLORE SPECIFIC ADAPTATIONS.



MOTOR

Ignite your cardiovascular health with MOTOR. A targeted conditioning program designed to boost endurance through scientifically structured Running and Concept2 machine progressions. Perfect for elevating stamina and ideal for enhancing your capacity.

PURPOSE: CARDIOVASCULAR AND MUSCULAR ENDURANCE

FREQUENCY: 3 DAYS PER WEEK

INTENSITY: MODERATE/HIGH

TIME: ~ 45 MINUTES PER SESSION

EXPERIENCE: ≤ 6 MONTHS

EQUIPMENT: OPTIONAL

PROGRESSION: A SPECIALISATION PROGRAM OFFERING THE OPPORTUNITY TO EXPLORE SPECIFIC ADAPTATIONS.



SWEAT

Sweat is designed for busy lifestyles, offering dynamic 30-minute workouts daily. Versatile and efficient, it utilises high-intensity time effective workouts that deliver results without compromising on progress. Sweat ensures you stay on track, whether at home or in the gym.

PURPOSE: TIME EFFECTIVE WORKOUTS

FREQUENCY: 5 DAYS PER WEEK

INTENSITY: MODERATE

TIME: ~ 30 MINUTES PER SESSION

EXPERIENCE: ≤ 3 MONTHS

EQUIPMENT: YES

PROGRESSION: VARIED FITNESS OPTIONS SEAMLESSLY INTEGRATED INTO FOR ANY TRAINING ROUTINE.



PYRAMID OF PERFORMANCE

Program Progression

Our training journey offers diverse programs tailored to your unique needs while following established health and fitness standards. With a pyramid of progression approach, you can build a strong foundation for movement or advance toward specific goals. This flexible design empowers you to engage with multiple programs that align with your personal circumstances and aspirations.

