



## The Fatburn Extreme Exertion Chart

This scale has been designed to help both instructors and participants understand the principles of Fatburn Extreme and work to their maximal within the 20 minute Fatburn Extreme workout.

This will enable the participant to tailor the workout to their individual fitness level.

Exertion Rate	Signs and Symptoms
<b>1</b>  <b>Low / Medium Intensity</b>	Breathing very slightly higher.  Can still talk.  <b>Quickly try to increase effort to reach optimal fat burning.</b>
<b>2</b>  <b>Medium / High Intensity</b>	Breathing raised, starting to sweat.  Muscles starting to burn.  Can still talk however challenged.  <b>Starting to generate metabolic effect. Increase effort.</b>
<b>3</b>  <b>Maximal Intensity</b>	Feel the need to rest Technique difficult to sustain.  Can't continue. Breathless. Sweating. Severe muscle burn.  At this pace there is a massive increase in fat burning hormones.  Participants should be hitting this point at least 8 times within the workout.  <b>This is the optimal for fat burning. Maxing every 2-3 mins!</b>