



## **Albuquerque Personal Training Business Upward Motion Personal Training Announces Its Going to Continue Offering High Intensity Personal Training Group Training Classes Shockwave and Indo-Row Mar. 23, 2014**

[Upward Motion Personal Training](#) is set to continue to offer its two most popular and successful group training classes Shockwave and Indo-Row. Both classes are H.I.I.T (high intensity personal training) based classes, meaning both are 30 minutes each. H.I.I.T. classes are proven to get better results than old style hour plus long workouts and the classes take way less time, giving participants more bang for their buck, less time at the gym and more personal free time not spent exercising. Information about the Shockwave and Indo-Row are as follows:

### **Shockwave -**

Dubbed by the media as "the most efficient total-body workout in the world," ShockWave is extreme cross-training at its best. This circuit challenge utilizes a specially designed WaterRower machine to provide short-burst, high-intensity, calorie-torching intervals along with functional strength and sculpting stations designed to target and chisel the legs, the core and the arms. Participants find themselves working harder than ever imagined because of the camaraderie, friendly team competition and motivation designed to push class members to put in a maximum effort and in turn achieve top notch results.

### **Indo-Row –**

In an Indo-Row class, class members are truly part of a team where each person pulls for others and in turn class members pull for each individual in the class. It is easy to learn and participants can go at a manageable pace. In this program participants are using the whole body in a rhythmic, yet powerful motion. Participants never feel "beat up" afterwards, just invigorated. During the class participants are hearing and feeling the sound of being on the water with the patented Indo-Row machine. Indo-Row allows participants to get as close as possible to being on the water and pulling with a real rowing crew without getting wet. In Indo-Row class members are learning a new activity (rowing), which for so long has been a sport for the elite. Now everybody can reap its benefits. For instructors, Indo-Row has been a huge hit. Class instructors love the easy-to-follow template, which provides direction and consistency, yet also allows the music, wave options, race options and instructor personality to create variety. Participants also love this combination.

About [Upward Motion Personal Training](#):

Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes,

Shockwave Group Training Classes and Indo-Row Group Training Classes. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

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