



Hit It!® Fitness
800 Lake St. Roselle, IL 60172
630.307.7930
www.hititfit.com



What is Hit It!® P.O.W.E.R. ?

The *hottest* cardio, resistance training and core combo class around!

The **Hit It!® P.O.W.E.R.** class format is a cardiovascular, resistance and core based interval style conditioning class incorporating moves derived from boxing and MMA training. This class is designed to be an intense full body conditioning class which can totally reshape the entire body.

How can I get trained?

The Instructor Training Program is designed to teach fitness instructors how to properly use P.O.W.E.R. Punch Gloves in a multitude of ways...**group aerobic classes, small group training, one-on-one training and martial arts training.**

Register for a training in your area OR book a training at your facility!

How do the gloves work?

P.O.W.E.R. Punch Gloves are a mixed martial arts (MMA) glove with a removable resistance attachment in the back of the hand that can be attached to resistance bands.

The Gloves are designed to allow users to get a resisted exercise while they are still able to strike bags and mitts as normal in addition to executing various resistance exercises.

Gloves come in 3 sizes: Small, Medium and Large. Most men are a Large and most women are a Medium (smaller hands may require a Small).

Colors available: Black, White and Pink (no Large pink available)

How much do the gloves cost?

The Gloves retail at \$80 each and come with 2 resistance bands (moderate and intense), a bag AND a Hit It!® P.O.W.E.R. in-home workout dvd (this weekend only).

Wholesale pricing is available for \$43 each on orders of 10 or more.

Where can I order P.O.W.E.R. Punch Gloves?

You can take a pair home with you today to avoid shipping costs OR order at hititfit.com!

**Visit the Hit It!® Fitness Booth this weekend and
get a FREE DJ KJ® music mix w/ any purchase!**
