



What is Fast Twitch?

The Fast Twitch training center focuses on training the fast twitch muscle fiber in your body. Your body is made up of 2 different types of muscle fiber, Type 1 (slow) and Type 2 (fast). The fast twitch muscle (Type 2) fibers have high levels of internal energy that contract at about twice the speed of slow twitch (Type 1) fibers. The fast twitch muscles are used by an athlete who uses short burst of speed. These include such athletics as football, soccer, tennis, basketball, and even a finishing kick in a long distance race. At the Fast Twitch training center, we train your body to become faster.

The Fast Twitch center comprises equipment to train your fast twitch fiber muscles. These include the following pieces of equipment; Vertimax (resistance controlled platform), Platforms for Olympic lifting (cleans, snatch, and pulls), Plyometric jumping boxes, and Isokinetic machines. The Isokinetic machines let an athlete train at up to 900 degrees per second with only concentric force. This means there is no weight load on the joint. The muscle has free range of motion and no stress levels from eccentric load training (heavy squat or bench). The Fast Twitch training center will let an athlete train to become more explosive, quicker and in better physical shape.

Is Fast Twitch right for me?

Fast Twitch can be used by everyone. Children and seniors can benefit from the Isokinetic machines because there's no direct pressure on the joints. The exercises are full range and only muscles fatigue. People who are looking to firm and tone can benefit as well. The length of time allows a person to get 20 to 40 reps per set, which will cut instead of build muscle. A Fast Twitch class is also the best way to work all muscle fiber in your body. By getting more lean muscle mass, you will burn fat throughout the day. Your metabolism rate will increase because of the amount of energy you need to sustain life will be greater.

The Fast Twitch center coaches believe in a full body workout that encompasses core, cardio, agility, and muscle building stations. Individuals, as well as athletic teams, can expect results from our group training system.