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(54) **PERSONALIZED HIGH INTENSITY INTERVAL TRAINING PLATFORM**

(52) **U.S. Cl.**

CPC ..... **A63B 71/0619** (2013.01)

(71) Applicant: **R2 Total Fitness LLC**, Dunwoody, GA (US)

(57) **ABSTRACT**

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Consistent with embodiments of the present disclosure, a Personalized High Intensity Interval Training (PHIIT®) platform may be provided. The platform may be comprised of systems and methods disclosed herein. Embodiments of the PHIIT platform may be used by individuals to complete various predetermined workout plans. A predetermined workout plan may consist of, for example, a series of individual exercises performed in succession and in conjunction with workout equipment. The PHIIT platform may provide individuals with a number of workout plans that incorporate various workout equipment. A predetermined work out plan may be selected by an individual from a number of plans with a variety of durations and fitness goal focuses. For example, one plan may emphasize improving the cardiovascular fitness of the user, whereas another plan may emphasize improving the muscle strength of the user. Other plans may emphasize improving a user's power, speed, quickness, agility, balance, or flexibility.

(21) Appl. No.: **14/536,107**

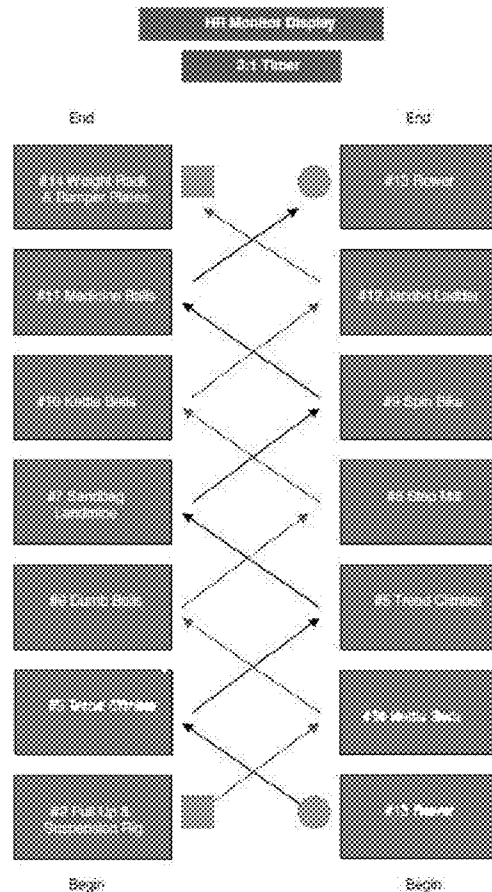
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**A63B 71/06** (2006.01)



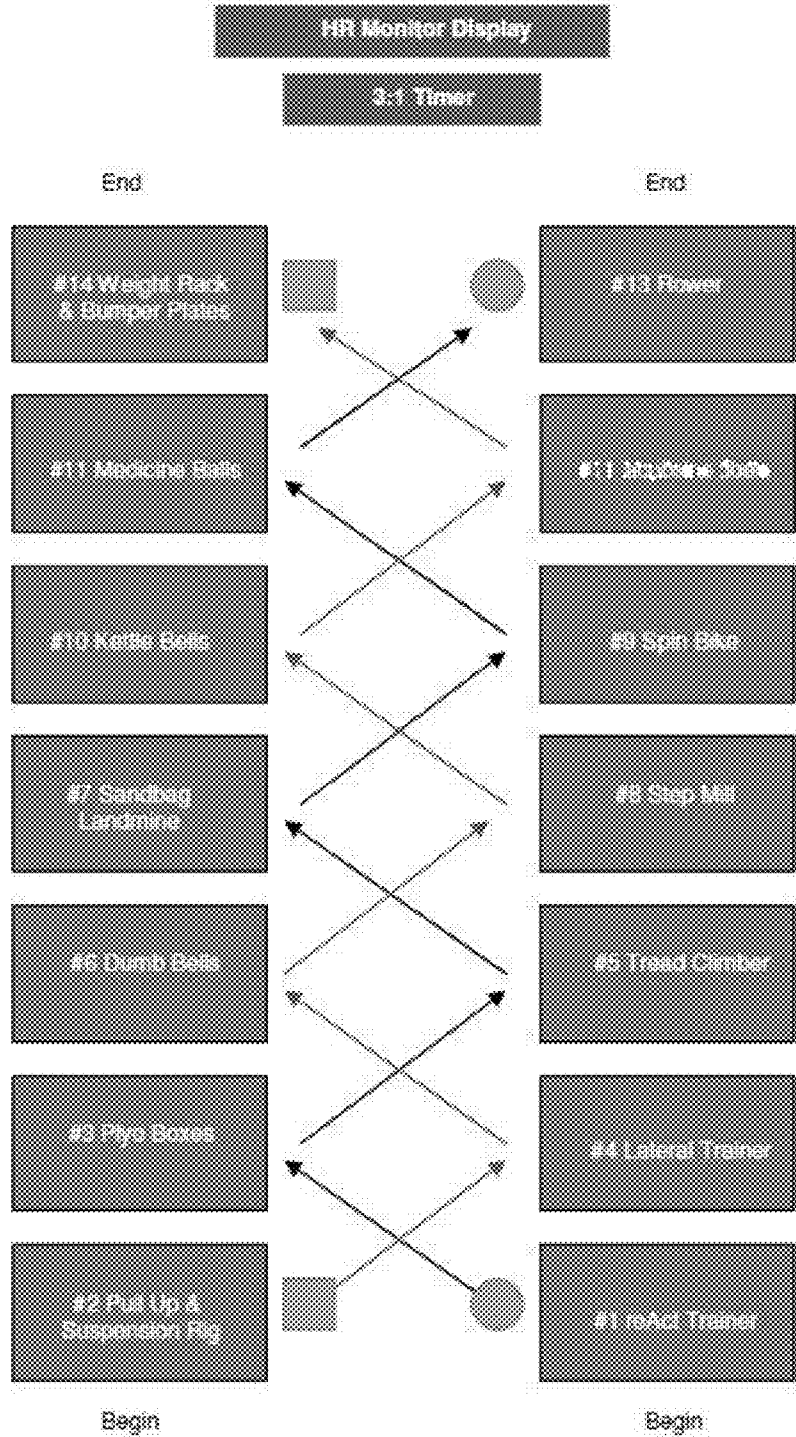


FIG. 1

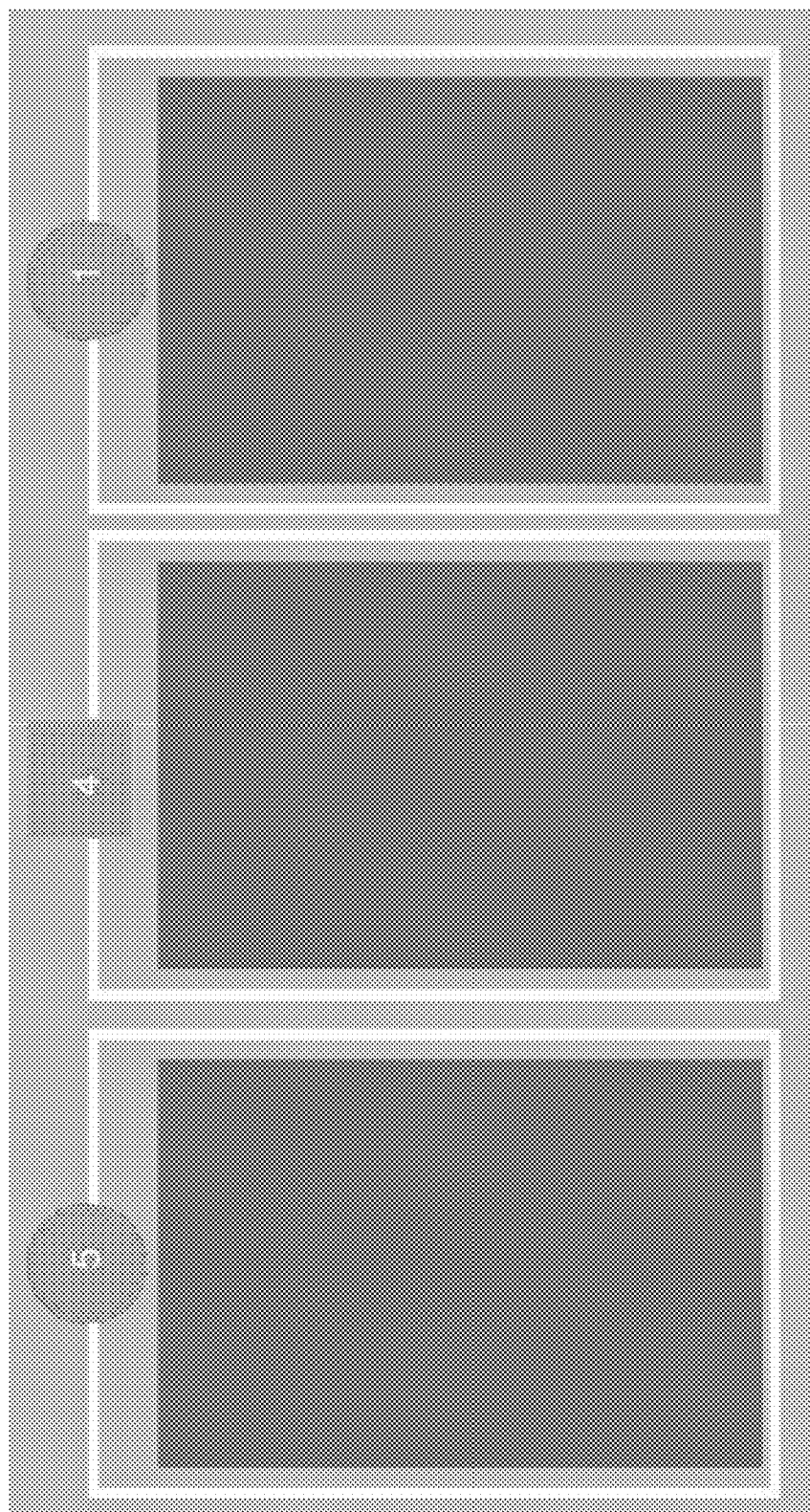


FIG. 2

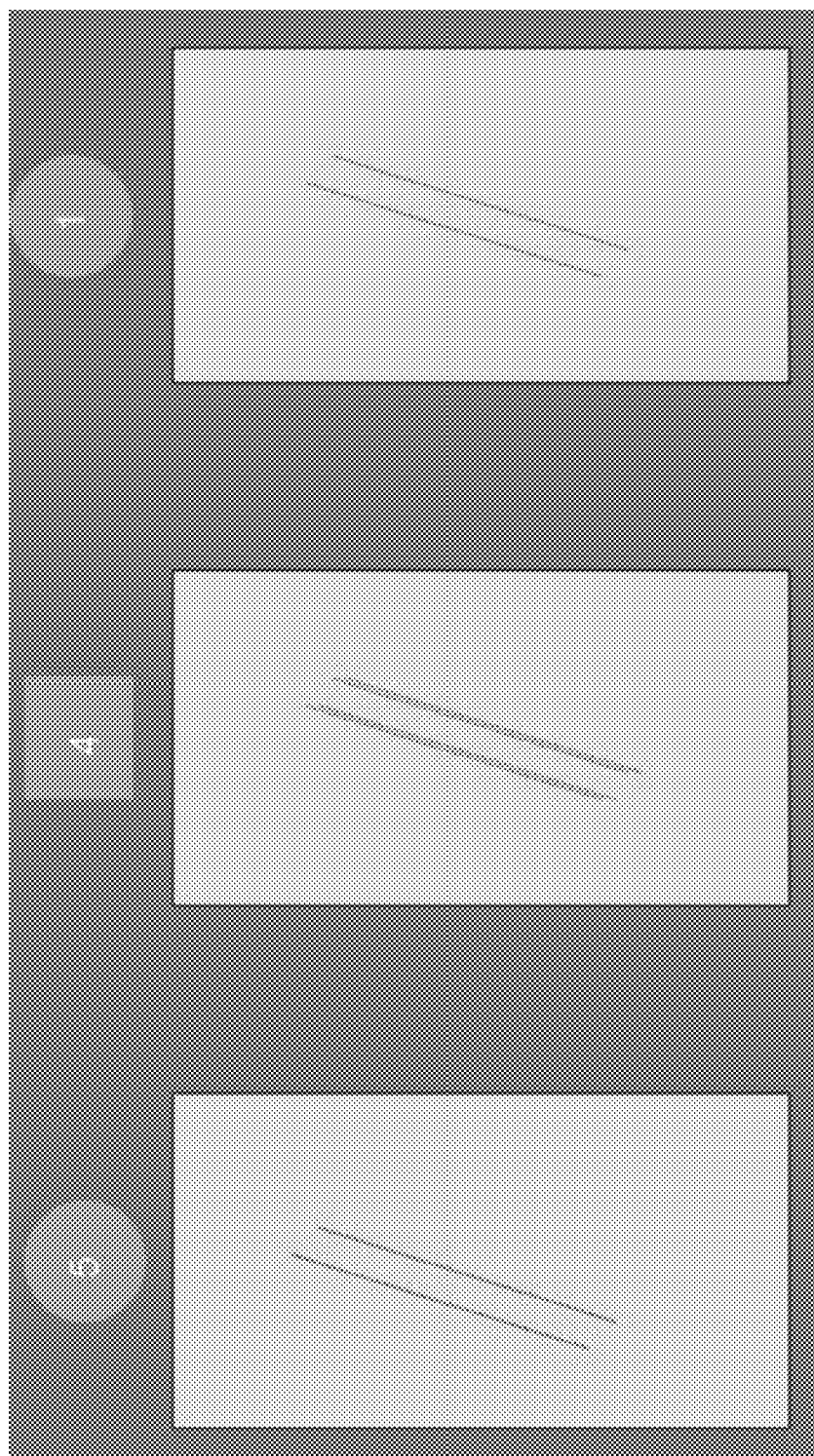


FIG. 3



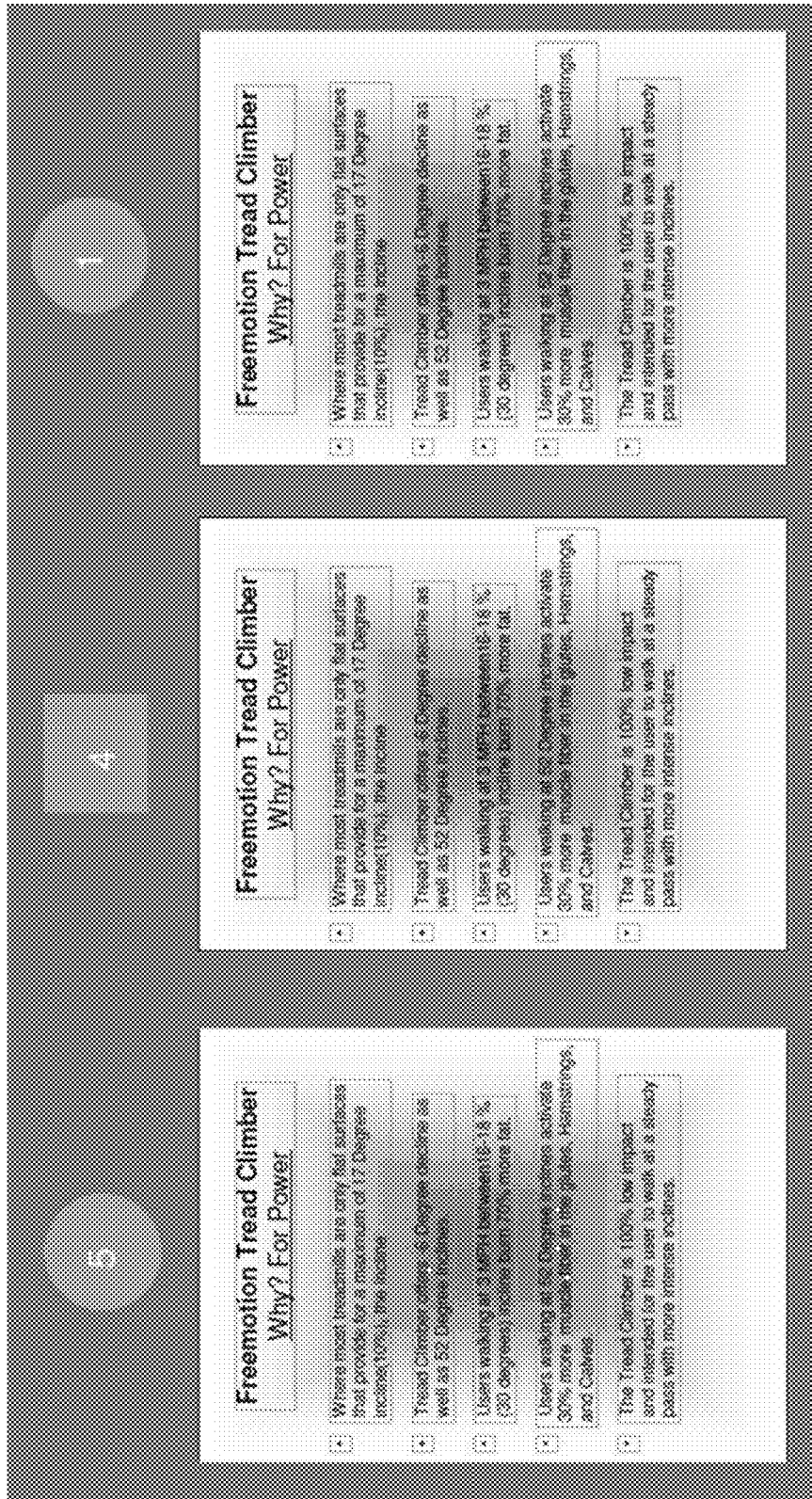


FIG. 4

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