

# Hotworx: The Bold New Infrared Fitness Frontier

Hotworx is a revolutionary new fitness concept that combines infrared heat with HIIT workouts. This unique combination provides a number of benefits, including increased calorie burn, reduced muscle soreness, and improved detoxification.



## HOT EXERCISE: HOTWORX and the Bold New Infrared Fitness Frontier by Stephen P. Smith

★★★★☆ 4.4 out of 5

Language : English  
File size : 9585 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 209 pages  
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## How Does Hotworx Work?

Hotworx workouts are performed in a heated infrared sauna. The infrared heat penetrates deep into the body, raising the core temperature and causing the body to sweat profusely. This sweating helps to detoxify the body and burn calories.

The HIIT (high-intensity interval training) workouts are designed to be short and intense, with alternating periods of work and rest. This type of training is very effective for burning fat and building muscle.

## **The Benefits of Hotworx**

Hotworx offers a number of benefits, including:

- **Increased calorie burn:** The combination of infrared heat and HIIT workouts can help you burn up to 1,000 calories per session.
- **Reduced muscle soreness:** The infrared heat helps to reduce inflammation and muscle soreness, making it a great option for people who are new to exercise or who have chronic pain.
- **Improved detoxification:** The sweating that occurs during a Hotworx workout helps to detoxify the body and remove harmful toxins.
- **Increased flexibility:** The infrared heat helps to relax the muscles and increase flexibility.
- **Improved sleep:** The infrared heat can help to improve sleep quality and reduce stress levels.

## **Who is Hotworx For?**

Hotworx is a great option for people of all ages and fitness levels. It is especially beneficial for people who are looking to lose weight, improve their overall health, or reduce stress levels.

If you are new to exercise, it is important to start slowly and gradually increase the intensity of your workouts. Hotworx offers a variety of workout

options to choose from, so you can find one that is right for your fitness level.

## **How to Get Started with Hotworx**

To get started with Hotworx, simply find a location near you and Free Download a membership. You can then book your first workout online or through the Hotworx app.

Your first workout will be a 30-minute session. During this session, you will learn the basics of Hotworx and how to use the equipment. You will also have the opportunity to ask any questions that you have.

After your first workout, you can choose to continue with Hotworx or not. If you decide to continue, you can Free Download a monthly membership or a package of sessions.

**Hotworx is a great way to get in shape, improve your health, and reduce stress levels. If you are looking for a new and exciting way to workout, Hotworx is definitely worth checking out.**



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