

“Forget the step and ditch the yoga mat,  
**HOUR OF POWER** classes challenge  
mind and body from beginning to end.”

UltraFit Magazine ★★★★★

“For a lean, toned body,  
**HOUR OF POWER**  
is a one-stop shop.”

Womens Fitness Magazine

# HOUR OF POWER®

## THE ULTIMATE WORKOUT

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## WHAT IS THE HOUR OF POWER?

Based on the incredible Fitness4x4® training system, Hour of Power® is the original full-body cardio workout. Now into its fourth decade of changing lives it remains the only mainstream workout that can measurably bring your upper and lower-body into fitness & energy balance. Far more than just another group-exercise class, Hour of Power® is a vitality strategy for life.

## HAVE YOU DONE THE HOP?

The Official HOP® Releases: “*ElectroHOP*”, “*RockHOP*” & “*TribalHOP*” are an incredibly powerful series of format evolutions that continue to redefine the original Hour of Power® Workout, for a whole new fitness generation.



## ORIGINS OF THE WORKOUT

The original Hour of Power® workout was devised more than 30 years ago in London, England by fitness expert & lifetime undefeated endurance champion Dragan Radovic. Since the early 2000's it has been spearheaded by his son Rajko Radovic - graduate of Loughborough University, current endurance lifting world record holder and star contributor of BBC & Discovery Channel's 'Last Man Standing.' The original Hour of Power® along with the all-new HOP® Series have together changed thousands of people's lives through our best-selling Home Workout DVD, REPs Approved Instructor Training Programme and a passionate community of Instructors throughout the United Kingdom and Internationally.







## ***A truly unique Professional JOURNEY...***

Our REPs Approved, Skills Active Endorsed Instructor Certification Program, (worth 16cpd points) teaches candidates the practical skills, technical proficiency & essential fitness-knowledge required to become an effective and successful Hour of Power® Instructor.

Through a combination of pre-course online tutorials, two days of intensive learning and hands-on guidance from our most senior trainers, you will learn to teach one of the most mindful, dynamic & proven effective studio classes on the UK and worldwide fitness scene.

Hour of Power® instructor training is not about simply learning a new routine to new music, promoting the latest fitness gadget or learning to hype-up your clients with a fleeting trend. Other studio-fitness methods have been doing that for years and will continue to do that in various disguises for many years to come. We want to give you SO MUCH MORE THAN THAT.

***...not just a fitness qualification destination.***



## Why become an HOUR OF POWER instructor?



For more than 30 years, **HOUR OF POWER** Instructors have been teaching ordinary people how to become extraordinary athletes in a Safe, Time-Efficient and Inclusive way. We believe that fitness classes are an opportunity for people of all ages & all backgrounds to not only exercise in a motivating group environment – but more importantly, to better understand their bodies. To learn the essential meaning of exercise and fitness in a more logical, practical and functional way.

**WE'VE FOUND** that when you take your clients with you on this kind of a journey – not simply to burn calories, but to become masters of their own physical destiny – they become committed, loyal & enthusiastic promoters of not only your classes, but also of you as their trusted trainer.

**WE TEACH** our instructors revolutionary principles of training which they then share freely with their participants & clients. The end result is a hugely rewarding approach to group exercise, led by instructors who know how to truly empower their participants, both physically and mentally.

**WE BELIEVE** that when you decide to become a part of this exciting movement by attending one of our 2-day Certification Courses or by enrolling on our newly accredited Distance Learning Programme you will encounter one of the most *holistic* yet *dynamic* group-fitness classes you probably always hoped you might discover.

## An INSPIRING NEW JOURNEY

All Fitness4x4 Instructor Courses are fully approved by the Register of Exercise Professionals (REPs).







“As a competitive athlete I was seriously impressed with the **HOUR OF POWER** - not only with the intensity of the workout but with the incredible atmosphere it generates.”

David Arnot - Scotland International Rugby Player



“I know I have never come across anything else like **HOUR OF POWER** for my fitness and wellbeing - as a participant and as an instructor. Wish I had discovered it years ago, but eternally grateful for it now.”

Julie Howell - Instructor



“It wasn't until I began offering the **HOUR OF POWER** at my gym that I realised there could be a fitness class which appealed equally to men and women. Over the past 5 years Hour of Power has totally transformed my business and my entire approach to fitness - and continues to do so.”

Simon Lunn - Club Owner



“I love teaching **HOUR OF POWER** classes and feel a huge sense of achievement seeing members and clients reach their goals through it.”

Nicola Feustel - Instructor

“Hour of Power is nothing but an asset. I would have absolutely no hesitation in recommending it to any fitness facility.”

David Gaule - Gym Owner





**Fully REPs Approved** Certification Courses available for the original Hour of Power® Workout, the HOP®Series (ElectroHOP, RockHOP, TribalHOP) & soon-to-be-released Fitness4x4® TRAINER Course.



[education.fitness4x4.com](http://education.fitness4x4.com)

**Distance Learning Certification** training now available via the official Fitness4x4® Online Education Platform. Officially certify to teach the original Hour of Power® workout from wherever you are and at your own learning pace. (All online courses fully REPs Approved & Skills Active Endorsed.)

### Intensive 2-Day Training Courses



*Join our Professional Instructor Community!*

**HOUR OF POWER® CERTIFICATION COURSES**

The Hour of Power Workout is one of the most popular and effective studio workouts currently on the UK fitness scene. But with a 25 year history and thousands of success stories from participants across the world, the Hour of Power is much more than just a popular new studio class - it's a revolution in group fitness.

Why not become an Hour of Power Instructor and earn yourself **16 REPS points** by attending our next Hour of Power Certification Course? You'll learn all the practical skills you need to become a dynamic new HOP instructor, as well as advanced teaching and motivational techniques from our leading Master Trainers.

In our 2-day certifications (plus online tutorial) you will also learn the secrets of the amazing Fitness4x4 Training Method, developed by Hour of Power founder and Fitness Legend Dragan Radovic, and how to build your own class' advice from Roko Radovic - the face of the **Hour of Power Ultimate Workout DVD**.

To Book your place on the next course, contact us via the website or email address listed below, or call our office on +44 (0)1895 461564. (Bookings must be made more than 70 days prior to any scheduled course)

**Next Course Details**

Book yourself on one of our next 2day courses or **ENROLL ONLINE** and begin **TODAY!**

**FITNESS 4x4**  
part of the Fitness4x4 Training Group  
[WWW.FITNESS4X4.COM](http://WWW.FITNESS4X4.COM)

**WWW.THEHourofPOWER.CO.UK**

**2-Day & Distance-Learning Courses**





### PPL/PRS Royalty Free Music & Soundtracks

Certified Licensed Instructors are provided with a full catalogue of original, bespoke Hour of Power® / HOP® Workout Music professionally recorded, mixed and mastered & mapped to fully support every second of each ultimate workout.

Also Provided: pre & post workout 'welcome' music to ensure a complete Hour of Power® experience from beginning to end. (Includes original Hour of Power® + all HOP® Series Soundtracks - ElectroHOP, RockHOP, TribalHOP)



Audio CD, USB + MP3 Download



### Instructor-Only Training & Support Tools

On-going CPD Training (fully REPs Approved) available for all releases, including full Online Tutor Support and Daily Instructor Guidance via Instructor-Access-Only Blog Series and Webinars **exclusively** available to licensed instructors.

### Marketing, PR and Masterclass Support

Access to the Fitness4x4® royalty-free Design Database, Digital Poster Archive, trademark protected Branding, Logo & Media (Content & Copy) Support for online and social media promotional adverts + Access to Founder-led Masterclasses and Customised Member Events, Challenges and PR Activity.



Exclusive 'Members-Only' Instructor Web Portal @ [hourofpower.fitness4x4.com/instructors](http://hourofpower.fitness4x4.com/instructors)



**“An unconventional muscle program...that works!”**

Mens Health Magazine ★★★★★

**“My arms are screaming at me, my heart rate is elevated and my brain has gone into sixth gear.”**

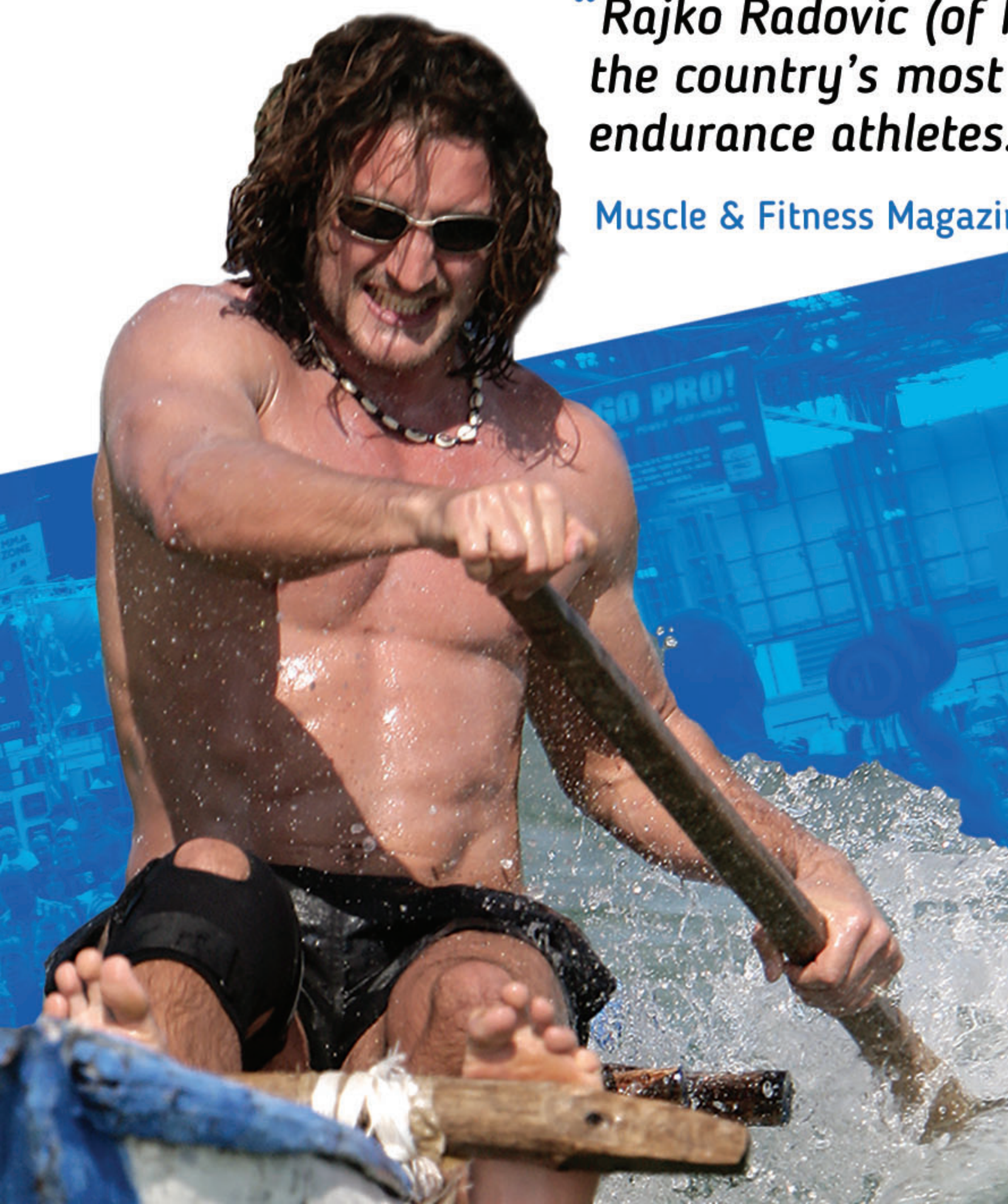
Susan Cass – UltraFit Magazine ★★★★★

**“Imagine your perfect fitness class...  
You are probably imagining the Hour of Power!”**

Amanda Khouv – Womens Fitness ★★★★★

**“Rajko Radovic (of Fitness4x4) is one of the country's most remarkable endurance athletes.”**

Muscle & Fitness Magazine

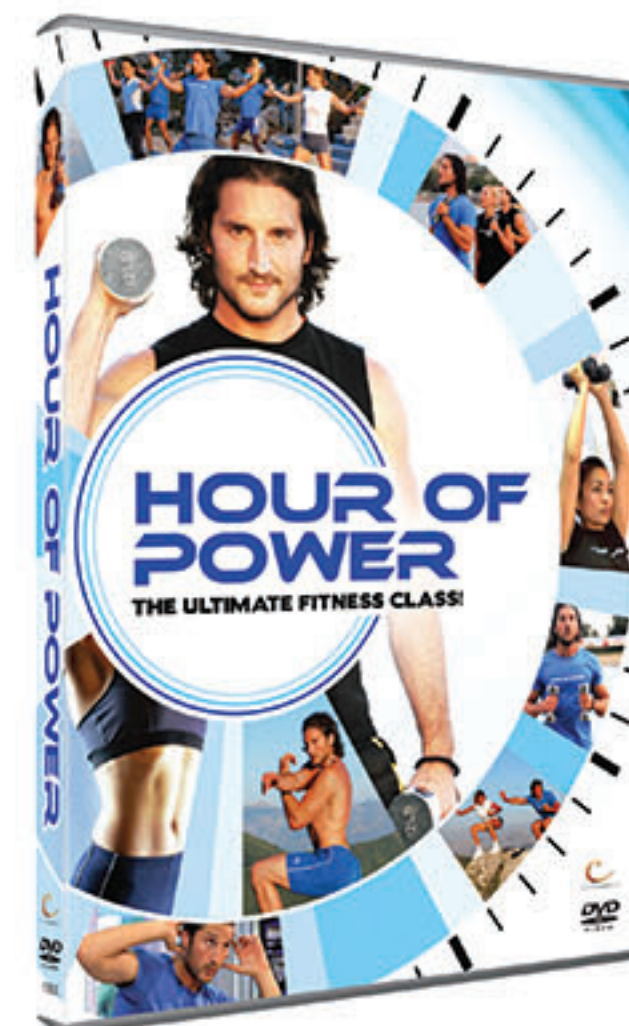


Series Leading Athlete  
BBC/Discovery Channel  
‘Last Man Standing’





**Hour of Power Workout DVD** series has been practiced by more than 15,000 people in four continents and has featured in the HMV Fitness DVD Top Ten. Loughborough University's student workout of the decade.



### RECORD HOLDER



### Guinness World Record

still held by Hour of Power® for staging the largest ever weights-based group workout.

### Founders 15years Undefeated

Dragan Radovic & Rajko Radovic remain undefeated in over 15 years of staging strength-endurance challenges and open public fitness contests at many of the world's leading fitness expos and industry events.



Bodypower Expo



Arnold Classic

### The Original Full-Body Workout!

In 2016 **HOUR OF POWER** entered into its fourth decade of delivering exceptional group fitness classes & professional (CPD) instructor training and education.





# WHY CHOOSE HOUR OF POWER?

- One of the UK's longest running group-ex formats & the ORIGINAL dumbbell workout.
- Our Education is fully Approved by the Register of Exercise Professionals (REPs).  
(REPs points only available to L2 or L3 Qualified Instructors or Trainers registered with REPs)
- Training available as 2-day Intensive Courses + Fully Accredited Distance Learning.
- Licensed Instructor Benefits: Royalty-Free Music, Professional Support Tools 24/7, Format Releases + REPs Approved CPD via Instructor-Access-Only Website.
- Increased long-term Member Retention & Instructor Satisfaction.

**HOUR OF  
POWER®**

**THE ULTIMATE  
WORKOUT**



## BEGIN YOUR INSTRUCTOR JOURNEY TODAY!

For more information on all of our Instructor Certification Training Options or to enquire about on-site Staff Training at your club or venue, or to find out how to enroll upon our newly accredited Distance Learning Instructor Training programme simply get in touch with us via the contact details provided below. We look forward to hearing from you!