

“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





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, the Hour of Power® is a **vitality strategy for life.**

HAVE YOU... ***'DONE THE HOP'?***

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



The original Hour of Power® workout was devised more than 30 years ago in London, England, by fitness expert and 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 a best-selling Home Workout DVD, REPs Approved Instructor Training Programme and a passionate community of Instructors located across the United Kingdom and Internationally.

Dragan Radovic***Rajko Radovic***

The background of the top half of the image shows a fitness class in progress. In the foreground, a hand holds a large black dumbbell. In the background, several people are exercising outdoors on mats. One person in a pink top is lifting a small blue dumbbell. Another person in a white top is also lifting a small blue dumbbell. The scene is set in front of a white building with a door.

**HOUR OF
POWER®**

The logo for REPs (The Register of Exercise Professionals) features three stylized human figures in purple, pink, and blue, with the text 'REPs' and 'The Register of Exercise Professionals' below them.

REPs
The Register of
Exercise Professionals

The logo for CPD 16 REPs (Skills Active Endorsed) is a circular emblem with 'CPD' at the top, '16' in the center, and 'REPs' and 'SKILLS ACTIVE ENDORSED' at the bottom.

CPD
16
REPs
SKILLS ACTIVE ENDORSED

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 world fitness scene.

...not just a fitness qualification destination.

**HOUR OF
POWER®**



All *Fitness4x4®*
Instructor Courses
are approved by the
Register of Exercise
Professionals (REPs)

Hour of Power vs 'All The Rest' ?

Hour of Power® Instructor Training is not about simply learning a new routine to new music; promoting the latest fitness 'toys' or learning to hype-up your clients with a temporarily exciting new fitness trend. Other studio workouts have been doing that for years and will continue to do that in various disguises for many more years to come...

But we want to give you MUCH MORE than that!

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.

**An INSPIRING
NEW JOURNEY...begins here**



What We Teach ***(The '4x4' Way)***

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 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 would discover.

Reach for Your Limits....

***and you may just find
that they're not!***

INSTRUCTOR REVIEWS



“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®**

GYM REVIEWS

“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

“From a gym-owners perspective, we love HOP®.It's filling studios!”

Brandon Harris - Club Owner

“For over a decade, Hour of Power has reached an audience that other fitness classes could not.”

**Richard Smith (AU President)
Loughborough University.**

**THE ULTIMATE
WORKOUT**

Fully REPS Approved Certification Courses available for the original Hour of Power Workout, The HOP® Series (ElectroHOP, RockHOP, TribalHOP) & soon-to-be-released Fitness4x4® Master Trainer Certification.



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 entirely at your own learning pace! (All online courses are REPS Approved & Skills Active Endorsed.)



Face-to-Face and Distance Learning Options

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.



The Guinness World Record for the largest ever weights-based group exercise class is still held by the Hour of Power® Workout.

Workout founders Dragan & Rajko Radovic are undefeated in over 15 years of public fitness challenges & open strength / endurance contests at world's leading fitness events & expos.



Bodypower Expo

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.



“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 ★★★★★

Series Leading Athlete
BBC/Discovery Channel
“LAST MAN STANDING”

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



WHY CHOOSE HOUR OF POWER?

- It is one of the UK's longest running group-ex formats & is the ORIGINAL dumbbell workout.
 - Our Education is approved by the Register of Exercise Professionals (REPs) and fully endorsed by Skills Active. *(16 CPD Points only available to REPs Registered L2 Qualified Fitness/ETM Instructors and PT's.)*
 - Training available as 2-day Intensive Courses + Fully Accredited Distance Learning Education.
 - 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.
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**HOUR OF
POWER®**

For more information on all of our Instructor Certification Training Options or to enquire about on-site Staff Training at your Health Club Gym or Sports Centre, or to find out how to enrol upon our newly accredited Distance Learning Instructor Training programme, simply get in touch via the contact details provided below.



**HOUR OF
POWER®**

**THE ULTIMATE
WORKOUT**

*Begin a whole NEW PHASE in your
professional fitness career, TODAY!*

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