



URBAN SPORTS CLUB

Press Release

## From Animal Moves to HILIT: Urban Sports Club presents this season's top 5 fitness trends

**Berlin, 03.08.2021** - The long sports drought is over! Finally we can train with our dearest partners and make the most of everything Urban Sports Club has to offer. To celebrate this new start and boost the fun factor, Urban Sports Club has collated five sports trends of the season, featuring *MetCon*, *HILIT*, *Animal Moves*, *mood-based workouts* and *hormone workouts*. Science and sports medicine are core components of these activities and make workouts even more effective, varied and unique. So read on for Urban Sports Club's courses of the season.



### MetCon

With 116k tags, MetCon is the Instagram trend of the summer. Also known as "metabolic conditioning," it's a high-intensity conditioning workout that focuses on quick bursts of movement that put the body in a high metabolic state and challenges the muscles. The workout has very few breaks because the goal is to power out and push yourself to the limit, which results in high fat burning.

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These movement sequences are similar to those in CrossFit training and can be enjoyed at [body + soul](#) in Munich and other studios across Germany.

### **HILIT**

"High Intensity Low Impact" explains the meaning behind this cryptic acronym. This training is particularly easy on the joints and is great for beginners, pregnant women and people with injuries as the load is light and the impact minimal. HILIT has significantly fewer jumping movements than HIIT but is just as effective as each exercise focuses on increasing heart rate. Instead of jumps you'll max out on lunges, planks or mountain climbers. Swimming, Pilates or spinning are considered HILIT activities and Urban Sports Club members can try them out at [Triathlon Crew](#) in Berlin as well as other venues.

### **Animal Moves**

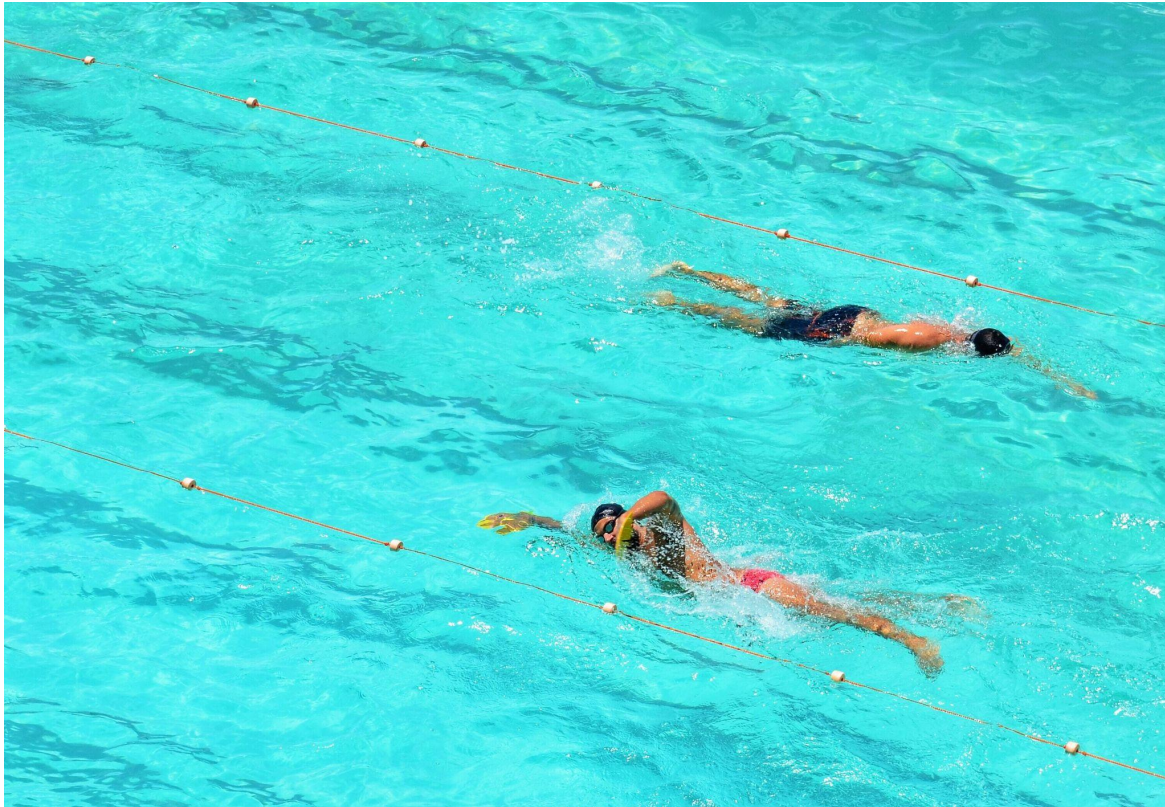
Bodyweight exercises that imitate animal movements are a lot of fun. Whether cat-cow, caterpillar or donkey, Animal Moves trains mobility, coordination, fitness and strength, alternating between stretching and strengthening while optimizing flexibility. [Unique Fitness](#), a partner studio in Bonn, offers "Animal Flow," but animal movements can also be found in tons of familiar sports such as the crab in basketball or the cobra in yoga.

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### **Mood-based workouts**

Whether it's melancholy, anger or stress, classes with Urban Sports Club can lighten any mood. Swimming has a balancing and exhilarating effect, yoga is calming and relieves stress, while cardio and strength workout combinations found in kickboxing or HIIT boost adrenaline. Members can find tons of classes suited to any mood at venues such as [Club Athleten](#) in Berlin or [EVE ADAM Fitness](#) in Hamburg.

### **Hormone Workouts**

Mood, fitness and energy levels are often linked to hormone balance, which is why it's important to work with your body's hormones during certain phases. Both men and women have hormonal fluctuations throughout the month which can be balanced out with the right workouts. Overtraining can increase cortisol levels which causes stress, so try out practices such as meditation or yoga at studios such as [komjun Yoga](#) in Cologne.

Urban Sports Club members can try these sports to find their ideal exercise routine, find out what works for them and discover something new. It's tons of fun to try trend sports with friends or

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colleagues after work, and with [livestream](#) and on-demand classes you can workout anywhere, anytime whether on vacation or from home.

#### **ABOUT URBAN SPORTS CLUB**

Urban Sports Club offers a flexible sports and wellness membership. The goal is to encourage people to lead healthier and active lifestyles via the largest and most diverse offering. From fitness, yoga, swimming and climbing to team sports and wellness, members can choose from over 50 sports to create their own personalized training plan and discover sports they are passionate about. Urban Sports Club members can check in for sports via app in six countries in Europe (Germany, France, Italy, Spain, Belgium and Portugal). A group of companies with OneFit in the Netherlands, Urban Sports Club's network has more than 12,000 partner locations. The offer for private and corporate customers includes training in the studio, outdoors, online courses via livestream and on-demand courses. In total, employees from over 40 different nations are employed at the European locations. [www.urbansportsclub.com](http://www.urbansportsclub.com), press material on Urban Sports Club: [here](#).

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