

# How Is Orange Theory Effective?

Trying out a new fitness can be challenging for you sometimes, and nobody likes to be a beginner. But if you are new to orange fitness, then you are going the right way, as it is one of the best workouts. Once you start the session, you will definitely enjoy the complete session, and it is a new way to build your fitness level.

What exactly is Orange's theory? Many people come up with this question, and those already in the orange class will know how the orange theory works. Still, for the newbies, it must be something different. Here is everything you need to know before taking an OTF class. You can also talk to your [personal trainer near me](#) to learn more about the class.



## What Is Orangetheory Fitness?

The **Orange Theory** Fitness includes an hour-long, full-body workout that fuses with cardio and strength training. The orange theory workout is the 60-minute class that consists of 30 minutes of the cardio part of the class, commonly done on a treadmill and rowing machine is supposed to be high-intensity interval training or HIIT. The other 30 minutes include strength training. You may use any equipment for training, such as dumbbells, TRX straps, resistance bands, benches, and ab dollies.

In this workout class, the main goal is to achieve the excess post-exercise oxygen consumption, or the EPOC, the afterburn impact. With EPOC, your body can burn calories even long after the training. Choose the [fitness near me](#) gyms, talk to the gym trainer and learn more about the orange theory class.

Another exciting thing about the orangetheory class is that orangetheory also uses a heart rate monitor hanging in your neck to record your heart rate so you can see all your results. In this monitor, you can track your heart rate based on the five zones: grey, blue, green, orange, and red. You need to spend at least 12 minutes in the orange and red zones to achieve your Splat points (for each minute you spend in the Orange or red zone, you gain one Splat point). If you receive 12 Splat points or more 12, you are more likely to succeed in EPOC.

It is a fantastic workout for beginners, and each class section can be modified to fit your abilities.

### **Reasons why Orangetheory is the best workout for you:**

#### **Those 60 minutes need to count.**

The orangetheory does not need the particular of "cardio days," "core days", and "leg days." All you got is 1 hour a week to work out, and you have to take all the worth of the workout.

It is a full-body workout with cardio and strength training to do both simultaneously; you don't have to choose one.



#### **No two workouts are the same.**

All the workouts in orange theory are different; orange theory guarantees that the more you take the classes, the more you get comfortable with the theory. It will be more fun to jump in and out of the treadmills and rowers and use the free equipment. No repetition of the workouts, and you will try a new one.

#### **You will instead just be given instructions.**

Many people want someone to tell them to work out as per the instructor's direction. If you determine more with the latter, Orangetheory is the right choice. Your instructor will tell you not only what to do but for how long and at what vigour you should perform the exercise. Visit **gyms near me** and start your training now!

#### **In Conclusion:**

If you want to join an orange theory class, then call and visit the **Fitness Center Near Me**. As it monitors the heart rate, you can see the complete record of your workout.

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