



Month One - Video #6

Burst Training

1. Reduces your work out time.
2. Increases the body's production of Growth Hormone and Testosterone which protects your lean muscle.
3. Increases the burn of sugar during the exercise but then fat for the next 24-36 hours as the body replenishes its glycogen storages. The exact opposite of a slow calorie burn associated with for example a 30 minute jog on a treadmill.
4. Prevents inflammatory conditions such as diabetes, thyroid and cardiovascular disease.
5. Helps our cells become more sensitive to important hormones such as T3 (active thyroid hormone), insulin, leptin and ghrelin.

Protocol: First and foremost, always consult with your primary physician before beginning any exercise program.

The idea is to perform exercise for 30 seconds to 1 ½ minutes at 80% to 90% of your maximum capacity or until you are winded enough that it is difficult to talk. This is to your tolerance so if you are elderly or have serious health challenges start light.

You will then rest for 2-4 minutes (until you catch your breath)

Repeat two more times for a total of three sets.

If you are doing a full body workout one exercise is fine and you can add a set or two as you advance.

If you wish you may split the body into upper, lower and core (abdominal). In this case you would have three different exercises for a total of nine sets. It should still total less than 45 minutes for the whole workout.