

Body Sculpt Burst Training

Here's a summary of what a typical Burst Training routine might look like using: Recumbent bike, elliptical machine, treadmill, walking, sprinting or with any type of exercise you prefer:

- 1. Warm up for three minutes (Only in the beginning).**
- 2. Exercise as hard and fast as you can for 30 seconds. This should be at maximal effort!**
- 3. Recover for 90 seconds, still moving, but at slower pace and decreased resistance.**
- 4. Repeat steps 2 and 3 above, 30 seconds on and 90 seconds off for a total of (8X).**
- 5. End the work out with a three minute cool down (Only at the end).**

If you are using cardio equipment like an elliptical or bike, you don't need to reach any "magical" speed. It's highly individual, based on your current level of fitness. But you know you're doing it right when you're exerting yourself to the point of typically gasping for breath, after a short burst of activity.

If you are doing the burst training while walking, complete the 30 second exertion phase up a hill or an incline to help enhance the intensity.

Be mindful of your current fitness level and don't overdo it when you first start out. If you are not in great shape and just starting this you may want to start with just two or three repetitions, and work your way up to eight. You may need to start with just walking and when you do your 30 second bursts your legs would be moving as fast as possible without running - and your arms would be pumping hard and fast.

Ultimately you want to exercise vigorously enough so you reach your anaerobic threshold as this is where growth hormone release is triggered. Whatever activity you choose, by the end of your 30 second sprint period you will want to reach these markers:

- It will be relatively hard to breathe and talk because you are in oxygen debt.
- You will start to sweat profusely. Typically this occurs in the second or third repetition
- This type of exercise will help lower cortisol levels.
- Lactic acid increases and you will feel a muscle "burn."
- Research shows this type of exercise increases growth hormone by 700%.
- This exercise will increase your metabolism for almost 48 hours.