

# Which body type would you prefer?

## When you compare a marathon runner and a sprinter, which physique looks healthier?

*For decades we have been using low intensity long distance cardiovascular exercise as the primary tool for improving fitness and health, well I'm going to show you how to revolutionize your program providing far better results, and in a fraction of the time. No gimmicks.*



Marathoner

Sprinter



Sprinter

Marathoner

*The term 'Aerobics' was coined by Dr Ken Cooper in 1968 and it was used to describe the type of exercise that consumes Oxygen as part of it's metabolism to produce energy. It is characterised by low intensity and generally longer distance activities that focus on burning fat for fuel. This is a phenomenal way to improve both your fitness and health.*

However, there are several reasons why spending less time but at a much higher intensity could be a lot better for your overall health, increase the speed of fat loss and still improve endurance! The type of training I'm referring to is traditionally called 'interval training' or 'Sprint Cardio' and it is a powerful way to exercise anaerobically. This is where your body is metabolising energy in the relative absence of oxygen. I'm going to show you the most effective way to implement it which is proving to have the most significant results with those who use it, accomplished in under 20 minutes 2-3 times per week.

## Why change to incorporate anaerobic activities?

For those doing little or no exercise, this fact may interest you. After the age of 30 and beyond, your body enters something called 'somatopause'. This is characterised by a drop in Human Growth Hormone (also called 'the fitness hormone') and is part of what drives the aging process. People have actually now begun injecting HGH as a means of slowing the aging process and increasing their overall vitality. Now there is absolutely no good reason to do that when you realise that doing sprint cardio can give you the same increases in HGH as an injection right into your bloodstream!

**“Sprint Cardio is one of the most powerful anti-aging strategies you can employ”**

Consider how children and most animals in the wild do not generally run marathons or lift weights, they move at high speeds for very short periods of time and then rest. This is

natural and what optimizes the production of growth hormone. We are merely mimicking what the body wants in this type of exercise. Phil Campbell, creator of the program puts it:

*“...it (HGH) stays your body for two hours, going after body fat like a heat seeking missile. It's so powerful that if you were to do the program today and monitor your blood, it will look like you injected growth hormone illegally”*

Those concerned that they'll lose the endurance aspect of their fitness need not worry. As a by-product of training anaerobically, the body actually develops excellent endurance also.

### **“add sprinting into your routine and experience truly well-rounded health benefits from your exercise”**

Once you regularly participate in these 20 minute exercises about twice a week, most people notice the following benefits:

- Lowers your body fat
- Dramatically improves muscle tone
- Firms your skin and reduces wrinkles
- Boosts your energy and sexual desire
- Improves athletic speed and performance
- Allows you to achieve your fitness goals much faster

### **How to Perform Sprint Cardio Exercises**

Here's a summary of what a typical sprint fitness routine might look like using a fitness bike (although you can perform this on an elliptical machine, treadmill, rower, bicycle, running or with any type of exercise you prefer):

1. Warm up for three minutes
2. Exercise as *hard and fast* as you can for 30 seconds. You should feel like you couldn't possibly go on another few seconds
3. Recover for 90 seconds (i.e walking pace)
4. Repeat the high intensity exercise and recovery 7 more times
5. Cool down for three minutes

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
- Your body temperature will rise
- Lactic acid increases and you will feel a muscle "burn"

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. You'll 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 your goal is to recover quickly after the intense training, then a ratio of about 4:1 carbs to protein is ideal. However, if your goal is to activate HGH to its maximum, and thereby reaping all it's benefits as described above, then you *must not have any carbs within a two hour window post training.* 20-25g of protein at this time is ideal. Eating carbs blocks your body's signal to produce HGH.

### **Special Warning to Over-Achievers...**

I want to stress this point: *perform Sprint Cardio only two to three times a week.* Please don't go overboard and do this program everyday. Your body simply cant handle that much intensity.

So please understand that not only do you not NEED to do it more than three times a week, you may actually cause more harm than good if you over do it. To get all the benefits from Sprint Cardio, just focus on gradually increasing *intensity*, as opposed to doing it more frequently.

On a final note, I'd like to point out I'm not recommending you discard your old routine entirely in favour of a sprint routine. I still strongly believe in the benefits of aerobic activities and resistance training. However, I think the most important thing to consider is your focus on becoming well-rounded in your fitness rather than being too heavily swayed towards one system or the other. I see plenty of patients who develop issues relating to overtraining one system over the other. Usually these people are actively involved in competitions that push them towards over developing, for example; too much aerobic base. This is easily remedied by incorporating more anaerobic activities, and guess what, the aerobic system will improve as a result, magic! So remember to make your exercise regime as *diverse* as you can.

*Dr David Pierotti*