

Short Burst Training

– Is Aerobic Training Really Good for You?

You can have the benefits of running 20 to 30 minutes a day in a TOTAL of 20 minutes a week

Exercise physiologists have known for years that interval training gives us the same cardiovascular benefits as “long slow” aerobic training PLUS trains us for the kind of real life situations that most often contribute to heart attack – running for a plane or the bus, shoveling snow, etc. Short Burst Training takes this one step further, based on the excellent research coming from Mark Smith, PhD.



HOW TO DO IT:

The formula is simple:

- 60 seconds of maximum aerobic exertion.
- Four times a day.
- Three days a week.

You can do anything that will make your heart beat faster and get you out of breath. This can include sprinting, running stairs, riding a stationary or regular bicycle, swimming, using most exercise equipment, jumping rope, etc.

The key factor is MAXIMUM effort. Most people, including Olympic athletes, cannot actually put forth maximum effort for a full 60 seconds so we usually break it up into three 20-second bursts with 20 seconds of rest.

20 seconds maximum effort.
20 seconds rest.
20 seconds maximum effort.
20 seconds rest.
20 seconds maximum effort.

Four times a day. The farther separated in time, the better, but you can do them all at once, but it is important to include a full recovery period, typically 4 minutes, between bouts.

BENEFITS:

- Stay fit in almost no time.
- No excuses
- Increases metabolism and has been shown to reduce body fat.
- No need to change clothes and take a shower – it’s over before you get sweated up.
- Short Burst training is the best exercise for raising growth hormone, which supports enhanced fat burning, improved healing, and a sense of wellness.
- Effective for balancing hormones in aging for both men and women.
- Aerobic training raises adrenal hormone levels which cause the loss of metabolically vital muscle
- It works.

ISSUES:

- Some activities such as running can be hard on joints.
- Most people need to START GRADUALLY and use good judgment.

THE KEY: As you become more fit, don’t increase the time but increase the intensity.

If you need help with motivation, see Dr. Manlove for help clearing self-sabotage.

THE X-ISER

The Exercise Machine Specifically Designed for Short Burst Training

This is not an ordinary step machine!

The X-iser has a unique system, which gives you resistance in both directions greatly increasing the amount of muscle exertion. It is extremely sturdy and well designed. I have been using the X-iser and love it. I keep it by my desk and can do a burst whenever I have a minute and a half free. I don't have to change clothes or put on athletic shoes – I can even do a burst in a tie!



The X-iser has been tested with elderly, overweight and unconditioned populations but is effective enough that it is used by NFL teams for conditioning. It has also been used with the elderly and in cardiac rehab. Most people with knee problems can tolerate it because the movement involves minimal knee bending but at the same time it greatly improves leg strength. It is being used in a hospital setting for rehabilitation following knee surgery.

The X-iser also provides balance and core strengthening. I use hand weights while doing the burst training to include upper body strength and additional core strength training. There are additional workouts you can do for upper body and trunk strength using the X-iser.

The X-iser is a rugged piece of equipment, yet it weighs only 14 lbs. The key is a reciprocal hydraulic mechanism, which means that you get resistance with both the downward and upward stroke, unlike step machines. When you're doing it correctly, motion is more like running than stepping. This is not to be confused with cheaper step trainers. It's the real thing. The X-iser is available online for \$385. If you use my name you can save the \$15 shipping fee. <http://xiser.com>

There is information on the X-iser website on both the X-iser and the theory of Short Burst Training, also known as High Intensity Interval Training or HIIT for:

1. Sports and Fitness Conditioning
2. Weight Loss
3. Decreased Inflammation including treatment of fibromyalgia
4. Hormonal Balancing

OTHER BURST PROGRAMS

Once you get used to the X-iser you can add hand weights doing a curl and press (lifting one arm at a time from waist level, bending the elbow and lifting the weight fully overhead). The idea is to continue to burst with the legs, keeping the head level, and add the curl and press at a moderate pace. This is all on the DVD that comes with the X-iser.

As you get more fit you can move to 30 seconds of bursting, 30 seconds rest and a second 30 seconds of bursting, again, 4 times a day, 3 days a week. You might find that you can work your way up to a full minute at a time. But only do this if you can burst for the full minute without slowing down or decreasing your intensity.



You can do any activity that allows you to maximize aerobic exercise. The advantages of the X-iser are that it is easy on joints, portable and convenient. More information and examples of exercises you can use are available at www.metaboliceffect.com. Under the header Details of the Program, click on The Moves and you will see a description with a short clip of a number of moves you can choose.

Kettlebells are another way to get a great burst workout, but make sure you know what you are doing. You can get more information at <http://www.dragondoor.com/> or get the book, Enter the Kettlebell by Pavel. See Dr. Manlove for recommendations.

