

## Is Your Workout Making You Fat? Burst to Blast Fat!

This may shock you but all of that agonizing time on the treadmill may actually be making you fat! Now, you may be having one of two reactions to this: one is anger and the other is denial. I will deal with those of you in denial first. You don't want to believe it because let's face it, you are hooked! You get a big old adrenaline boost from your aerobics session and you aren't willing to give it up. Of course, this addictive adrenaline boost is the very reason your exercise could be damaging your metabolism, creating more oxidative stress and actually making you fat. Or you may fall into the other camp and be breathing a collective sigh of relief that you haven't been doing loads of aerobic exercise because you simply don't have the time to exercise. I am going to show you how to fit quality fitness in, in just minutes a day, that will have a significant impact on your metabolism, your physique and your health.

### Endurance Exercise Stresses You Out!

I am going to define endurance exercise as anything over 20 minutes in length done at a steady moderate to moderately high intensity (after all you couldn't do high intensity for more than a few minutes). The great urban legend is that this type of exercise is primo for fat loss because when you do longer, moderate intensity exercise you use more fat for fuel. There are a couple of reasons that this doesn't correlate to burning more fat all day long and getting and staying lean for life. First, when you do endurance training you raise stress hormones which break down lean tissue (i.e., that precious *muscle tissue* that boosts your metabolism all day long). Second, while it is true that you burn more fat during the exercise, the lower intensity doesn't require any metabolic "repair" post exercise, so fat burning and metabolism are not enhanced post workout so the overall metabolic effects are small. Third, lower intensity exercise means less calorie burn during the exercise, so although you are burning more fat, it doesn't account for that many calories overall.

### Burst to Blast Fat!

The alternative to endurance exercise is to workout in short intense bursts of 30-60 seconds with active recovery of 1-2 minutes to accumulate 4-12 total minutes of high intensity bursts (this will take you 20-30 minutes and if you are still upright at that point, you are NOT doing this hard enough...). With bursting, you also raise stress hormones BUT you raise anabolic building hormones alongside them which counteract the negative effects of the stress hormones. The short bursts train your body how to handle stress and recover. The repeated intense bursts raise lactic acid which in turn raises growth hormone and supports fat burning. The research is clear that the more intense the exercise the bigger metabolic "cost" after you are done, hence you burn more calories, especially from fat, post-exercise. To clarify, active recovery is where you are moving, but at a low intensity that allows you to catch your breath and lower your heart rate back down.

### Now the Best News!

So why don't most people exercise? The two top reasons I hear are that they don't have enough time (which really means that they haven't made exercise a priority to find the time to do it) and , second because they are too out of shape to go to the gym. Both problems are solved with bursting because you can truly do this anywhere in a short amount of time. I am flying home from Maui right now and while there I did running sprints on the beach with my star student Lisa Sasevich. I am heading to Vegas where I will run some bursts in the stairwell (30 flights UP!). When I am home I alternate between rollerblading bursts, X-iser bursts and Stairmaster bursts. You can burst with a jump rope, a bike, a running path or a flight of stairs, and best of all you can do it in 10 minutes or less, so the time and place excuses just went out the window.

By the way if you want to really eliminate the excuses, check out the X-iser [www.bursttoblastfat.com](http://www.bursttoblastfat.com). This is the exercise machine that I have all of my VIP clients get to do their burst training at home and on the road. It is both durable and lightweight and fits easily into a carry-on. Plus you can do some other killer exercises on it including an amazing glute workout!

### Let's Get Technical

So, how to get started? Grab your cross trainers or running shoes and let's go. Warm up for a few minutes and then go all out with your workout of choice for 30 -60 seconds.

If you can go past 60 seconds, you aren't doing it hard enough. Take twice as much time to recover by doing a lower intensity version of the same move or by walking around and then repeat until you accumulate between 4 and 12 minutes of high intensity interval bursts (honestly, I am putting 12 minutes here but if you can get to 8 minutes total I am impressed and if you can get past that, you probably aren't doing it hard enough and intensity is EVERYTHING). Do this every other day and watch out, you will find that you get leaner, stronger and more energetic practically overnight!

### My top ways to burst are:

- Take the stairs
- Sprint or run
- Bike
- Rollerblade like the Olympic speed skaters
- Butterfly stroke in the pool
- Stairmaster
- Turkish Get Ups
- Jump rope

# Trash Your Treadmill...Sprint on the X-iser!



The days of the 30 to 60 minute workouts on oversized machines are over. The sprint training revolution is here. The science behind sprinting combined with the technology of The X-iser gives you a full cardio workout in just a few minutes a day. No...it is not just another stepper! The X-iser is specifically designed to allow any age and fitness level a way to sprint train. No other stepping device can provide the same level of benefit. And I have personally tested it with my 12 and 13 year old boys and I can confidently proclaim that it is virtually indestructible! I have all my clients get this machine, it is my excuse-proof workout. Burt to blast fat! Grab yours at [www.bursttoblastfat.com](http://www.bursttoblastfat.com)

## Sample Burst Workout

(done at a track with stairs)

Note: I have done this for 8 minutes total of bursting, this is an advanced workout. You can cut out the stairs OR the running portion or cut each in half to start. Be sure to warm up and stretch before sprinting!

Warm-up for 3 minutes – walk  
Run for 60 seconds  
Walk for 2 minutes  
Sprint for 30 seconds  
Walk For 1 minute  
Sprint for 30 seconds  
Walk for 1 minute  
Run the stairs for 1 minute  
Walk down the stairs for 2 minutes  
Take the stairs two at a time for 1 minute  
Come down the stairs for 2 minutes  
Run the stairs for 1 minute  
Walk down the stairs for 2 minutes  
Take the stairs two at a time for 1 minute  
Come down the stairs for 2 minutes  
Run for 1 minute  
Walk for 2 minutes  
Sprint for 30 seconds  
Walk for 1 minute  
Sprint for 30 seconds  
Cool down for 3 minutes