INTENSITY OVER DURATION...

DITCH – "Hours in the Gym"

1. The client does not have the time
2. The client will experience serious symptoms of overtraining, like fatigue & delayed recovery
3. The client will lose motivation, due to putting in all the hard work with fewer results.

- Calorie burn from intense training causes ***increases in metabolism for up to 38 hours*** after the workout is over.
- Studies show that when training with higher intensity, even for just 4 minutes, epinephrine is increased, which forces a higher amount of fat to be used as energy. And, ***both fat oxidation and caloric expenditure remain elevated after the intense 20 second intervals*** involved with this type of training.

Add Intensity

Add on 4 mins of Tabata Training at the end of an upper body workout day.

Finish out with 10 minutes of sprints—at an all-out pace—followed by a 30 second recovery.

Add in 100 bodyweight squats at the end of leg day.

- EPOC, excess post-exercise oxygen consumption, or the amount of oxygen required to restore the body to its normal, resting level of metabolic function, is bumped up after performing shorter bouts of intense training or weight lifting. This means ***the body burns many more calories as compared to longer duration, less intense activity.***
- Most people are not used to training intensely, but studies show ***most people enjoy intense workouts more than steady state cardio.***

For the full article explaining this infographic, visit our blog at www.issaonline.edu

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