

BURST TRAINING



KETO360

WHAT IS BURST TRAINING?

Burst Training is a form of high-intensity interval training (HIIT), consisting of a series of “bursts” in your workout, followed by a period of rest. Bursts are when you are pushing your body to its maximum potential for 10 to 60 seconds. You will typically need to do these exercises only 3 or 4 times per week!*

It's important to know that your level of high intensity is not necessarily everyone else's level of high intensity. Your starting point or where you are now is a reflection of your own personal level of fitness — not that of your friends, family or personal trainer. So, while you may not be able to go as fast or as hard

as someone else, you can still get a fantastic workout that reaps some of the same great benefits.

Of course, diet and lifestyle (including exercise) go hand-in-hand to support a healthy weight, but Burst Training is one of our top picks for exercise in the Keto360 program.

* Note: To avoid injury risk, be sure to seek advice directly from your physician, especially if you have existing medical issues, before beginning any exercise or nutritional program. Additionally, stretch following exercise to avoid muscle and joint tightness.



WHY IS BURST TRAINING AN IDEAL KETO360 WORKOUT?

Here are the top five reasons why we believe Burst Training is the most effective workout for those in the Keto360 program:

1 **It can make exercise easier.**

Most people who undertake a diet of any sort have difficulty sustaining long bouts of cardio. Burst Training eliminates those long bouts and, instead, gives short "bursts" of high-intensity exercise followed by brief recovery periods.

2 **It can make workouts enjoyable.**

Burst Training lowers the bar of entry for the exerciser. Rather than having to continuously run for 20 minutes, for example, you cycle between bursts and rests. Many people don't exercise at all because they're either intimidated or fearful that they can't do the workout. Burst Training is a workout most people can do ... and enjoy doing!



3 It can make regular exercise more convenient.

Considering the fact that many people use “not having enough time” as a popular excuse to avoid regularly exercising, HIIT workouts are one of the best ways to overcome this obstacle and get great results fast.

4 It can promote faster fat loss.

This is perhaps the most convincing reason: Fat loss is often the No. 1 goal for those on Keto360. Quite simply, HIIT-style workouts achieve greater fat loss than steady-state workouts. In fact, a 2012 study compared the impact of both on body fat and muscle metabolism. While more studies need to be done, this study investigated the effects of calorie expenditure and fat loss in young adults and found that although HIIT workouts burned fewer calories during the actual workouts than did steady-state cardio exercise (likely due to its shorter duration), the HIIT program produced more fat loss than steady-state exercise did overall. (1)

5 It can help to build muscle mass.

Finally, one of the great benefits of the Keto360 program is that you shouldn't lose any of your muscle mass. If you pair this program with Burst Training, that will not only continue to be the case, but you can also even build lean muscle. A recent study actually showed that HIIT was more effective at building muscle mass at the cellular level than strength training. Again, this is only one study and more research is necessary, but these researchers concluded that HIIT improved the function of muscle mitochondria, which is necessary for muscle building. (2)

THE IMPORTANCE OF DAILY WALKING

In addition to Burst Training, we also recommend walking for at least 20 minutes each day. Why? The combination of HIIT and walking has been shown to be more effective for fat loss than just HIIT or walking alone. In addition, daily walking has numerous health benefits, including:

1. It takes advantage of your greater ability to burn fat. (When you're in ketosis, your body is waiting for your next fat-burning adventure ... or stroll.)
2. It keeps you from being sedentary.
3. It helps to reduce your stress, as walking has been shown to lower stress levels.

In fact, a recent study conducted by the London School of Economics and Political Science shined the spotlight on walking as one of the very best measures for managing a healthy weight. (3) And prior to that particular study, dozens have indicated that

daily walking is beneficial for keeping people feeling younger, healthier and happier.

The London School of Economics and Political Science study concluded that regularly walking for weight loss could be just as beneficial, or even more, as hitting the gym. The results of the study, which investigated the effects of various workouts on health markers in over 50,000 adults over the course of 13 years, found that walkers tend to be thinner than those who go to the gym or regularly practice only high-intensity workouts.

Also, walking briskly and deliberately for at least 30 minutes a day was correlated with having a lower body mass index and a smaller waistline compared to non-walkers. What's even more impressive is that the results were particularly pronounced in women, people over 50 and those with low incomes — three populations that notoriously struggle with their weight.

YOUR BURST TRAINING WORKOUT

To help you get started, here are two different Burst Training workouts, based on your current level of fitness. Regardless of whether you choose to start with the Beginner level or the Advanced level, make sure to always complete the warm up at the beginning of your workout to help you avoid injury.

Warm Up

- Jog or march in place for 30 seconds.
- Stand and circle your arms backward, one after the other (as if you're pretending to do the backstroke) for 30 seconds.
- Perform basic squats for 30 seconds.
- Perform calf raises for 30 seconds.
- Do 20 jumping jacks.

BEGINNER BURST TRAINING WORKOUT

Equipment: Stationary bike, elliptical machine or treadmill (Note: If you do not have access to one of these, then you can jog or run in place.)

Ratio of work to rest: 1:3

Duration: 5–7 minutes

Directions: Choose whatever piece of cardiovascular equipment you prefer and pedal or run as fast as you can for 10 seconds. Back off on the intensity and go at a normal pace for 50 seconds. Try repeating this for 5–7 sets. If you find it is too easy, you can either increase your speed or decrease your resting time.

ADVANCED BURST TRAINING WORKOUT

Equipment: Stationary bike, elliptical machine or treadmill (Note: If you do not have access to one of these, then you can jog or run in place.)

Ratio of work to rest: 3:1

Duration: 8–10 minutes

Directions: If you are past the beginner stage (or if you have mastered the beginner workout), you can decrease your resting time and add more work time. Head to your preferred cardiovascular machine and jog or pedal at a moderate pace for 60 seconds. Lower the intensity to an easier level for 20 seconds. Next, pick up the intensity for 40 seconds and then rest for 30 seconds. Continue this cycle of low intensity, high intensity and rest for 8 sets.



REFERENCES

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