



FREE EMAIL ADVICE

Ask me your questions
(for a limited time only)

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In this edition:

- Exercise tip
- Nutrition tip
- Q & A
- Challenge board
- Goals attained
- Specials

Exercise Tip

How to get fit quick!

By James Wallace

How do you train to dramatically increase your fitness in the shortest period of time?

To do so you must use a high-intensity interval style regime. For example sprint for 1 minute, followed by a 2 minute walk, then repeat.

Aerobic fitness is comprised of two main elements, VO2 max and lactate threshold.

A client relatively new to aerobic conditioning can increase their fitness by 15-20% using high-intensity training to boost their VO2 max. Lactate threshold can be increased by up to 300%, however it is a very slow process.

High-intensity interval training places the heart under tremendous pressure, requiring it to beat at a near maximal rate.

The bodies natural response to high-intensity exercise is to adapt. More blood is produced to help transport oxygen around the body and the heart pumps more blood in each beat (also known as an increased stroke volume).

It is important to note that a persons VO2 max generally peaks following 12-18 months of aerobic training. When this occurs it is important to work on the other component that makes up a persons aerobic fitness, lactate threshold.

Due to the difficult nature of training at such a high difficulty, workouts need only last 20-30 minutes.

For these workouts it is important you are motivated before you begin, and maintain

your motivation throughout the workout. Focus on the fact that you only need to do 8-10 hard and fast 1 minute sprints.

In summary, high-intensity interval training is one of the best ways to very quickly boost your aerobic fitness and burn a great deal of calories in a relatively short workout.

(This is only a very basic guideline for aerobic training and is a moderately difficult program. See you doctor before commencing a new exercise regime)

In the next edition:
What to do once your VO2 max peaks!

Nutrition Tip

Are carbohydrates bad?

Carbohydrates are not bad for you!

They are an essential part of any healthy diet and should not be greatly restricted at any time. Carbohydrates are the main fuel for the brain, so when you cut back on carbs you often feel lethargic. Carbohydrates also help you recover from intense aerobic and weight training sessions.

Research has proven that diets that choose to restrict carbohydrates to very low levels have participants that are moody and struggle more to maintain the diet in comparison to diets where the overall calories of carbohydrates, proteins and fats are all moderately reduced.

Some carbohydrates are not very filling. In this case look for complex and Low GI carbohydrates (this means they are absorbed more slowly into the blood stream). There are many books or internet sites that have simple High and Low GI tables.

High GI carbohydrates are best consumed immediately following a workout to quickly get your body on the road to recovery.

Now that you know carbohydrates are not “evil” you must remember that you still need to consume them in moderation.

As a general guide carbohydrates should make up 50% of your daily energy intake.

Once you exceed your daily “budget” of calories, any extra calories, regardless if they are from carbohydrates, proteins or fats will be excess energy and transformed into fat for storage.

In the next edition:
Fat myths ...

Q & A

Why can't we do weights two days in a row?

The simple answer is; because your body needs time to recover. But recover from what exactly?

When you participate in a weight training session that incorporates both concentric and eccentric lifts (raising a weight up, and lowering it down), the muscles used get very small micro-tears and the specific energy stores used by the muscles for the lifts are drained. This is a normal, natural response.

Following the workout your body uses proteins to repair the micro-trauma of the muscles and carbohydrates to replenish the diminished energy stores. This process usually takes 24-48 hours depending on the actual workout.

If you continue to train without a days rest than the body cannot recover in time and your performance will actually decrease.

It is important to note that as long as you train different muscles each session you can train 2 days in a row for example, day one work the chest and abs and day two work the back and legs etc. These programs are referred to as split routines and are more advanced than your general total body workout.

Challenge Board

Challenge One

2 minutes boxing, 10 burpees, 20 lunges, 10 deadlifts, 25 sit-ups (3 laps)

Leader= **Alex Zeeman** in 12mins 5

Challenge Two

4km time trial on the exercise bike

Leader= **Jason Hobby** in 6mins 39

Challenge Three

20 leg-presses, 1km bike ride, 40 sprint starts, 50 punches, 25 squats (3 laps)

Leader= **Jared Zeeman** in 12mins 50

Challenge Four

300m run, 20 push-ups, 30 squats, 10 lunges, 50 punches (3 laps)

Leader= **Alex Zeeman** in 7mins 49

Goals Attained

Alison Pool

- Achieved TWO silver medals at the World Masters Games
- Increased her leg press strength by nearly 7 x

Belinda Amos

- Lost over 6kg's
- Lost 10.5cm off her waist

Malcolm Chyla

- Ran 5km in 28 minutes 30
- Can pass the one year in army fitness test

Jason Hobby

- Set the new bike record on his first attempt

Peter Amos

- Has lost over 4kg's in 4 weeks

“The daily grind of hard work gets a person polished”

Unknown Author

Congratulations Everyone

- Each new client receives their first session half price.
- Every current client that refers a new client to Bio-Physiques receives their next session at half price.

Left:
Bio-Physiques Studio in Campbelltown.

Right:
Outdoor session at Narellan



James Wallace - Owner

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