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**A** study published by the National Institutes of Health pulls together a body of previous studies and makes it clear that anaerobic exercise—the short-burst, get-you-out-of-breath quick, sprinting types of exercise—should be a major part of your fitness program.

yard football field) and progressively building the intensity on each of 8 sprints is the basic running program. Each sprint is followed by a 1.5 to 2 minutes walk-back recovery. While this workout takes around 20 minutes, you only reach maximal, high-intensity effort for generally less than two minutes of the 20-minute program.

The Sprint 8 Workout can be performed while swimming, cycling, XC skiing, or even power walking. It can be done in the gym on an elliptical trainer, stationary bike, recumbent bike, or a treadmill. The main difference—when you ride something that supports bodyweight, it generally lessens the intensity. And this means that to reach all four GH

## Drop body fat the easy way with exercise-induced growth hormone release!

# The Sprint 8 Workout

by Phil Campbell, M.S., M.A., FACHE

Anaerobic sprinting types of exercise—running, cycling, swimming, cross country skiing—are shown by medical researchers to make the body produce significant amounts of anti-aging growth hormone.

It's no secret that several well-known entertainers take growth hormone (GH) injections for its body fat cutting, muscle toning, youth rejuvenating properties, but there can be serious side effects from GH

activities. Anaerobic sprint workouts can be done in many different ways—running, swimming, cycling, cross-country skiing, even power walking. If your favorite cardio machine—stepper, elliptical, cycle or treadmill—will get you out of breath by pumping hard and fast, it will get the job done!

### The Sprint 8 Workout

release benchmarks, you'll need to ride just a little longer than if you were running. Example: running eight repetitions of 60 meter sprints in 8 to 12 seconds (depending on fitness level) will reach the HGH release benchmarks, and so does 8 repetitions of 20 to 30 seconds of cycle sprints.

### Landmark Research

Researchers compared growth hormone levels in several ways—resting, after a single 6-second cycle sprint, and after a 30-second cycle sprint. They also measured growth hormone for hours afterwards to see how long HGH stayed in participant's bodies after exercise. (The time course of the human growth hormone response to a 6s and a 30s cycle ergometer sprint, 2002, Stokes).

### The Results

The 6-second sprint method did move HGH some. But it didn't come close to the body's potential to release this powerful hormone. As Ready, Set GO! Synergy Fitness reported, it takes at least 8 seconds

Researchers show that HGH can be increased by as much as 530 percent through sprinting activities.

injections.

Natural is always best. And producing growth hormone from high-intensity exercise is unquestionably "natural." Researchers show that HGH can be increased by as much as 530 percent through sprinting

The Ready Set Go Fitness Sprint 8 Workout can be performed many different ways. Whatever the method, the goal is to reach all four critical benchmarks necessary for HGH release.

Running 60 meters (70 yards of a 100

# The Sprint 8 Workout will keep the heart rate above cardio target heart rate for most of the 20-minute workout, which multi-tasks and accomplishes two workouts (aerobic and anaerobic) in a short amount of time.

of high-intensity to typically reach lactic acid (a mission critical HGH release benchmark).

The 30-second all-out effort sprint experiment increased HGH by 530% over resting baseline. And the 30-second sprint produced a response 450% greater than the lesser intensity sprint. Like earlier research studies, HGH stayed elevated for 1.5 to 2 hours after the sprint program.

The Sprint 8 Workout is a progressive, 8 repetition, build-up sprint program (to help avoid injury). The one 30-second sprint version may be okay for a young, elite athlete who can hold maximal effort. For most of us however, it will take a build-up sprint program to achieve 30 seconds of maximum effort during a workout. In fact, there's research showing absolute peak effort can only be held for 4 to 6 seconds.

There are additional cardio benefits with the Sprint 8 Workout. The Sprint 8 Workout will keep the heart rate above cardio target heart rate for most of the 20-minute workout, which multi-tasks and accomplishes two workouts (aerobic and anaerobic) in a short amount of time. If time-crunched adults can find a way to squeeze in 20 minutes, they'll get two workouts in one - with this method.

## The Basic Sprint 8 Workout

After a 10-minute warm up that includes some 30-second stretch-hold positions for the hamstrings and Achilles, begin the first of eight 60-meter (70-yard) sprints. You can mark off 70 yards on a 100-yard football field or track or just sprint mailbox to mailbox.

Sprinting doesn't mean running "all out." It means running hard enough to get you out of breath on each sprint. The first sprint should be at 30 percent speed (a little faster than jogging). During the sprint, pro-

gressively move toward 50 percent speed/intensity. On the second sprint, start at 35 percent speed and progressively move toward 55 percent speed. To avoid injury, it's important to spend at least 10 yards slowing down.

After each sprint, walk - don't jog - back to the starting line. Walking enables you to recover so you can put more intensity into the next sprint. Spend at least 1.5 minutes (but no more than two minutes) walking and recovering between each sprint.

## Whatever you do, don't do this!

Don't start with a hard, all-out sprint. While anaerobic fitness training is clearly the most productive type of training, it's also the most dangerous. Hamstring pulls are a primary target. Anyone with a heart condition or medical problem should get a physician's clearance before performing anaerobic exercise. Even young athletes should progressively ease into sprinting workouts. It takes at least eight weeks to progressively build your fast-twitch muscle fiber.

The goal is to go hard enough and fast enough (without pulling anything) to get totally out of breath on each sprint. If it takes more than 30 seconds to get out of breath, you'll need to find a way to raise the intensity.

## Cycling Sprint 8 Workout

The Sprint 8 Workout can be performed by cycling outside or at the gym. The recumbent bike is a favorite for those with bad knees and back problems.

When you ride something that supports your body weight, it typically lessens the intensity. You'll need to ride just a little longer than if you were running. However, if your sprint lasts more than 30 seconds, the intensity level needs to be increased or

you may miss the anaerobic threshold. For example, pedaling 20 to 30 seconds on a recumbent bike is equal to running 70 yards in sprints in 8 to 12 seconds.

## Pool Sprint 8 Workout

Swimming hard and fast for 25 meters, then swimming easily for 25 meters, is similar to running the Sprint 8 workout. Make every swim sprint a little more intense than the previous one.

## Cross-country Skiing Sprint 8 Workout

Whether you're cross-country skiing in the mountains or in your gym on an elliptical trainer, the same principles apply - high action sprinting for 30 seconds followed by an easy pace for 1.5 minutes.

## Power Walking Sprint 8 Workout

Power walking can also enable you to reach the anaerobic threshold. Walk hard and fast for 30 seconds with long strides and animated arm swings. Carrying weights will help add intensity. If you find that 30 seconds of hard walking does not get you winded, raise the elevation.

Reminder: With all the Sprint 8 Workouts, you'll want to work hard and fast for the sprint part, then go easy during the 1.5 to two minutes of recovery.

## Don't Throw Away the Yoga Mat

Improving flexibility though stretching and other less intense forms of exercise will not release HGH. However, you'll need flexibility and strength to perform your anaerobic workouts. So don't throw away the yoga mat or stop weight training. Simply add an anaerobic Sprint 8 Workout to your fitness plan. You'll unleash the most powerful body-fat-cutting, muscle-toning, anti-middle-aging substance known in science! ■