

EFFICIENT FITNESS

The preservation of lean muscle mass is crucial to maintain weight loss and to living a functionally independent life. Keep your strength training simple, focus on efficient cardiovascular exercise and get consistent.

THE THREE E's OF FITNESS

ENJOYABLE + EFFICIENT = EFFECTIVE

MOVEMENT

All of the fitness components below are crucial to developing body composition.

- Mobility/Flexibility/Balance
- Pulmonary Fitness
- Muscular Endurance
- Muscular Strength
- Cardiorespiratory

ESSENTIAL MOVEMENT

Movements that are compound, scalable, and relate to daily living activities.

MOVE	SQUAT	DEADLIFT	PUSHUP	PULLUP	HOLLOW BODY
TYPE	Push	Pull	Push	Pull	Isometric
DAILY LIVING ACTIVITY	Getting in and out of the chair	Picking up objects from the ground	Getting up from the ground	Pulling an object towards you	Position related to ideal posture
CUES	Heels Chest Knees Low Back	Back Hip Heels Knees	Head Elbows Flat Back Midline	Head Grip Flat Back Midline	Back down Shoulders Hips Midline

EXAMPLE WORKOUT DESIGN

SECTION	DURATION	INCLUDE
Warm up	10:00 – 15:00	Select 3-4 dynamic mobility exercises Breathe 30-40 breaths and cardio 3:00 – 5:00 Perform 2x of 10 repetitions in strength
Muscular Strength	10:00 – 15:00	Main Move (Squat, Press or Deadlift) 3-5 sets of 5-10 reps at med/heavy load
Muscular Endurance	10:00 – 15:00	Complete 3-5 rounds of: Select Low Body, EI Squat 15 reps Select Upper Body, EI Pushups 15 reps Select Core, EI Situps 15 reps, Rest as needed
Cool Down	5:00 – 10:00	Recovery Breath 5M:M - 5N:M - 5N:N Select 2-3 mobility exercises (soft tissue)

GEAR		RPE	HEART RATE	EFFECTS
4	HIIT High	8/10 +	180 - Age + 15 BPM or >	Improves body composition quickly, insulin, sensitivity, mitochondrial density, anaerobic and aerobic capacity
3	Mushy Middle	6-7/10	Middle HR between MAF / HIIT	Highly stressful, secretes stress hormones, unfavorable BCD adaptations
2	Max Aerobic Function	5/10	180 - Age within 10 BPM	Promotes mobility, aerobic development and fat adaptation, builds capillary density

Favorable “gear 4” cardio-respiratory workouts...

- Intermittent fasted low intensity morning walks (prior to breakfast)
- Short Intervals 6-8 x :60 @ 95% Effort, 2:00 Recovery – get back to MAF
- Long Intervals 3-5 x 4:00 @ 90% Effort, 4:00 Recovery – develop VO2 Max
- Tabata Sets 8 x :20 Work / :10 Rest @ 100% Effort – Great for travel

KEY RECOMMENDATIONS

- Strength training 2-3 days (maintain muscle)
- Favor “gear 2” cardio respiratory training up to 5 days per week for 30 minutes
- Vigorous cardio respiratory training 1-2 days per week for 30 minutes
- Monitor lifestyle and remain intuitive with all fitness intensity selections

RECOMMENDED READING

- The Science and Practice of Strength Training, Vladimir M Zatsiorski
- Beyond Training, Ben Greenfield and/or Primal Endurance Training, Mark Scisson
- The First 20 Minutes, By: Gretchen Reynolds