

SPECIAL FITNESS

REPORT:

Getting Fit, A.S.A.P.!

**Bringing A New Edge To Fitness
& Sports Performance Training
With Time-Saving Approaches
To Working Out & Staying Fit!**

By Coach Rick Karboviak

<http://ASAPWorkouts.com/FCWC.html>

In today's fast-paced world, no one really has the amount of free time we once had. Even in small towns, our way of life is getting to be more hectic, due to the speed of communication in this day & age. From text messaging to cell phone calls and Facebook updates, we can know in an instant what all of our friends & family are doing, and where we need to go. Plans can change in a hurry, and we are always looking for new ways to save time & energy. Basically, our society today is in a need to find time-saving methods to make our time more worthwhile. For instance, ever since I got a Blackberry cell phone device, I can take care of basics like emails and checking up on my Facebook updates, all from my phone. This saves me a lot of time on my computer, especially when I get home from a sports event late at night. I'm able to take care of some basics through my phone. This phone & its new plan costs me a bit more per month, but for the time it saves me and the efficiency it delivers, it's worth it.

When it comes to fitness training & sports performance training, it should be no different. The programs of the past, which were designed on outdated exercise science strategies that simply weren't time-efficient and effective for a majority of the population, are simply no longer acceptable. This is evident with people who begin an exercise program & believe that walking is all it takes to 'get fit', simply by walking further & longer in a progressive manner. Well, that does work for some people, but sooner or later, you get to a point of no return: you simply have only so much free time to walk, and can only go so fast over that time. Let's say you walked 4 miles a day, for 5 days a week, and it took you an hour to walk those 4 miles each day.

Well, if that was all the time you had for walking workouts, you couldn't add more time, or more miles to your plan, unless you made sacrifices on other ends of your life to get more miles & more workouts in. Then, in due time, you'd hit an end-point with that as well. You'd get bored, frustrated, and end up just quitting your walking plan.

The problem exists with the outdated exercise strategy to begin with: the "more is better" approach that many people take to fitness training can only go so far. When exercise studies were first conducted, they only evaluated what happened to the body DURING the exercise portion. They didn't evaluate what was happening to the body after the workouts were done. Essentially, they only tested what they could see performed, not the after-effects of such exercise. Plus, the technology they had in those days couldn't tell them a whole lot, compared to the way that current technology now can. You know those "fat-burning zones" on your cardio machines? Those were based on out-dated exercise science studies! They only measured what percent of calories were being burned DURING the workout itself, not what the body was doing with calories AFTER the workout. So, what you've seen happen is that most people who want to lose fat, they will stick in these low intensity, long duration programs, thinking that they will be burning up more fat. That's true, they will burn up more fat during that workout, but the amount of calories is really low because of the low intensity level. Also, once the exercise is done, there isn't much fat-burning taking place after the workout, even up to 48 hours after the workout.

With new updates in exercise science technology, they've now been able to track what is happening to the body after different types of workout strategies. Mainly, these studies have tested the effects of traditional workouts (long duration, low intensity programming) versus newer workout strategies (high intensity interval training, short duration workouts). They've shown that the traditional exercise programs do burn a higher percentage of fat calories during the workout itself, but the post-exercise rate of fat-calorie burning is very low. With the opposite workout strategy of high intensity interval training, which focuses on shorter duration, high & low periods of exercise intensity fluctuations, the amount of calories burned is about the same or higher than traditional workouts. There is a lesser percentage of fat burned during the workout itself, as mostly carbohydrates are burned up with this workout strategy. However, the big key is what happens to the body, post-exercise: this type of workout creates a 'fat burning furnace' for your body, and uses up far more fat stores over the course of 1-2 days, than traditional exercise does. So, you are burning up more fat after your workouts are done, even though you are working out shorter.

I used to call this type of workout strategy "**Saving 39 Minutes**", when I first started my own independent training business in 2006. I created a 21-minute workout strategy that focused on high intensity interval training and circuit training methods, which compared to an hour-long, low intensity workout, could save you "39 Minutes". (21 vs 60 minutes of time per workout)

I even put this workout strategy to the test with a fat loss study done over a 2 week time period. I compared 12 individuals who did my high intensity protocol, versus a small group that administered their own workouts. The high intensity group averaged 2x more body fat lost over the self-administering group!

This new outlook on working out changed the way I looked at exercise strategy planning for everyone. I started having athletes do it, and instead of having them do a 1.5 to 2 hour workout period, I cut it down to either 30 or 60 minutes of time. Strength workouts would last about a half-hour, with speed/power training lasting for about the same time. I found that this strategy, in conjunction with their other sports commitments, fit in well with their schedules better. They didn't have to fit in 1-2 hours, 2-3 days a week with me, they could simply come for 30-60 minutes at a time, at about the same frequency.

Since then, I've been helping people both in-person, and online, through my training business and websites. I ceased doing full-time fitness training in late 2007, but stayed with doing consulting and authoring articles ever since, and occasionally training athletes out of my home's garage. Now, I have the opportunity to return to doing more Personal Training at the new Finley Community Wellness Center. I have trained both athletes & general fitness clients of all ages since 2000, creating time-saving strategies for all.

These strategies include:

Fitness Evaluation, Consultation, & Program Design

- fitness testing
- consulting on exercise strategies
- 4 week program design

1-on-1 Fitness/Sports Training Packages

- 30 minute sessions for specific needs
 - strength training
 - high intensity cardio
 - speed/power training for athletes

Small Group Training Packages

- 30 minute sessions, same options of 1-on-1 training
- designed for 2-4 people in a small group for team support

The Small Group Training sessions are a condensed version of my former "Boot Camp" workouts I used to have. I found with smaller groups, it's easier to attain more personal instruction to everybody, and it's a great way for friends & family to workout together, helping them to save time collectively as well. In fact, I used to train many mother/daughter combinations after school hours with my full-time business. The mother & daughter would do their strength workouts together with 1-2 more other clients, and then I'd take the daughter to do her speed/power sessions. It is just one example of the time-saving bonuses that this workout strategy provides.

I invite you to contact me for a no-obligation consultation on what type of strategy can work best for you.

Please call me at 701-361-3101 after 3pm, Monday through Friday's. If I don't answer, please leave a voicemail and I'll get back to you, ASAP!

I can also consult with you over email at Rick@ASAPWorkouts.com if you want to ask me questions through that route.

Investment Costs For Your Fitness & Performance Needs:

Fitness Evaluation, Consultation & Program Design: \$49

*Small Group Training: 12, 30-Minute Sessions for \$69 each person

*1-on-1 Training: 12, 30-Minute Sessions for \$99

* Evaluation/Consultation fee is waived with the 1-on-1 & Small Group training packages.