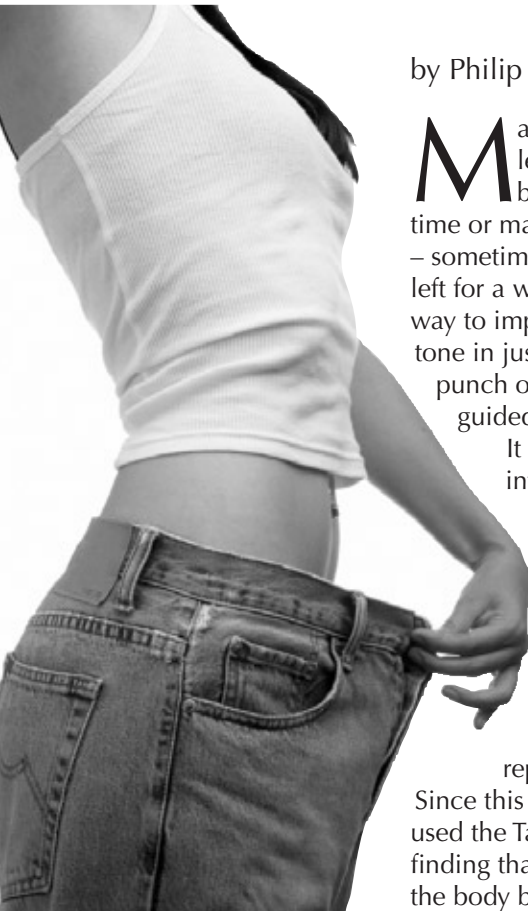


# The Busy Woman's 54-Minute Weekly Workout Solution



by Philip Bruley

**M**any women have a strong desire to create a lean, fit body and to increase their energy, but they find that between working full-time or managing a household and raising children – sometimes all three at once – they have little time left for a workout or gym visit. Fortunately, there is a way to improve metabolism and create lean muscle tone in just 54 minutes a week, through the one-two punch of resistance training and interval cardio, guided by the principles of the Tabata Protocol. It has become common knowledge that interval training burns far more body fat than does an aerobic workout alone, but what is the best interval ratio? Several years ago, Dr. Izumi Tabata, of the National Institute of Fitness and Sports in Tokyo, discovered that the best interval training ratio for improving both anaerobic and aerobic capacity is 20 seconds of cardio exercise followed by 10 seconds of rest, repeated for 8 cycles – a total of 4 minutes. Since this discovery, athletes around the world have used the Tabata Protocol to improve performance, finding that a side effect of improved function is that the body becomes a lean and efficient metabolic

machine. Let's use this science to our advantage!

The first punch is to conduct 2 Tabata Protocol interval sessions three times each week. To do this, select 2 cardio exercises, such as jumping jacks, sprints or jumping rope. Conduct 8 sessions of a 20 second workout, followed by 10 seconds of rest, with your first exercise. Rest one minute and repeat the cycle with your second exercise, for a total workout of 9 minutes.

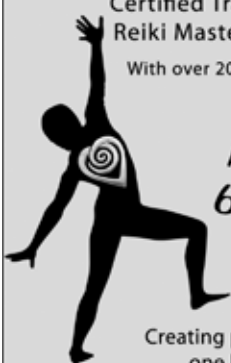
The second punch is resistance training. Most people see resistance as an attempt to add muscle in order to increase metabolism, but the truth is that most women already have enough muscle mass. For example, if a 5'2" woman weighs 180 lbs and has 30% body fat, she already has 126 lbs of lean body mass. Metabolism is really about the *ratio* of lean body mass to body fat, so why not just lose the fat as you firm up that existing muscle?

What is the best repetition range for burning fat during resistance training? There really isn't one – muscles can't count! Muscle fibers respond to more work in less time, and there are a myriad of ways to accomplish this, besides lifting more weight. Instead of counting reps, let's force the muscles to do more work in less time by applying the Tabata Protocol to resistance training as well.

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Here's how to do it. Choose two bodyweight or compound-movement dumbbell exercises, such as push-ups, presses, lunges, squats or any variation of these. The key is exercise selection; to burn the most fat in the least amount of time, skip the isolation exercises and engage the whole body. Again, complete 8 rounds of 20 seconds of exercise, followed by 10 seconds of rest for your first exercise. Rest one minute and repeat the sequence for the second exercise.

You may choose to train this way six days every week by doing interval training one day, followed by resistance training the next. Or you may train just three days per week, doing resistance training and interval training back-to-back or in two separate daily sessions. No matter which method you choose, you will find training with the Tabata Protocol is fun, challenging and effective. This program works. Commit to 54 minutes each week and you will see results in just thirty days.

*Philip Bruley, owner of Beach Bodz Fitness in Murrells Inlet has over 20 years of fitness experience and holds numerous fitness, nutrition and coaching certifications. For more info, BeachBodz.com or call (843) 283-0155. See listing page 44.*



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