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LIMITLESS

**Biggest Bang For Your Buck:
Making Shorter Workouts Count**

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SESSION OBJECTIVES

- Learn the science and benefits behind shorter workouts
- Learn the benefits and risks of HIIT Training
- Gain an understanding of how and when to effectively program shorter workouts
- Experience several different styles of shorter workouts

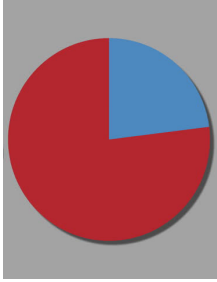


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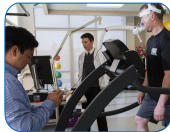
HOW MANY PEOPLE ARE MEETING THESE GUIDELINES?

According to A National Centers for Disease Control and Prevention report, which drew on five years of data from the National Health Interview Survey, only about 23% of adults ages 18 to 64 are hitting both (cardiovascular and strength) of those marks. Another 32% met one but not both, and almost 45% did not hit either benchmark.



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WHY DO SHORTER WORKOUTS?



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SOMETHING IS BETTER THAN NOTHING

doing
SOMETHING
is always better than
doing nothing



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EXERCISE BENEFITS ACHIEVED FROM

- Type of exercise (mode)
- Frequency of exercise (how often)
- Intensity of exercise (how hard)
- Duration of Exercise (how long)



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APPETITE CONTROL

- 12 5-minute workouts throughout the day.
- Felt 32% fuller than 1-hour exercise group



[M. E. Holmstrup, T. J. Fairchild, S. Kestacy, R. S. Weinstock, J. A. Kanaley: Satiety, but not total PYY, is increased with continuous and intermittent exercise. Obesity Research Journal, 18 February 2013; <https://doi.org/10.1002/oby.20335>](#)



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IMPROVED CONCENTRATION

- Participants who rode 10 Minutes on a stationary bike had a sharper cognitive response

[Adina Simons, Matthew Health: Executive-related oculomotor control is improved following a 10-min single-bout of aerobic exercise. Evidence from the Antisaccade task. Neuropsychologia 2018, Jan 6:108-73-81, doi:10.1016/j.neuropsychologia.2017.11.029, Epub 2017 Nov 27.](#)

- Short bouts of physical activity showed a significant effect on executive function in children and young adults ages 6-35 years of age.

[Laili Vastura, Miriam Krings, Erik J. Schweizer, Jan Oosterlaan: Physical exercise and executive functions in prepubescent children, adolescents and young adults: a meta-analysis. British Journal of Sports Medicine, Volume 46, Issue 12.](#)



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5 MINUTES???



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JUST 5 MINUTES

- Running 5 minutes a day improves cardiovascular health and reduces mortality.

[Duckworth, Lee, PhD, Daniel B. Ph.D., Paul, PhD, Lee, MD, Xuemei, PhD, MD, PhD, Timothy S. Church, MD, PhD, and Steven N. Blair, PhD. Leisure-Time Running Reduces All-Cause and Cardiovascular Mortality Risk. J Am Coll Cardiol. 2014 Aug 5; 64\(6\): 672-681; doi: 10.1016/j.jacc.2014.04.058](#)

- 5 minutes of intense calisthenics substantially improved previously inactive students' aerobic fitness and leg strength.

[LINDA B. JIRCHAK, A. WILLIAM BOSTAD, MICHAEL J. JOYNER, and MARTIN J. GIBALA. Simple Bodyweight Training Improves Cardiorespiratory Fitness with Minimal Time Commitment: A Contemporary Application of the 5BX Approach. International Journal of Exercise Science 14\(3\): 93-100, 2021](#)



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OR MAYBE 10?

- Participants assigned to 1 of 3 groups: Moderate pedaling for 45 minutes, 10 minutes of pedaling that included 3 20 second all-out sprints, and a control group.

- Both groups improved fitness levels the same amount after 12 weeks.

[Jenna B. Gillen, Brian J. Martin, Martin J. MacInnis, Lauren E. Skelly, Mark A. Tarnowski, Martin J. Gibala. Twelve Weeks of Sprint Interval Training Improves Indices of Cardio-metabolic Health Similar to Traditional Endurance Training despite a Five-Fold Lower Exercise Volume and Time Commitment. April 29, 2016. \[https://doi.org/10.1155/2016/2154925\]\(#\)](#)



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OR 12???

- 2020 study put 65 obese volunteers on an exercise program.
- Bike for 2 minutes, followed by 5 1-minute sprint intervals with a minute recovery between. Ended with a 3 minute cool down.
- Improved VO2 Max, blood pressure numbers, and waist circumference



[Bolin, B., Craig, E., Harrison, H. et al. Improvements in cardiorespiratory fitness, health, work ability, and well-being in severely obese individuals: a randomized controlled trial. *Advances in Translational Medicine* 14, 473 \(2020\). <https://doi.org/10.1186/s12967-020-02288-8>](https://doi.org/10.1186/s12967-020-02288-8)



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TIPS FOR SNEAKING IN SHORTER WORKOUTS

- Use TV Commercial Breaks
- Do “nano workouts” during standard daily tasks, while brushing teeth, waiting in line, etc.
- Have your phone or watch set for regular movement reminders
- Walk or bike instead of drive, stairs instead of elevator, park in the back of the parking lot.



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BENEFITS OF STRENGTH TRAINING

- Increased strength- stave off dynapenia
- Increased muscle mass- stave off sarcopenia
- Improved possibility of longevity and reducing all-cause mortality
- Decreased gastrointestinal transit time (reducing the risk of colon cancer)
- Myokine release and combatting of metabolic disorders
- Increased metabolic rate
- Restoration of basal fractional rate of muscle protein synthesis
- Reduction in low back pain
- Increased bone mineral density
- Reduced blood pressure
- Improved muscle quality and insulin sensitivity in persons with type-2 diabetes
- Partial reversal of mitochondrial aging
- Reduce risk of falls and fractures (and reduced fear of falling in the first elderly)
- Improved cognitive functioning
- Improved sleep quality
- Reduced anxiety
- Reduced depression
- Improved self esteem



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1 SET TO MOMENTARY MUSCULAR FAILURE

- Doing 3-5 sets of exercises compared to only 1 resulted in similar improvements to muscular strength and endurance. The only bigger gain for more volume was in muscle size.



SCHOENFELD, BRAD J., CONTRERAS, RUBY, KWIGER, JAMES, ORTIZ, JOJO, DE CASTILHO, KENNETH, WILLIAMS, RAMON, ALTO, ANDREW. Resistance Training Volume, Enhances Muscle Hypertrophy but Not Strength in Trained Men. *Medicine & Science in Sports & Exercise*, January 2013, Volume 45, Issue 1, p. 16-23 doi:10.1249/000000000000001764



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A MINIMAL DOSE-APPROACH TO RESISTANCE TRAINING FOR OLDER ADULTS

THE ULTIMATE SCIENCE-BASED RESISTANCE TRAINING ROUTINES FOR SENIOR CITIZENS

MINIMAL



EXTENDED



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A MINIMAL DOSE-APPROACH TO RESISTANCE TRAINING FOR OLDER ADULTS

- Ideally perform a single set of each exercise to momentary muscular failure (MMF).
- Move at a tempo of 2-4 seconds up (concentric), and 2-4 seconds down (eccentric), keeping continuous tension on the targeted musculature whilst avoiding high forces and momentum
- Aim to achieve MMF in 60-90 seconds (about 8-12 repetitions)
- Breathe continuously/rhythmically and avoid breath holding (Valsalva manoeuvre)
- Perform the routine 2x per week (with 48-72 hours between workouts)
- James P.Fisher, JamesSteel, PauloGentil, JürgenGießing, Wayne L.Westcott: A minimal dose approach to resistance training for the older adult: the prophylactic for aging. *Experimental Gerontology*, Volume 99, 1 December 2017, Pages 80-88; <https://doi.org/10.1016/j.exger.2017.09.012>



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WHY H.I.I.T?



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PROGRAMMING CONSIDERATIONS FOR SHORTER WORKOUTS



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AND...

ENERGY SYSTEMS

Summary of Energy Pathways

ENERGY SYSTEM	RATE OF ATP PRODUCTION	SYSTEM CAPACITY	DURATION	LIMITATIONS
ATP-PC (PHOSPHAGEN)	IMMEDIATE AEROBIC	VERY LIMITED	0-4 SECONDS	LIMITED BY ATP-PC STORES AND ACCUMULATION OF METABOLIC WASTE
GLYCOGEN (FAST GLYCOGEN)	RAPID ANAEROBIC & AEROBIC	LIMITED	30 SECONDS - 5 MINUTES	LACTIC ACID PRODUCTION
OXIDATIVE	SLOW AEROBIC	UNLIMITED	> 3 MINUTES	SLOW RATE OF O ₂ UTILIZATION

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WORKOUT #1: THE "HIIT" WARM-UP

Exercise	Time
Jumping Jacks	30 Seconds
Single Leg Balance Right	30 Seconds
Squats	30 Seconds
Single Leg Balance Left	30 Seconds
Step Back Lunges with Reach	30 Seconds
Single Leg Balance Right with Eyes Closed	30 Seconds
Runners Stretch with Rotation	30 Seconds
Single Leg Balance Left with Eyes Closed	30 Seconds
Glute Bridges	30 Seconds
Single Leg Balance Right with Hip Hinge	30 Seconds
Lateral Lunges	30 Seconds
Single Leg Balance Left with Hip Hinge	30 Seconds
Plank with Shoulder Taps	30 Seconds



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WORKOUT #2: ACROSS THE FLOORS DYNAMIC WARM-UP

Skips forward
Skips backward
Side Shuffle
Karaoke
High Knees
Butt Kicks
Inchworm
Walking Lunges with Reach
Frankenstein Walks



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AMRAP

- As many rounds or reps as possible



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AMRAP BENEFITS



SIMPLICITY



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AMRAP CONSIDERATIONS



Squat & Pull Up Workout

Interval	Rest	Time	Exercise Choice
1	1	30:00	
2	1	30:00	
3	2	30:00	
4	2	30:00	
5	2	30:00	
6	2	30:00	
7	2	30:00	
8	2	30:00	
9	2	30:00	
10	2	30:00	
11	2	30:00	
12	2	30:00	
13	2	30:00	
14	2	30:00	
15	2	30:00	
16	2	30:00	
17	2	30:00	
18	2	30:00	
19	2	30:00	
20	2	30:00	
21	2	30:00	
22	2	30:00	
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50	2	30:00	
51	2	30:00	
52	2	30:00	
53	2	30:00	
54	2	30:00	
55	2	30:00	
56	2	30:00	
57	2	30:00	
58	2	30:00	
59	2	30:00	
60	2	30:00	



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WORKOUT #3: 3 MINUTE AMRAP

- 10 x Plank with Shoulder Taps
- 10 x Burpees
- 10 x Squat Jumps



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WORKOUT #4: 15 MINUTE AMRAP

- 20 Renegade Rows
- 20 Kettlebell Swings
- 10 Push-Ups
- 5 Pull-Ups
- 20 Skater Leaps



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WORKOUT #5: WRITE YOUR OWN AMRAP

- Duration
- Complexity
- Load
- Program Focus
- Placement in Workout
- Movement Standards



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EMOM

- Every Minute on the Minute



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EMOM BENEFITS



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EMOM CONSIDERATIONS



	MUSCLE	REST	REP
Max Strength (80-90% of RM)	1-3 reps	3-1	
Power (50-85% of RM)	1-5 reps	3-1	
Muscle (60-85% of RM)	6-12 reps	30	
Card (60-85% of RM)	2		
Endurance (60-85% of RM)	12-15 reps	20	



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WORKOUT #6: PARTNER EMOM

Minute 1	10 x Partner Band Squat to Row
Minute 2	5 x Partner Transverse Plane Lunges (each side)
Minute 3	10 x Push-Ups
Minute 4	10 x Broad Jumps

REPEAT



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WORKOUT #7: 7 MINUTE EMOM

- Minute 1: Curtsy Lunges (24 alternating sides)
- Minute 2: Push-ups (12)
- Minute 3: Kettlebell Towel Row (15)
- Minute 4: Burpees (10)
- Minute 5: Dumbbell Squat Push-press (15)
- Minute 6: Plank With Shoulder Taps (20 alternating sides)
- Minute 7: Jump Rope (75 Revolutions)



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WORKOUT #8: HEAVY LIFTING EMOM

- Minute 1: Barbell Back Squat (3 Reps)
- Minute 2: Landmine Row (3 Reps)
- Minute 3: Trap Bar Deadlift(3)
- Minute 4: Barbell Bench Press (3)



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WORKOUT #9: WRITE YOUR OWN EMOM

- Exercise Selection
- Number of Reps
- Load
- Movement Standards



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TABATA

- 20 sec on/10 sec off x 8
- Near maximum intensity



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WORKOUT #10

Exercise	Time
Kettlebell Swings	20 seconds
Rest	10 seconds
Burpees	20 seconds
Rest	10 seconds
Kettlebell Swings	20 seconds
Rest	10 seconds
Burpees	20 seconds
Rest	10 seconds
Kettlebell Swings	20 seconds
Rest	10 seconds
Burpees	20 seconds
Rest	10 seconds
Kettlebell Swings	20 seconds
Rest	10 seconds
Burpees	20 seconds
Rest	10 seconds



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WHAT ABOUT LSD WORKOUTS?

- Increased ATP production
- Quicker recovery time
- Different (and beneficial) cardiovascular adaptations
- Reduces sympathetic nervous system drive (helps you relax and decreases anxiety)
- A well-developed aerobic energy system will help the anaerobic system recover better.
- More comfortable for many



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KEY TAKE-AWAYS

- We need to get people moving
- Something is better than nothing
- Pushing to discomfort/failure is key to better results from shorter workouts
- Consider your population when programming
- Supervision is KEY



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THANK YOU

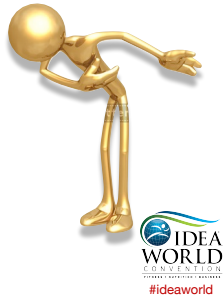
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