

# Home Workouts

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The purpose of these workouts are to provide you with time efficient and effective workouts to use at home. The goal is to

- Make exercise part of your regular routine and create a habit.
- Make the workouts varied and customised enough to keep them interesting and fun.
- Burn calories and improve your metabolism.

**These workouts are short and simple but very effective in burning calories and improving your metabolism.** Here is how they work.

EPOC is an acronym used in exercise science. It stands for 'excess post- exercise oxygen consumption'. This is the key to getting long lasting fat loss from short duration workouts.

Consider this. We all know that we burn more calories when we're up and moving compared to when we're sitting around watching TV. Although most exercise advice is based on the idea that the only calories that matter are the ones that you burn during a workout, when you exercising, breathing hard, and consuming more oxygen than normal. That's why traditionally we've been told that we have to do long, tedious, steady passed aerobic workouts like jogging or cycling if we want to lose fat.

There is another way to consume oxygen, which in this context is synonymous with burning more calories. **If you work really hard, even for a relatively short time, you keep burning calories after your workout is completed.** That post-exercise oxygen consumption can be mild and brief if you've done low-intensity exercise. Or it can be big and last a day or two, in the case of a super intensity weight lifting session done by elite highly trained athletes. We do not expect you to train at the level of an elite athlete, but this concept of exercise requires you to train at a medium to high intensity according to your own personal ability (speak to your trainer for guidelines).

It should be noted that it is not possible to accurately predict how much EPOC any particular workout can deliver for any individual. **But it is true that the higher the intensity of the workout you do, the more EPOC it delivers. That's why high-intensity exercise is so valuable – The biggest benefits occur after you stop training.**

The following workouts are taken from the website of Ryan Lee ([www.ryanlee.com](http://www.ryanlee.com)).

The workouts are four minutes long. You'll start with a single four minute workout and build up to three four-minute workouts performed consecutively. The longest program you'll ever do is 12 minutes.

Although the workouts are short and relatively straight forward, you shouldn't assume they are going to be easy. If the workout calls for you to do push ups for 20 seconds, you need to do as many push ups as possible in those 20 seconds.

You will need a watch or stopwatch to keep track of your work and rest intervals correctly.

If you don't have equipment such as dumbbells or kettlebells, we encourage you to use your imagination and use (safe) household items such as soup cans or 1.25L plastic bottles filled with sand. Your trainer can help you with this.

**It is highly recommended that you consult your trainer before starting with these routines. There may be some exercises which are not ideal for you. In this case your trainer will recommend a different exercise. Always consider any injuries or restrictions you may have, and seek help if you are not sure.**

Taken from an article written by Paul Chek – a world renowned Holistic Practitioner, Neuromuscular Therapists and corrective exercise specialists

‘A major road block to getting healthy is the perception that in order to exercise meaningfully, one must spend hours in the gym. This is a myth. It is possible to maximize the health, fitness and body shaping benefits you see from your workout in a time efficient using what I call Big Bang Exercises. Big Bang exercises are great for people who exercise with real time limitations because they are both multidimensional and potentially challenging to the nervous system. These exercises are functional exercises that produce more effective activity-specific results. Finally, Big Bang exercises have great capacity to elevate your metabolism, and when sufficiently intense, are excellent for adding lean muscle mass as well. These challenging workouts are designed to be short, sweet and very effective.’

Enjoy your exercise,

Lenna Krooglik