

UPDATE UNLEASHED

Workout Unleashed Free Monthly Newsletter # Issue 2

In this issue:

- Best form for best results!
- Types of Cardio Exercise
- Summer will be here soon!

Best form for the best results!

As far as your technique is concerned, performing your movements to the best of your ability is of supreme importance. Every time you execute an exercise you should be aiming to use a measured tempo, solid form and be really thinking about what you're trying to achieve. The use of resistance training is about creating a stimulus for your body to change. By controlling your movements and creating a better mind/muscle connection, you WILL achieve better results!

Types of Cardio Exercise

H.I.I.T - High Intensity Interval Training

- + Very high caloric burn per minute
- + Benefit of post exercise caloric after-burn
- - Adds a lot of training fatigue
- - Higher injury risk compared to other options

Myth:

"I'm not allowed to eat that, I'm on a diet"

M.I.S.S - Medium Intensity Steady State

- + High caloric burn per minute
- + Great for cardiovascular fitness
- - Some interference with muscle building pathways
- - Adds training fatigue

Reality:

"I choose to eat in a specific way that takes me towards my goals"

L.I.S.S - Low Intensity Steady State

- + Adds very little fatigue
- + Very low risk of injury
- - You can do almost an unlimited amount of it
- - Low calorie burn per minute

-Dr. Mike Israetel

Summer will be here soon!

Summer is just around the corner and you need to make sure you've done everything to be ready for it. Get your training and nutrition in order now, and cruise into the warm weather.

Need help to get back on-point?

Just email me and let me sort you out!

More details at www.workoutunleashed.com



Great Technique = Great Results!