

# Victoria's *secrets*

My favorite health tips, training facts, nutrition, recipes and exercises revealed!

*Ready for some fun?*

## I Challenge You.

I know what you are all thinking. Oh hell no, not the “Too much gobble gobble, means too much wobble wobble.” slogan again.. I’ll save you on that this year. Instead I am challenging each and every one of you regardless of your current fitness level. Read. Understand. Do.

### The Plan.

#### Short Training = Big Gains

Guess what. I got a challenge for you. And it’s SIMPLE! Did you know that a short intense body weight workouts produces some huge benefits? That’s right **no equipment and little time = huge results**. Think about it, reducing body fat levels, peaking daily energy and accelerating recovery... Sounds too good? Short sessions executed anywhere in addition to weekly 3-4 standard 45 minute workouts at separate times can **elevate metabolic rate** and can **improve anabolic hormone levels** despite being relatively short. **The idea is not to duplicate the work done in the gym, but to work on different skills, ranges of motion and areas of weaknesses** (Serrano & Mendelson, 2008).

The two most common complaints about exercise are a lack of time and energy, both can be solved with the implementation of short burst (SB) workouts. **These are short intense exercise sessions done with minimal equipment to maximize metabolism, energy and mental sharpness. Exercise in this fashion not only burns calories, but also accelerates metabolism for many hours following** (Serrano & Mendelson, 2008). Logically increasing the frequency of quality exercise sessions will burn more fat; however **preventing overtraining must be considered which is why the extra workouts are short yet intense**. Because we are only introducing your body to this notion we will start off with TIMED sets (tabata, but keep reading because I’ll explain that in more detail). Next month it will change up and start to get **really gritty!!**

To start off our journey with SB training we will implement the **TABATA protocol**. The Tabata protocol is a high-intensity training regimen that produces remarkable results. Traditional Tabata workouts (also called a Tabata sequence) are **an interval training cycle of 20 seconds of maximum intensity exercise, followed by 10 seconds of rest**, repeated without pause 8 times for a total of four minutes (Tabata, 1996).

Tabata Training can be done with a number of different exercises the idea is to use an exercise that gets the whole body involved or at least the major muscle groups. Developed by Izumi Tabata (imagine that) at the National Institute of Fitness and Sports in Tokyo, Japan, **tabata training yields amazing results in anaerobic and aerobic capacity only weeks** (and only performing 5 sessions a week!).

# Putting it all together.

We will combine the **amazing efficiency & results of SBT** with the **anaerobic/aerobic gaining capacity of Tabatas** to **JACK UP YOUR METABOLISM and ENERGY!**

For the month of **OCTOBER** we are going to start working with this notion. For now it will only include **three exercises**, more will be introduced as the weeks go on. **The three exercise:**

1. **squat (jump, prisoner or bodyweight)**
2. **push-ups**
3. **burpees**

You will perform **5-7 sessions a week** on top of your regular exercise regime. Each exercise will be performed **4 consecutive tabata** sets before moving onto the next exercise.

-Warm-up 5 minutes moderate intensity:

- 1) For **20 seconds** push exercise 1 as hard as you can, **REP IT OUT**
- 2) Rest for **10 seconds**
- 3) Repeat this process with the same exercise **3 more times**
- 4) Switch to the **NEXT** exercise and repeat the **20/10 cycle x 4**
- 5) Switch to the **final** exercise and repeat the **20/10 cycle x 4**

-Cool down 5 minutes and stretch

## Example:

(1) 20 sec: push-ups (18 reps) → 10 sec: break → 20 sec: push-ups (17 reps) → 10 sec: break → 20 sec: push-ups (14 + 2 knees reps) → 10 sec: break → 20 sec: push-ups (12 reps, failure) → 10 sec: break → (2) 20 sec: jump squats (10 reps) → 10 sec: break → 20 sec: jump squats (12 reps) → 10 sec: break → 20 sec: jump squats (10 jump, 2 bodyweight) → 10 sec: break → 20 sec: jump squat 5, bodyweight 5 → 10 sec: break → (3) 20 sec: burpees (9) → 10 sec: break → 20 sec: burpees (8) → 10 sec: break → 20 sec: burpees (6) → 10 sec: break → 20 sec: burpees (6) → **DONE!**

**Rules:** -- each **daily sessions must begin with a DIFFERENT exercise** than the day previous, ie. if you start Monday with burpees, Tuesday must begin with push-ups or squats. **KEEP VARIATION** in the order

- each exercise must be **PUSHED TO THE LIMITS . REP IT OUT!**
- **record** the amounts of **REPS** completed in the first of each exercise set (and those following if you can). This is **your GOAL to be for the remaining 3 sets and for the NEXT TIME you do the training**
- IF you begin to find this **EASY**, **ADD ON SETS**. I have started you all with a 4 sets per exercise but if you can bump it up to 6 sets or even the total (and true Tabata) of 8 sets per exercise. Keep in mind if you do this there still are **NO BREAK and this must be done in a continuous fashion**.
- you **cannot break up the exercises**. ALL 4 sets of each specific exercise must be performed in a row before you move onto the next exercise
- **Get your friends involved. Tell people. Make a daily date of it. Share your experience, numbers and feelings with me. I WANT TO KNOW!**  
**\*\* This is a challenge, meaning some days it will be easy, and others hard... some might even suck, but that is all a part of it. Have fun and enjoy it. You might learn a thing or two about yourself.**

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"Motivation is what gets you started.  
Habit is what keeps you going"

## My Little Disclaimer

Ultimately I would love to be able to pump out a challenge like this and have everyone accept it and do it. Unfortunately, that just isn't the way that life works.

The theory behind SBT was developed by Dr. Eric Serrano MD (and promoted by Scott Mendelson). While some consider the doc as a black horse in the fitness industry, he is the man you see when you hit personal health and fitness road blocks. I am fortunate enough to be a patient of Dr Serrano's. His methods are backed by science, research and experience.

This challenge is NOT for everyone. These methods are NOT for everyone. This challenge if it is accepted is an entry way into exploring how far you can take your body physically, mentally and emotionally.

When added to a regular regime the results will be plentiful. With that being said, if you are in a rut, use this as a way to get back into fitness. Doing this type of routine won't hurt you, and hell it only takes 10 or so minutes.

Do what works for you. If incline walking has proven the best results, stick to that. If relying on a clean diet and weights gets you your ideal body and energy, do it! But if you are looking to push a little harder, dig a little deeper, why not step outside your comfort zone and take a risk with some SBT?

No trainer can deny that something is better than nothing.