

Types of Exercise

AEROBIC

60% of max HR
Max duration: hours

HGH: X
Cortisol: Baseline



Walking
Biking
Swimming
Gardening

ANAEROBIC

60-80% of max HR
Max duration: 60 minutes

HGH: XX
Cortisol: XXX



Aerobics class
Spin class
Tennis
Soccer

HIIT

90+% of max HR
Max duration: 3 minutes

HGH: XXX
Cortisol: X



Weights
Sprint
Burpees
Bike (uphill)



Human Growth Hormone (HGH) = activates muscle building

Cortisol = stress hormone

Beats Per Minute (BPM) = heart rate measurement

Find **MAXIMUM HEART RATE**:

$220 - \text{Age}$ (e.g., 220-40) = 180 bpm

You can track your heart rate by using a fitness watch.

Find **AEROBIC ZONE** (low-to-moderate intensity):

$60\% \text{ of Max HR} = 180 * 60\% = 108 \text{ bpm}$

Aerobic exercises are performed **WITH AIR**. Breathe at a comfortable rate. Body is in balance. No crisis. No significant stress. Not punishing your body. Preferred fuel is fat. Jogging/Running? If you can stay in a conversational intensity, then yes you can job. Minimal HGH; Baseline Cortisol (which is good).

Find **ANAEROBIC ZONE** (moderate-to-high intensity):

$60-80\% \text{ of Max HR} = 108 \text{ to } 144 \text{ bpm}$

Anaerobic exercises are performed **WITHOUT AIR**. Panting. Muscles burning. You can't breathe fast enough at a normal pace to keep up. You're not producing enough energy with that oxygen to provide for the activity that you are doing. Activity is too intense, so you're falling behind. Now the body has to start breaking down glucose instead of fat. Lactase acid is produced as a byproduct of that activity. Preferred fuel of fat is not enough, your body will pull from glucose/sugar storage, and if you are doing keto, you will not have enough fuel to perform these exercises.

Moderate HGH (which is good); but Maximum Cortisol (which is too much stress and not good).

Find **HIIT ZONE** (high intensity interval training):

$90\% \text{ of Max HR} = 162 \text{ bpm}$

High Intensity Interval training is performed by doing 30 second increments, with 30 second rests, until you hit your max HR; Should not be more than 3-5 minutes of total time under that high intensity per interval. Stimulates HGH and maintains it for 48-72 hours after exercise is performed. If lifting weights: do heavy weight (with good form) to failure.

COACHSCRIPTION:

For fat loss, do Aerobic Zone (daily for at least 30 min).

For body composition change (fat loss & muscle building), do Aerobic Zone (30 min daily and HIIT ZONE weight training/resistance training 3-5x per week).