



HIIT Workout + Paleo Diet Burns More Fat in Less Time

Julie was going through menopause and noticed that her clothes fit much tighter across her waist, where once she admired her curves when wearing a bikini, she now wore loose fitting clothes to cover up a modest expanding bulge. She dutifully walked her neighborhood 5 days a week. She tried eating low fat meals and had experimented with numerous fad diets, only to see her waistline increase over the past decade. Then her doctor informed her she was “Pre-Diabetic” that her cholesterol and blood pressure were drifting higher. She was so frustrated and discouraged because she thought she was trying to live healthy...

It's no secret that it's important to combine diet and exercise to lose weight. So how do you achieve your goal faster or breakthrough a plateau? Combine a low carbohydrate diet with *High Intensity Interval Training (HIIT)* and you'll turbocharge your fat loss.

But the government's food pyramid and my doctor preach a low fat diet for my health and weight loss. There are multiple reasons why this occurred, economic and political (support for grain farming and industries) have unintentionally led to our obesity epidemic and all the medical ills that accompany a bulging waistline. More on this later. So what's the solution?

What is HIIT?

The basic premise behind HIIT is that you work really hard for a short burst of time (faster or harder) and then do a moderate paced recovery exercise (slower or easier). You can apply this to most forms of cardio exercise (eg. walking, biking, swimming, cardio machines). You would repeat this routine a series of times for optimal benefit.

Benefits of HIIT

A HIIT workout offers many benefits. It really ramps up fat burning. The intense exercise signals release of fat from fat cells into the bloodstream to be used as fuel. Additionally, HIIT results in increased Human Growth Hormone levels (HGH). HGH is a hormone that burns fat while preserving muscle (*FYI it's very important to get good quality and quantity sleep when HGH is released each night*). Finally, and most importantly, **HIIT results in an after-burn effect—raises your resting metabolic rate—where you burn calories for hours after you complete your workout.**

Drawbacks of HIIT

The main drawback is that you should not perform HIIT everyday—every other day is ideal. Overtraining is a serious problem that can lead to injury. **You are better served doing resistance exercises (eg. weights, elastic bands, or body weight exercises), upper and lower body, on days between HIIT.** Maybe go for a nice walk or easy bike ride which helps you actively recover those muscles. Also don't forget core training for your midsection. The muscle you build from these efforts is the “furnace” that burns more energy. And the strength improves your posture and appearance (toned vs. flab). Finally, treat yourself and your muscles to a relaxing stretch and roll out immediately after HIIT workouts.

High Intensity Interval Length

There are a few components of HIIT that you can vary. The first is the length of the sprint intervals. Shorter intervals of 15-30 seconds allow you to exert more effort during the sprints. This increased level of effort will result



in a stronger release of HGH and more fat into the bloodstream. **You want to go as fast or as hard as you can tolerate... Maximum Effort!** As your conditioning improves you need to push yourself to a higher level of intensity in the future.

Longer intervals of greater than 30 seconds require more sustained effort. These result in a greater number of calories burned. Additionally, these longer intervals deplete glycogen levels (carbs) from your muscles and liver, allowing your body to burn more fat after the completion of your workout.

Recovery Length

The recovery length also impacts the effects of HIIT. This is the easier portion of the workout that allows your muscles time to actively recover (*and you get to catch your breath*) so you can successfully perform the next burst of activity at maximum effort.

The Best Cardio for Weight Loss

The most effective cardio for weight loss combines these HIIT phases at the ideal ratios to efficiently workout in 40 minutes! You may already exercise, but it's how you do it that will determine what you get for your effort.

HIIT Exercise (high & low intensity) examples (*it's even better to vary these exercises*):

- Walk & Run
- Run & Sprint
- Bike (Cruise & Sprint or Climb)
- Swim (Slow & Fast)

1st Phase
Short Intervals
Warm up a few minutes doing light cardio, then proceed to the 1st part of the workout performing short, fast interval HIIT with a long recovery. Go as fast (sprint) as you can for 15 seconds and then slow down to recover for 45 seconds. Do 10 sets for a total of 10 minutes.

2nd Phase
Cruise
For the 2nd phase, perform 20 minutes of steady state cardio (modest paced jog or walk, cruising on a bike). This provides active recovery for your muscles. More importantly you burn the fat that short interval HIIT just released into the bloodstream.

3rd Phase
Long Intervals
Long interval HIIT is the 3rd phase. This depletes your body of glycogen allowing for a greater after-burn effect of fat burning continuing long after your workout is complete. Perform 1 minute sprint intervals with 1 minute of recovery. The sprint intervals for this portion are not as intense as the first phase, by necessity as your muscles will be slightly tired. Try going uphill or increasing resistance on bike or cardio machine for sprint to vary from 1st phase where focus is on speed. This final phase of 5 sets lasts 10 minutes.

Don't forget to treat yourself and your muscles to a relaxing stretch and roll out afterward!

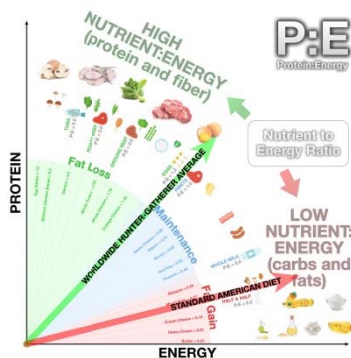


Nutrition

Any discussion of weight loss would be incomplete without guidance about nutrition. A diet is short term plan. You really need to change the way you eat on an ongoing basis.

There are many good books on Paleo or Keto meals plans and how they beneficially influence your metabolism. I'll list some at the end for your reference. Let me summarize that most people become insensitive to the hormone insulin which is released when you eat carbohydrates (carbs), especially sugars and starches (simple carbs). When you take in carbs you release insulin to bring your rising blood sugar down to a desired range. Insulin also promotes fat storage and inhibits fat release and burning (this gets even worse when we eat fat & sugar together like donuts and potato chips we store lots of fat). Afterward, when your blood sugar drops you feel tired, hungry, and irritable AKA "Hangry". So you grab fast food snacks and repeat the process.

So we want to minimize the simple carbs and keep most fruits to occasional, small portions. Emphasize protein (fish, meat, eggs, dairy) and vegetables in reasonable portions. Healthy fats (eg. olive, avocado, & coconut oils), nuts (minimize them while trying to lose fat), and the fats that come with protein; if not overdone help you feel full for a long time reducing food cravings that get you into trouble. While you are trying to lose fat you'll need to run a calorie deficit so you burn more than you eat. There's an excellent online tool to calculate how much of each of these macronutrients you should consume at <https://www.ketogains.com/calculator/#body-composition>.



Easiest Fat Loss Heuristic:

Eat foods to satiety as long as
PROTEIN or **FIBER**
is the dominant macronutrient.

PROTEIN:



FIBER:



Courtesy Dr. Ted Naiman author, [The P:E Diet](#)

Sleep

You really need great quality and adequate quantity of sleep for many health reasons, and this includes fat loss. Really!

Conclusion

Commit to 30 days of HIIT with a Paleo or Keto meal plan and see how much better you feel. If you lose one pound a week you're doing great. This isn't a race, it's a fat loss marathon.

- An exercise interval timer app like [Gymboss®](#) or [HIIT Timer](#) for smart phones are priceless as they allow you to enter your interval workout and then prompt you to religiously perform it—no shortcuts.
- Do you want more personal guidance? I highly recommend Robb Wolf's (the author of [Wired to Eat](#)) **Keto Masterclass** at <https://ketomasterclass.pages.ontraport.net/ketogains?oprid=14> for only \$49

Fat Burning Workout

10/20/10 HIIT



Max HR = 220 - Age