

Welcome To The ChiroBurst Training Program

The ChiroThin Burst Training program has been designed specifically to aid you during the "Maintenance/Cycling Phases" of the ChiroThin Weight Loss Program. Additionally, it is a phenomenal workout program to continue once you have attained your weight loss goals.

I know this may be hard to believe, but with the ChiroThin Burst Training Program, you will be able to burn fat, increase resting metabolism, stimulate your body's HGH production (modern day fountain of youth), improve heart and lung function more than long distance running and store your carbohydrates as glycogen instead of storing them as fat. **This is all accomplished with a total weekly exercise time of 15 minutes!** This program is, without a doubt, the best way to burn excess body fat and become a lean mean fat burning, muscle-making machine.

Studies show that the key to weight loss is metabolism. The more lean muscle you have compared to body fat, the higher your resting metabolism. Lean body mass has been determined to be the single best predictor of metabolism! The previously presumed influences of sex and age are shown to have little to no effect on this estimation.

The reality is this....If you want to lose weight; your goal should be to burn fat and gain muscle. The ChiroThin fitness program does just that. Another key to losing weight is your body's response to the exercise you are performing. Let me explain: the two hormones that work to increase muscle and burn fat are testosterone and growth hormone.

ELEVATED GROWTH HORMONE LEVELS:

- build muscle (more muscle you have the more calories you burn)
- lowers body fat
- improves muscle tone
- causes firmer skin and less wrinkles
- causes higher energy levels
- increased sexual desire

IT ALSO HELPS FIGHT SIGNS OF AGING:

Growth hormone is released in relation to exercise intensity. Here's the rule....the higher the intensity (not time spent) of exercise the greater the release of growth hormone and testosterone. Growth Hormone effect is sustained for hours to days after this type of exercise. It is also well known that, after age 35, your growth hormone levels radically decrease if you don't take steps to increase them. The ChiroBurst Training Program has been designed to address this issue.

Let's take a look at "common" exercise thoughts. The most common type exercise that you see people performing falls into the category of aerobic exercise. The positives of aerobic exercise are: lowers heart rate, raises HDL (good cholesterol), increases blood flow to your brain, and the lymph system is activated so your body circulates out toxins. These are all great things but if your goal is weight loss, aerobic exercise is not the best exercise.

THE NEGATIVES OF AEROBIC EXERCISE ARE:

- Burns fat *during* exercise but not *after*
- Increases your body's production of stress hormones (Cortisol increases appetite and breaks down muscle)
- Decreases your body's production of growth hormone
- Decreases your body's production of testosterone
- Actually causes your body to store fat
- Decreases immune system functioning post exercise

So, how do we get the benefits without the negatives? ChiroBurst training. The ChiroBurst Training System has all the positives of standard aerobic exercise without the negatives! Here's why....

YOUR BODY USES 2 SOURCES FOR ENERGY: FAT AND CARBOHYDRATES:

Normal, low intensity, long duration (aerobic) exercise performed for hours like walking, swimming, jogging, and biking will burn fats while you are performing the exercise. So for that hour to hour and a half you will be burning fat. After you are done with the exercise, the fat burning phase is done and you will go back to burning carbohydrates (sugar). Fat burning stops! So if you exercise for 1 hour, 3 days a week, you are burning fat for only 3 hours per week. Additionally, and even more significant is that fact that your body will then store any carbohydrates you consume as fat, so that it is available for your next workout.

ChiroBurst Training is high intensity short duration exercise that burns all of your carbohydrates while you are exercising. This high intensity exercise has been proven to boost your body's growth hormone levels. This causes your body to burn fat for up to eight hours after you are done exercising. So while you are sitting on the couch or at your desk at work you are burning fat. If you were to do 3 burst training sessions a week you would be burning fat for up to 24 hours over the course of a week. This would occur with only 15-20 minutes of total weekly exercise time. This is compared to 3 hours of fat burning that is associated with 3 hours of aerobic exercise.

When you boost growth hormone you gain lean muscle and burn fat. Burst training also changes the way you store carbohydrates. Because your body burns all the carbohydrates in a short period of time, when you consume carbohydrates post-ChiroBurst your body will store them as glycogen in your muscles and liver and not as fat! Your body does this so they will be readily available for your next workout.

How the Program Works

The ChiroBurst Training Program consists of 30 second bursts with a 90 second rest period between bursts 3-4 days per week. This means that an entire workout is only 20 minutes with 5 minutes of actual exercise being performed each day.

Your goal should be to work up to the point where you are able to perform 7 to 10 bursts cycles. I know this does not sound like a lot, however, since the exercise is being done at maximum effort, you may find that you are unable to perform more than 3-5 burst cycles that last only 10-15 seconds when you first start the ChiroBurst Training program. Additionally, you want to reach your maximum heart rate. This is determined by subtracting your age from 220. If you can reach your max heart rate in only a few bursts that is ok.

Nutrition

You do not want to ingest any carbohydrates (sugar) for 2 hours after a burst training session. Carbohydrates will increase a hormone called somatostatin which decreases your growth hormone induced fat burn.

Hormone Levels Comparison Chart :

Hormone	Traditional Aerobic Exercise	HIIT Exercise (Anaerobic)
Glucagon	LOW	HIGH
Cortisol	HIGH	LOW
Growth Hormone	LOW	HIGH
Insulin	HIGH	LOW
Leptin	HIGH	HIGH

**HIIT workouts, as you can see from the chart above, takes all your hormones in the right direction.

Week 1 – On Burst Days Do Not Use Weights

Day 1 Monday

Burst Training- Treadmill or shuttles/sprints outside

Day 2 Tuesday

Upper Body Weight Training- Chest/Triceps

Day 3 Wednesday

Burst Training- Knee to chest jumps/stair step ups/run in place

Day 4 Thursday

Upper Body Weight Training-Back/Bicep

Day 5 Friday

Burst Training-Squat Thrust/Recumbent bike, stationary bike

Saturday and Sunday

Recovery Day-No Exercise

Optional: Abdominal workout/ or a Stretching routine

Week 2 - On Burst Days Do Not Use Weights

Day 1 Monday

Burst Training- Treadmill or shuttles/sprints outside

Day 2 Tuesday

Upper Body Weight Training- Chest/Tricep

Day 3 Wednesday

Burst Training- Bike/ run in place

Day 4 Thursday

Upper Body Weight Training-Back/Bicep

Day 5 Friday

Burst Training-Squat Thrust or Recumbent bike or stationary bike or elliptical

Saturday and Sunday

Recovery Day-No Exercise

Optional: Abdominal workout/ or a Stretching routine

Design your own HIIT Workout

1. **CHOOSE YOUR INTENSITY:** Aim for 80-95% of your maximum heart rate for the intense intervals. You should not be able to carry on a conversation at this level, your breathing should be elevated and you should feel your heart pumping.

2. **PICK YOUR TOTAL WORKOUT TIME:** You can complete a solid HIIT workout in anywhere from 7-30 minutes.

3. **CHOOSE YOUR WORK / REST RATIO:** An easy interval is 20 seconds of work with a 10 second rest. If you are just starting out, use the progression.

Week	Work Interval (seconds)	Rest Interval (seconds)
1	20-30	60
2	20-30	45
3	20-30	30
4	30-45	30

4. **SELECT YOUR EXERCISE:** Here are some common exercises that most people are familiar with.

- Jumping jacks
- Running in place
- Marching
- Jump Rope
- Push Ups (on the wall, on your knees, or traditional)
- Squats
- Lunges
- Air Punches
- Abdominal Curls

5. **DON'T FORGET TO WARM UP AND COOL DOWN:** Aim for a 5 minute warm up before your workout and a 2 minute cool down after your workout. You should be able to carry on light conversation during both of these phases.

Dr. Terah's Recommended Exercises

Choose a minimum of one exercise from each group when you design your HIIT workout. Try to vary the exercises you choose from day to day to maximize your work output. Do a minimum of 4 exercises total per workout and do each exercise for a minimum of 90 seconds of work (ex. 3 bursts of 30 seconds per exercise).

<p>CARDIO:</p> <ul style="list-style-type: none"> Jumping Jacks Skiers (jump and twist at waist) Skaters (leap side to side) Mountain Climbers (in plank) Standing Mountain Climbers Running Man Jump Rope Butt Kickers High Knees Marching Squat Jumps Jump Lunges Burpees 	<p>LOWER BODY:</p> <ul style="list-style-type: none"> Squats Lunges (curtsey or traditional) Plié Squats (squat with feet turned out) Squats with Arm Raises Leg only Jacks Step Back / Knee Ups Bridge Ups Step Ups Wall Sit Leg Lifts on Side (Outer Thigh) Leg Lifts on Side (Inner Thigh)
<p>Core:</p> <ul style="list-style-type: none"> Crunches Bicycle Crunches Plank Hold Hover (Plank on Elbows) Side Hover / Plank Leg Raises (reversed crunch) Scissor Crunches Supermans Seated Bicycle Crunches T-Supermans W-Supermans Superman Swimmers Hover Hip Taps 	<p>UPPER BODY:</p> <ul style="list-style-type: none"> Push Ups (wall, knee, or traditional) Bicep Curls Tricep Dips Upper Cut Punches Arm Circles / Arm Jacks Alternating Punches Cross Jab Punches

Safety Tips:

Squats - When performing a squat, it is important to protect your knees. Stand as if you are approximately 12 inches in front of a chair. When you squat, your buttocks should contact the chair to keep your knees aligned behind your feet.

Crunches - NEVER pull on your neck. When crunching, focus on bringing your shoulder blades off the floor. Do not stress or pull on your neck in any way. When doing a reverse crunch, if you place your hands under your buttocks, you will remove any stress to your lower back.

Push-Ups / Burpees /Planks - A common problem to these exercises is wrist pain. Hold weights if necessary to keep your wrists in a neutral position.

Lunges - If you are prone to knee trouble, performing a backwards lunge will place less stress on your knees.
