



UNDERSTANDING CALORIE BURN IN WORKOUTS

The human body is a very complicated organization of various systems that makes even the most recent technological advances look primitive. However, the good news is that in the case of wanting to change the way you look and feel, it is very predictable. All you have to understand is how the body burns calories and how to maximize not only the number of calories burned in a workout, but how long the body will continue to burn after your workout is complete.

In order for the body to go through a workout, many things must occur in order for your muscles to have the energy they need. **When you first start working out, your body uses stored forms of energy that it can pull from; however, after about two minutes of exercises, these stores are depleted and changes must occur to generate more energy.**



HOW YOUR BODY RESPONDS TO EXERCISE

When your energy stores are depleted:

- The heart rate must increase to move the blood that carries nutrients and oxygen to the muscles.
- Your respiration rate must increase to bring more oxygen in and to expel more carbon dioxide out of the body.
- Muscles must expand and contract in order to move your body or a weight through a motion.

These are just a few examples, but you get the point.

The good thing about all of this is that each one of these cost calories. So the concept for burning more calories in a workout is really simple: **the faster I make my heart rate, my respiration rate, and the harder I work my muscles, the more calories I will burn.**



HOW TO MAXIMIZE YOUR WORKOUTS

So simple solution, just workout harder and do it every day, right?

True, but If you could do that, you wouldn't be reading an article on how to burn more calories in half the time.

So, what is the solution?

What we need to do is not workout more and harder, we need to find a way to burn more calories after the workout, when we are spending time on all of our other tasks.

That is where EPOC comes in.



WHAT IS EPOC?

Now we will admit that EPOC sounds more like a disease than something that can help you, but the truth is that it might be the most powerful tool for those who are looking for more burn in less time.

EPOC:

The amount of work the body has to do to recover from a workout and can be seen in an elevated metabolism for a period of time after your workout is complete.



HOW DOES EPOC WORK?

As we talked about before, when you first start working out your body uses stored forms of energy and once it is through with those, the systems increase their production so the body can produce more energy. After the workout is over, all of this stored energy must be replaced and the muscles must be repaired. **EPOC is the extra oxygen that the body has to bring in to ensure this process occurs.**

An easy way to think about this is by comparing it to your checking and savings accounts. Your checking account is supposed to get you through, but sometimes you have to dip into your savings account until payday. When you get paid, you need to replace the money you took out of your savings account so it is there when you need it again. The more you dip into it, the more you have to put back.

The body is the same way, **the more stored energy used and the more muscle repair needed, the more EPOC and the longer and higher the metabolism will stay elevated after your workout. In English, you will burn more calories.**



So now you understand how EPOC works, but what you should really care about is how it helps you.

Simply put, when you use high EPOC-inducing workouts:

- You can do fewer workouts in a week and burn more calories than you would with traditional workouts.

Meaning:

- Less time at the gym, more time spent on everything else you want to do, and still being in great shape.



EPOC AND STEADY STATE

With the traditional steady state cardio workout (maintaining an even pace), the heart starts to rise to meet the energy demands as the body uses up stored energy.

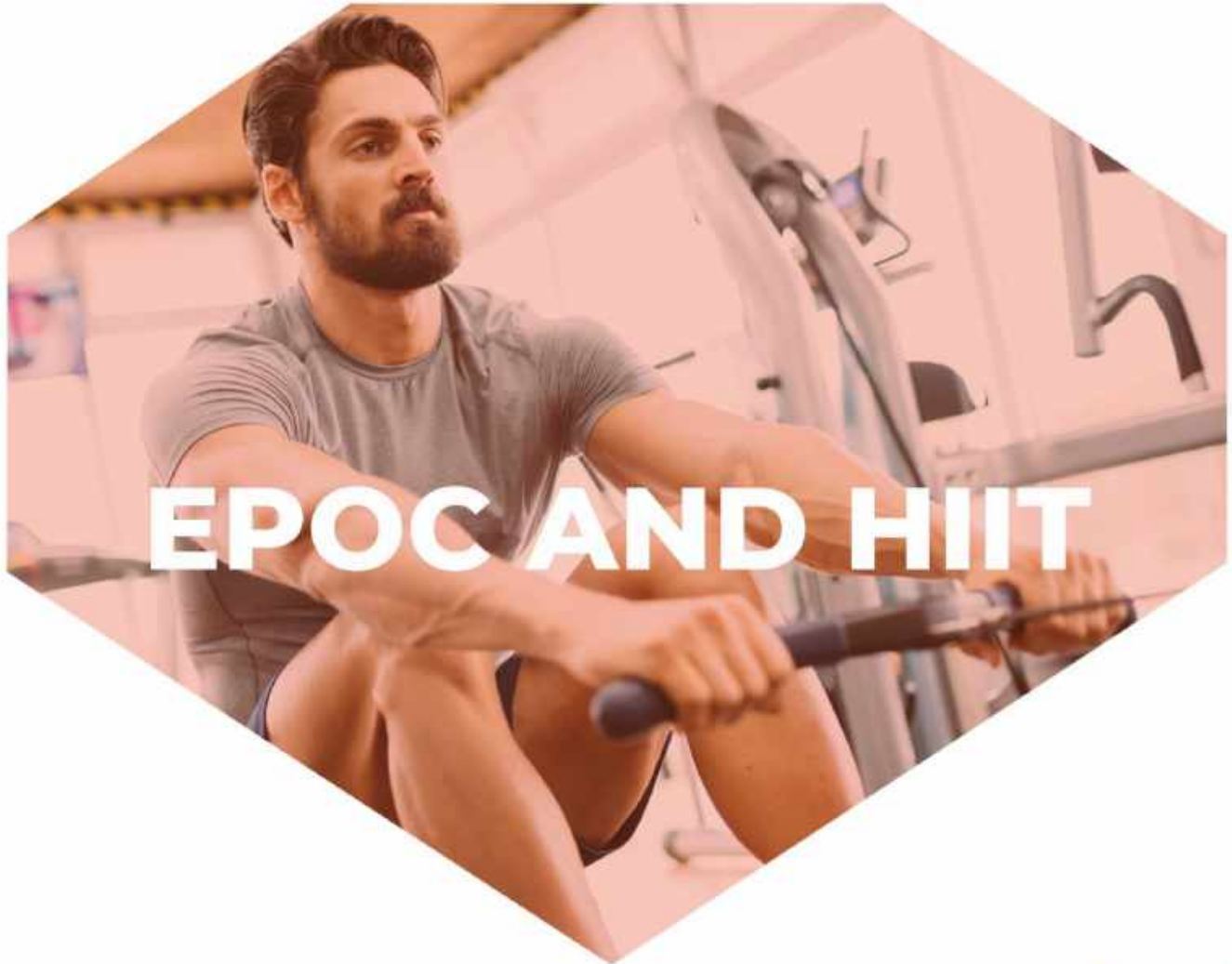
However, once the pace is achieved, the heart rate no longer rises and settles into a straight line as you hit your pace.

Since the body

- no longer needs stored energy
- does not need to increase the heart rate
- does not need to increase the respiration rate

the stress level on the system is relatively low for the duration of the workout.

When the workout is complete the metabolism will stay elevated for a **short period of time** to replace the stored forms used at the beginning of the workout, but not much more than that.



EPOC AND HIIT

However, when using high intensity interval training like our H.Y.P.E. Training System, which is a high EPOC-inducing workout, you see a large difference!

You can see the heart rate starts out the same, rising as the body starts to run out of stored forms of energy. However, instead of then settling into a pace, the workout drives the intensity up for a short period and then brings it back down to almost a resting state before returning again to a short burst of high-intensity movement.

What changing between these two speeds does, is put the body back through the process of using stored forms of energy multiple times in one workout. The result? A ton of EPOC that must happen.



WHICH WORKOUT BURNS MORE?

When comparing the two, a traditional workout might get you to burn calories until you get back to your car, depending on how far you parked. We are exaggerating, but it is not a long time.

However, with a high EPOC-inducing workout, you will continue to burn calories for 36-48 hours after you are done. **That means you could workout a couple of days a week less and still be burning calories at work two days after your last workout.**

Who needs that "magic 25th hour" when you have EPOC?



HOW TO USE EPOC

After reading all that, you are either bored to death with all the science or you are chomping at the bit to know how to bring the magic of EPOC into your life. Either way, telling you how to use it will solve your problem.

The single best way to get more EPOC from your workouts is to incorporate interval training into your cardio program.

Doing high-intensity intervals for just 3-4 days per week will ensure that you are burning calories from your workouts 24/7. That's right, you will burn calories every hour of the week with just 3-4 workouts.

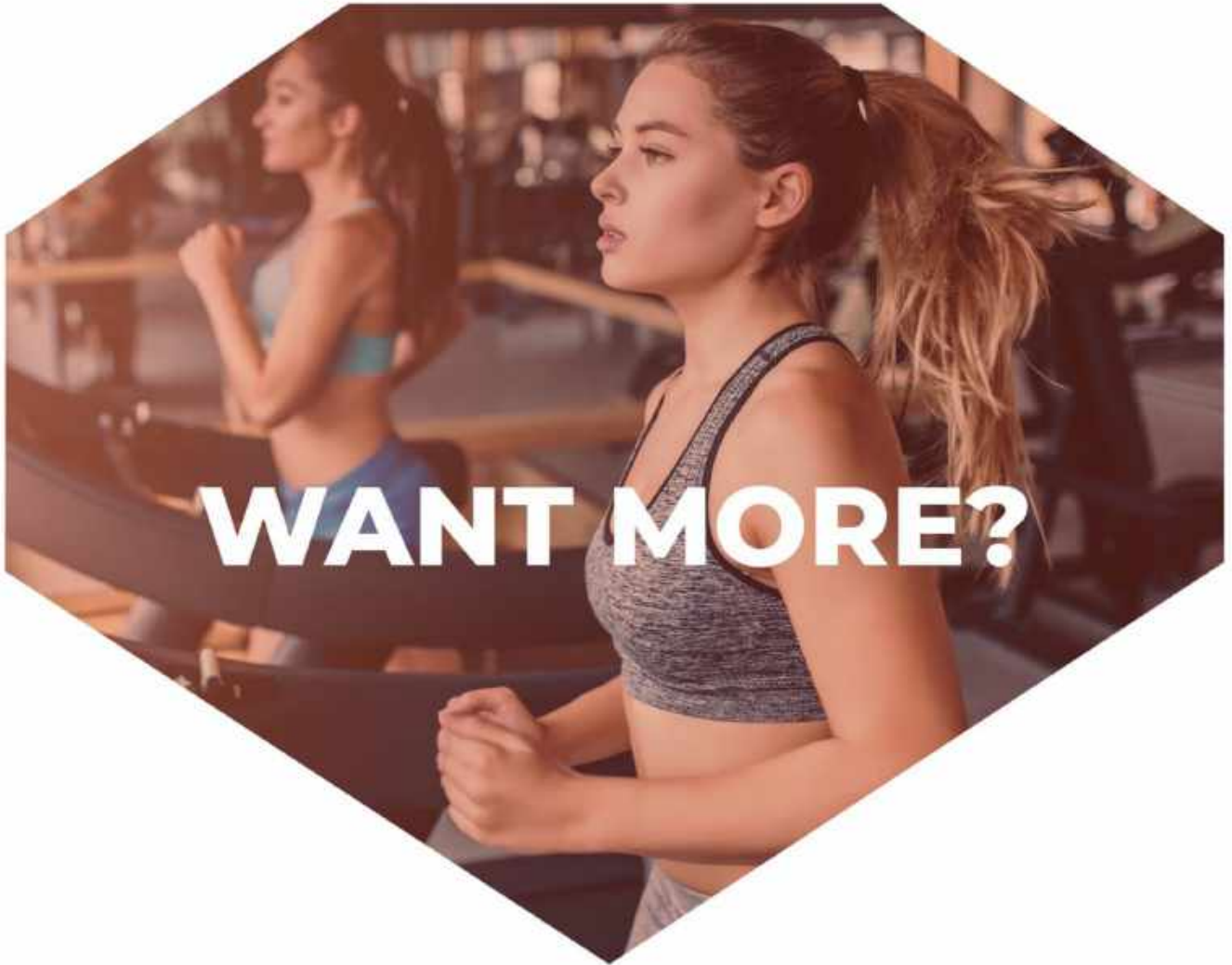


EPOC 5 STEP GUIDE

Check out the 5 step interval guide below, complete it, end with a short cooldown and you will be on your way to burn twice the calories in half the time.

The Easy 5 Step Interval Guide

1. Pick your favorite cardio machine, and that can be pavement for you outdoor runners.
2. Start with a warm up for about 5 minutes.
3. Quickly pick up the pace so your heart rate is at least 80% of your maximum heart rate and maintain this for 2 minutes.
4. Drastically slow down the pace to where you are barely moving to allow your heart rate to return to under 60% of your maximum heart rate.
5. Repeat steps 3 and 4 at least 5-10 times.



WANT MORE?

We know you came here for the exercise that burns more calories in less time.

However, having the proper fuel before and after these workouts is important to know as well, so we wanted to give you both.

3 STEPS TO YOUR BEST LIFE WORKOUT EXPERIENCE

- crush your intervals **-HYPE TRAINING SYSTEM**
- eat right **-VITABOT AND PFC SHAKE BAR**
- recover well **-MASSAGE ZONE**