

Burn 600% more fat in 2006

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As the obesity rate in the United States continues to climb, select personal trainers and fitness facilities are rising to the challenge by helping their clients achieve their weight loss goals and devour their body fat stores through interval training. The results are promising for beginners and advanced fitness enthusiasts alike.

“Interval training removes many of the mental and physical barriers to weight loss” says personal trainer and fitness instructor Leah Arnold, creator of Isis Fitness LeanZone interval program. “In as little as six weeks, interval training can exponentially increase your fat burning capacity without the deprivation of dieting or spending hours in the gym.”

Intervals take an individual back and forth through moderate to increasingly more difficult levels of exercise intensity over a period of weeks, reprogramming their bodies to utilize ever larger stores of body fat as fuel, as opposed to dietary calories alone. In fact, interval training can increase per minute caloric fat burn from as little as .06 fat calories per minute to as high as 4.8 calories per minute in just six weeks; an increase of almost 700%.

Most forms of interval training are low impact (treadmills, elliptical machines, stationary bikes), allowing both the beginner and the advanced the ability to set attainable goals and reach them. Additionally, the average interval training session lasts only 45 minutes, including the weight training portion. Women, in particular, are surprised by the program, as well as their achievements, without the monotony and boredom so prevalent in most women’s fitness programs. With interval training, the programs vary day by day, and week by week, meaning the client never has the opportunity to become bored, mentally or physically.

Arnold says the success rate of interval training is higher than the average express workout for several reasons. “Because the body never knows what you’re going to do next, it cannot adapt, and we avoid the dreaded plateaus. In addition, we can continue to adjust and increase strength, stamina, and metabolism, where typical express workouts cannot.” Arnold says that though not widely available yet, interval training is a big up and coming trend in the health and fitness industry. “Interval training is highly personalized, and tailored to each individual’s current level of fitness and the goals they are trying to reach. The ‘one-size-fits-all,’ homogenized mentality of express fitness does not apply here, because interval training really gets back to the roots of personal fitness.”

For more information online: www.isisfitness.com

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