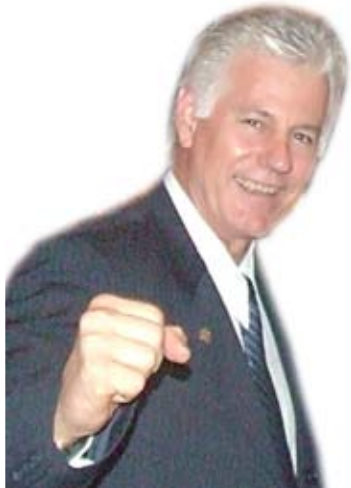


## 20 minute FAT-BLASTER Cardio



Master Graham Healy 7<sup>th</sup> Dan Chief Instructor & Founder  
Healys freestyle Tae Kwon Do & Boxing Academy  
Principal of Healys Health & fitness  
ABN 50 711 604 560  
[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)  
President and founder of ISDA Pty.Ltd.  
[www.isdasefdefence.com](http://www.isdasefdefence.com)  
Certificate (4) Sports Coach ICMA  
Certificate(4) Master Personal Trainer (fitlink)  
Certificate (4) Business Management  
Director Chan-Healy Corporation ACN119 213 740  
Chairman & Secretary Apostolic Faith Church of God  
[www.apostolicfaithaust.net](http://www.apostolicfaithaust.net)  
Member of Australian National Boxing hall of Fame  
[www.anbhof.com](http://www.anbhof.com)

### What is the best way to Burn Fat and save Time ?

For the Last 20 years you would always see the 'heart rate chart' on the Gym wall indicating the 'FAT BURNING ZONE' of Heart rate at about 50 % of max .

The Unfortunate reality and sad fact of the matter is that you

**DO NOT burn much Fat while exercising ?**

**WHAT !!!**

that's absolutely correct (refer further info on home page [www.healyshealthandfitness.com](http://www.healyshealthandfitness.com))  
the REALITY is that it is AFTER THE EXERCISE that the body BURNS THE FAT

### This is how it works

a) Exercise acts as a Metabolistic Stimulator

b) POST-EXERCISE EFFECT ?

is what we want –what keeps the body engine running longer post exercise ?

c) TIME EFFECTIVENESS for BUSY PEOPLE is a Key Factor



Did You Know 1kg of Body-Fat = 7,700 Calories !and the average moderate Workout would burn about 6cal per minute x 60 minutes =360calories !  
7,700 calories divided by 360 =21.38 hours divide by 6days = 3.56 hours of working out per day to burn up only 1 kg of body-fat ! That means that you can never ! yes never ! exercise your body fat away without controlling the nutritional total (Food intake) .  
want to know more ? Why you can Exercise and get fitter, stronger but not necessarily leaner!

If you only have a limited amount of Time available then the

**20 Minute FAT BLASTER CARDIO WORKOUT is for YOU!**

The Below Chart was designed by Graham Healy about 10 years ago

describing the principals of Interval Training techniques then

Currently you now see 'scientific' tests on TV proclaiming the 'breakthrough' in this 'fat burning' method !

20 minute interval training by Graham Healy ©



INT = INTENSITY ( 1 to 10 ) (Relative to your own level of conditioning)  
 INTERVAL TRAINING = (SPRINT> JOG >SPRINT ) TYPE TRAINING .

Exercise	DATE		INT		INT		INT		INT		INT		INT
S=Stepper C= Cycle	Minutes 1												
Sk= Skipping	2												
PB= Powerbox	3												
K= Kickercise	4												
R= Run/Jog	5												
W= Walk(brisk)	6												
SW= Swim	7												
	8												
	9												
	10												
	11												
	12												
	13												
	14												
	15												
	16												
	17												
	18												
	19												
	20												

TIP ...Relative Intensity is your 'perceived Exertion' = Lactic acid Tolerance in your blood stream , as your Fitness improves you can 'tolerate' higher and higher intensities. The other advantage of this style of training is that the recovery is very RAPID ie in 6 to 8 hours .

Also , the EFFECT of this type of training is a DRAMATIC POST EXERCISE EFFECT on the body's metabolism i.e. heart rate and metabolic functions are dramatically INCREASED for hours later = INCREASE IN BURNING BODY FAT  
 POST EXERCISE period where you actually burn the most body fat anyhow . It is an Illusion to believe that the FAT burning effect is DURING exercise IN FACT it is AFTER EXERCISE that is the CRITICAL MOMENT along with high Protein Low G.I (glycaemic Index Carbohydrates) is the KEY. This Type of training MAXMISES RESULTS and MINIMISES TIME

Graham Healy .

## Understanding the Principle

Just Imagine that I use a 'soft flame' to gently 'warm up' a metal bar ...not to hot ...and I quickly take away the flame , what happens ? The metal Bar cools quickly and within a short space of time the heat is dissipated.

This is how the principle of moderate cardio works , a gentle approach has a

### SHORT TERM EFFECT

What if I 'turn up the Flame' and '**BLAST**' the same metal bar' with the Flame , this time I increase the temperature to 'white hot' what happens then ? Yes you are correct the metal bar takes a long time to cool down In other words the atoms in the metal are 'agitated' and remain active for a far longer period than the ' soft flame'

### THE BODY WORKS EXACTLY THE SAME

If we do an **INTENSIVE CARDIO WORK OUT** for example Sprints on the stepper machine, Heavy Boxing bag work, Football 'sprints' they are very hard short term , but you recover quickly , however , the positive effect **AFTER THE CARDIO WORKOUT** is that the Body's metabolism remain **HOT** for a long period of time .

As an example a 20 minute 'sprint' cardio workout on the stepper machine can have a post exercise effect of

over 8 hours afterwards

the body metabolism is still relatively high .

### POINTS TO REMEMBER

- 1) Intensity is relative to you (rate yourself out of 10 is high 1 is low)
- 2) build up to it (relative to your age and 'perceived intensity')
- 3) If TIME is an ISSUE then this is the workout for you.
- 4) Healy's can help you with professional advise

Note :

#### **'Caution required'**

Interval training is 'intense' and Healy's strongly advise you to fill out the medical questionnaire

(refer home page [www.healyshealthandfitness.com](http://www.healyshealthandfitness.com) )

and then refer to your Doctor before undertaking any exercise program especially if you have any 'pre-existing' heart problems, high blood pressure, or a family history of heart problems, or if you have not exercised regularly recently or are on any form of medication.

Healy's strongly advise you to undergo a full medical examination prior to any exercise program whatsoever

#### **DO NOT**

under any circumstances commence a exercise program without getting the 'all clear' from your Doctor.

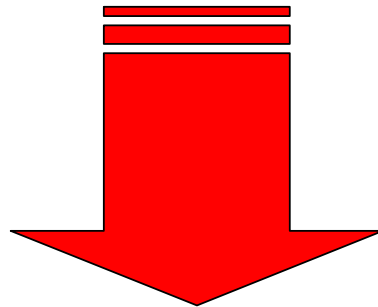
Healy's also advise you to engage a Professionally Qualified Coach or Personal Trainer, please ask for their qualifications before proceeding any further .

A Fitness Queensland/Australia ID card (ask to view the card)

is a good Indicator that the Instructor is bona-fide

refer [www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)

(home page) regarding Personal Training qualifications



**Healy's favourite FAT BLASTING Machine approach with CAUTION**

The 9500 series Life-Step is the Master Blaster without equal  
one of the Prime Fat Blasting Machines

Ask us how to use this machine the Healy's way .  
also other forms of Interval training are available and  
Healy's can advise you accordingly

Remember  
a calorie controlled Nutrition Plan must accompany any  
Exercise plan

**20 Minute**



**FAT-BLASTER**

**Cardio**

Nutritional Plans , Supplements etc please refer home page

[www.healyshealthandfitness.com](http://www.healyshealthandfitness.com)