

July 1, 2010

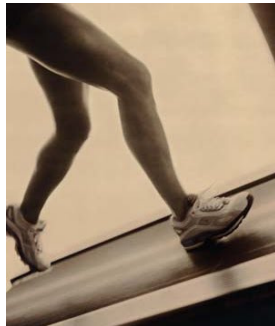
Volume 2, Issue 1

N Shape News



High Intensity Interval Training

High intensity interval training (HIIT) is an exercise strategy that is intended to improve fitness and performance with short training sessions. This is a form of cardio which is beneficial to burning fat in a short and intense workout, and is designed to push your body to adapt to changes in workout intensity. This method can be best applied to exercise modes like running or spinning on a stationary bike. When applying HIIT to your workouts, stick to modes that use large muscle groups. HIIT is considered to be an excellent way to maximize the benefits of a workout that is limited on time.



Excluding warm ups and cool downs, a HIIT session should last no longer than 20 minutes. Beginners may want to start with 9 minute sessions. The goal of HIIT is to hold an anaerobic state for a long period of time, from 45 seconds to a minute and a half. This basically means that you're working out so hard, your blood stream can not supply oxygen to your muscles fast enough

and lactic acid starts building up in the muscle. Lactic Acid buildup causes that burning feeling you get when you work out very intensely. Increasing this threshold means you

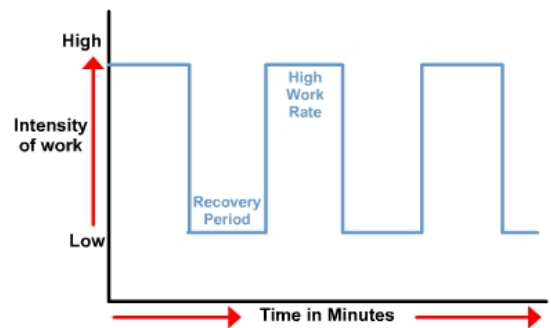
will be able to do more work, at higher intensities, for longer periods of time, which means more fat burning and better results! During the recovery phase, the heart and lungs work together to pay back this oxygen debt and break down the lactic acid.

It is in this phase that the aerobic system is in control, using oxygen to convert stored carbohydrates into energy.

A HIIT session consists of a warm up period of exercise, followed by six to ten repetitions of high intensity exercise, separated by moderate intensity exercise, and ending with a period of cool down exercise. The high intensity exercise should be done at near maximum intensity. The moderate intensity exercise should be around 50% intensity of your max. The number of repetitions and length of each depends on the exercise. Have a goal to do at least six cycles of high intensity

exercise followed by moderate exercise, and to have the entire HIIT session last at least nine minutes but not more than twenty.

Evidence suggests that a workout with steep highs and lows can dramatically improve cardiovascular fitness and raise the body's potential to burn fat. It can speed up your metabolism, which helps you burn more calories throughout the day!



Before starting any HIIT program, you should be able to exercise for 20-30 minutes at 70-85% of your max heart rate without exhausting yourself or having problems. If your heart rate does not drop back down to about 70% of your max during the recovery phase, you may need to shorten your work intervals or lengthen your recovery intervals. Make sure you eat something balanced and easily digestible about 30 minutes to an hour before your workout. You can't get a good workout without fuel.



Best of the Boro 2010!

Thanks for all of your love, support, and votes. We truly appreciate your business and could not be successful without you.

Before

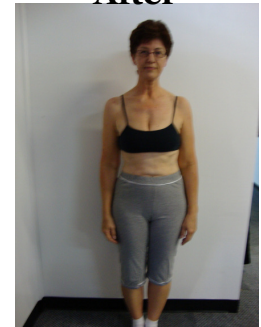


Congratulations to our Commit To Be Fit Winner

Maria Smith

She lost over 8 inches and 10 pounds!

After



Triceps Brachii

The triceps brachii, commonly called the "Triceps," is the large muscle on the back of your upper arm. Its function is to straighten out your arm, at the elbow, and is made up of three different muscles that join together at the elbow. The triceps can also be used to fixate the elbow when the hand is used for finer movements, like writing.

Elbow extension is important in many athletic activities, as well as for aesthetic purposes. There needs to be a balance between the triceps and biceps for effective movement.

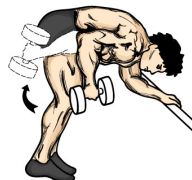
A few triceps exercises are:

Lying triceps press -you can use 2 dumbbells or a barbell. Lie on a bench holding the barbell with hands close together with palms facing out and extend the arms straight up over chest. Bend the arms and lower weight down a few inches

above forehead, or until elbows are at 90° angles. Squeeze the triceps to straighten the arms, without locking the joints., and repeat. This exercise can also be done sitting up on a chair/bench and holding the barbell or dumbbell overhead with arms by your ears. Extend the elbows, pushing your hands towards the ceiling, and lowering back down to a 90° angle.



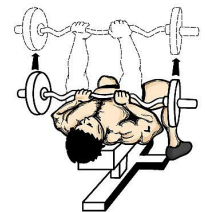
Triceps kickback - involves extending the arm while the torso is bent at a 45° angle. With abs engaged, bend the arm and bring elbow up to torso level. Straighten the arms out squeezing the triceps. Then bend the arm back to starting position and repeat.



Triceps dip– sit on a chair or bench, and have hands next to or just under the hips. Lift up on the hands and bring hips forward. Bend the elbows (no more that 90°) and lower the hips, keeping the shoulders down. Push back up without locking the elbows, and repeat. This can also be done on a dip bar by mounting arms straight on a dip bar, and lower body until elbows are at no more than 90° angle, keeping hips straight. Pushing body up again, and repeating.



Close grip bench press– lay on the bench with feet firmly on the floor, grasp the barbell with hand about 8-12 inches apart. Keeping elbows tucked in at your side, lower the barbell to the middle of your chest. Push the barbell back up until your elbows are almost fully extended, and repeat.



Don't forget to stretch!

Its important that you stretch before and after any workout. To stretch your triceps, stand straight up with your feet shoulder width apart. Bend your right arm at the elbow and touch the top of your shoulder blade with your fingers. Reach over the top of your head with your left arm and grab the right elbow, and gently pull to increase tension in your tricep. Hold for 30 seconds and repeat on other arm.

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We're on the web!

www.nshapefitnesscenter.com

Resources:

Wikipedia– the free encyclopedia http://en.wikipedia.org/wiki/Triceps_brachii_muscle

Wikipedia– the free encyclopedia http://en.wikipedia.org/wiki/High-intensity_interval_training