

INTRODUCTION TO EXERCISE

“Those who think they have no time for exercise will sooner or later have to find time for illness” ~ Edward Stanley

There is so much written about exercise.

As I write this manual, I can see my workout book collection growing, there are a stack of books just sitting there.

Do you want to know the funny thing?

They all promise something, what they don't tell you is the work that's required to get you looking like the men and women in the book, not only that most of these books are too complicated.

In my opinion they are targeted for experienced weight-lifters that are familiar with tempo readings, squat variations, super sets, tri sets and drop sets.

As long as you understand the jargon then these books are excellent if consistently followed to the letter.

But if you're coming in at a level where you haven't exercised for a while and certainly not to a high intensity and you have a busy job, then these types of books may prove to be a bit advanced.

Build a Strong foundation

You've got to build a strong foundation first.

Get moving on a regular basis

Start off with bodyweight exercise and light intensity cardio. Which is why this plan has been created.

Exercise for 20-30 minutes, 3 times per week (you need to find the time, it takes just 20 minutes to get a good workout in)

Around your workouts, keep active and aim to hit at least 10,000 steps per day (but don't stress out if you don't)

If you follow the KEBOfit principles to the letter you will find that you will get amazing results – smaller waist, more energy, lower overall body fat %, improved confidence and all by working out 20-30 minutes for 3 days each week.

As long as the exercise is supported by the correct nutrition (Don't worry I've got your back on this as well)

This is crucial.

To get the rewards and results though you have to put in the effort and self-discipline.

Which brings us nicely on to the importance of INTENSITY.

You will learn to become accustomed to High Intensity Resistance Interval training, using methods such as TABATA training.

TABATA uses a very short duration of exercise followed by a short rest period. Don't let this worry you. Interval training is for everyone, just do your best OK?

When it comes to efficiency in burning calories, high-intensity training is leaps and bounds ahead of steady state cardio (jogging).

The reason for this? Something known as **EPOC!!**

[EPOC explained: Excess post-exercise oxygen consumption (Otherwise known as the after burn) is a measurably increased rate of oxygen intake following strenuous activity intended to erase the body's "oxygen deficit."]

The long and short of it is that when you do high-intensity interval training (HIIT), your body and metabolism functions at a higher rate, so your body continually burns calories up to 24 – 48 hours after the workout has finished.

So how does it all work, well HIIT constantly forces your heart to adjust to the changing conditions going from push ups to squats to burpees to lunges to planks etc

Your heart learns to operate outside of its norm, and your body learns to adapt to these changes.

All of this constant changing kicks your metabolism into high gear for hours after you finish training which places your body into fat burning mode.

However, none of this will work if you are not consistent and just plod along.

It is essential that you put in 80-90% effort for the workout time and then take rest during the rest period. Going at 60% effort will not get you the results that you're looking for.

OK now write this down, it's a promise to yourself:

"I can easily manage my time to find between 20 and 30 minutes 3 times per week so that I can complete the exercise part of this programme"

If you are consistent with your training & nutrition, you will see huge results inside of just a few weeks. You get out what you put in.

Before we start: A few important safety precautions first
Disclaimer for anyone using these workouts for personal use

You must get your GP's approval before beginning any exercise program. These recommendations are not medical guidelines but are for educational purposes only.

You must consult your GP prior to starting this program or if you have any medical condition or injury that contraindicates physical activity.

This program is designed for healthy individuals 18 years and older only.

The information in this manual is meant to supplement, not replace, proper exercise training.

All forms of exercise pose some inherent risks.

The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer ensure you have read the exercise descriptions and watched the training video before starting.

Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your GP before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any light headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a GP if it persists.

You must have a complete physical examination if you are sedentary, if you have high blood pressure, or diabetes or if you are overweight. Please discuss all nutritional changes with GP, physician or a registered dietician.

Copyright Notice

No part of this manual may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

10 TIPS FOR YOU TO TRAIN SAFE!

It is very important for all of us to train conservatively and not overdo things.

- 1) Don't do any exercise that you aren't sure how to do. Always get personal instruction/advice from a certified coach.
- 2) Don't do anything that hurts or "doesn't feel right". There are plenty of alternative exercises for every movement. Just ask the coach and email thecoach@kebofit.com
- 3) Whenever you start a new program, use less volume and lower intensity than normal. You must expect extra soreness when starting a new program just because of the new exercises, so don't try to set world records in a new program right away.
- 4) If you need extra recovery within the workout or between workouts, don't hesitate to take it. Your safety needs to come first.
- 5) Use proper exercise form and train conservatively in all workouts. Think safety.
- 6) Check your ego before you kick off and start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
- 7) Do not do interval training more than 4 times per week. Even elite athletes don't play hard every day, so why should we?
- 8) Never skip a warm-up. Use the general bodyweight warm-ups recommended.
- 9) If you want to start the **4-week fitter body plan** but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise programme.
- 10) Check with your doctor before starting any new exercise or diet program. All together now, "safety first!"

Bonus 11) If you decide to use running as your form of interval training, make sure you have good running shoes, always do an extra thorough warm-up, and choose a safe running surface (grass or trails rather than pavement/concrete).