

John Abdo's *No Excuses Workout*™

DVD Video

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Many instructors and fitness enthusiasts are switching from long slow exercise sessions to short fast ones. Now available for the first time through Life Extension is a *fast-twitch* DVD routine called the *No Excuses Workout*™ (*NEW*) developed by award-winning fitness pioneer, John Abdo. *NEW* is a *fast-twitch* total body routine that's *completed in only seven minutes*. It requires no equipment and can be performed almost anywhere you like: home, office or hotel room, hence the title *no excuses*

The DVD begins with a complete demonstration of each exercise offering detailed instruction. Press *skip* on the menu and you jump right into the actual 7 minute routine to tone every muscle in your body, boost your cardio-respiratory conditioning, and burn loads of fat.

For those who might be skeptical about getting great fitness results in only seven minutes, here are a few points to consider:

- There are two basic nerve-muscle-energy systems in the body; i.e., *slow-twitch* and *fast-twitch*. The brain commands both.
- Walking, playing cards and most *low-impact* aerobic activities activate the *slow-twitch* system.
- Tennis, swinging a golf club, martial arts, dancing and any *high-impact* activity are operated by the *fast-twitch* system.
- *Fast-twitch* activity rapidly depletes blood sugar and muscle glycogen levels, assisting in the reduction of body fat. (Of course, a well-balanced eating plan with proper nutritional supplementation is recommended.)
- There are many forms of *high-impact* or *fast-twitch* exercises and routines. *NEW* offers a routine that most people can perform; however we recommend that you confer with your doctor before engaging in any exercise program.
- *NEW* requires no equipment. Instead, the resistance of your own body and your levels of flexibility and coordination will challenge you.
- *NEW* can be performed in a circuit-like fashion if you have more time to expend - example:
 - Beginners can perform one routine for 7 minutes
 - Intermediates, two routines for 14 minutes
 - Advanced-level, conduct three routines for 21 minutes
- The circuits mentioned above do not need to be performed during the same session. Rather, you can perform a 7 minute routine in the morning then, later in the day, perform another 7 minutes. This is referred to as *Accumulative Results Training*™ (*ART*). Until recently, it was believed that exercise had to be conducted in long nonstop sessions for any substantial benefits to occur. Modern exercise science now knows that exercise can be performed intermittently. By spacing your energy expenditures throughout the course of the day or week, you will *accumulate* fat-burning, muscle-toning and metabolic-boosting benefits. *ART* complements your body's anabolic metabolism.
- *NEW* ignites your *anabolic* or *after-burn* metabolisms allowing you to burn fat long after the routine has been completed, even while you're sleeping!
- To substantiate all claims, six minutes of the *NEW* routine were tested in a controlled laboratory under the supervision of a university physiology professor. The calorie-burning results proved to be nearly 3.5 times more effective than conventional aerobic exercise.
- *Fast-twitch* activity doesn't always have to be performed *fast*. Start at a *slower* pace, or at a level of speed that complements your brain, nerve and muscle coordination. As you progress so will your speeds.
- Once you reach a high level of fitness that you're satisfied with, it is recommended that you stagger your workout intensities. Give your first workout an 80% effort. Then, on your next workout, kick it up to 90% or 100%. The following workout should be reduced to 70-80%. Staggering intensities (speed and efforts) from workout to workout prevents overtraining, is *mentally* motivating and refreshing, complements your post-workout restoration metabolism, and promotes consistency.
- The sciences of slow-twitch, fast-twitch, and high-impact exercise are complex and diverse. It's always wise to diversify your fitness menu by performing a variety of fitness activities, *slow* and, when you're capable, *fast*. *NEW* is tested and approved, and practical for most lifestyles.

Please check with your doctor before attempting to incorporate any of the advice provided in this video.

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