



**Female Fat Loss Over Forty**

# **Interval Training With Audio Tracks**

## Female Fat Loss Over Forty

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Long slow cardio will not get you the body of your dreams! You need to step up the pace and decrease your workout time. Interval training is best for fat burning results. What's even better is the fact that your workouts will be short and sweet. And, you don't need to go buy a huge piece of equipment that will sit and collect dust. You can do these interval workouts anytime, anywhere with a minimum amount of space and equipment.

Studies show that high intensity interval training will yield the following results:

- A boost to your metabolism
- It will preserve lean muscle mass
- You can increase your max VO2 (aerobic capacity)
- It has been shown to increase growth hormone which is needed to increase lean muscle mass
- It's easier on the joints because the duration of workout time is decreased
- It provides variety and lessens the risk of repetitive use injuries that can occur from activities such as running
- It's the most efficient way to train with time saving short and intense workouts

You can add these intervals two to three times a week: on their own or in addition to your workout from the Female Fat Loss Over Forty program. It is best to alternate these workouts, so do not repeat the same workout and do not do them two days in a row (have a day of active rest between these intense workouts). The beauty of the intervals is that they can be used to put together a fast and intense mini workout to burn a ton of calories.

### **How do I get started?**

Before you start your workout, make a plan. It will be easy to do and there are so many options. Little or no special equipment is needed for an effective workout. All you need is your own body and a set of dumb bells (or soup cans!) and possibly a skipping rope.

There are three audio options to choose from. For each of the audio selections, you could use any of the suggestions below or you can make up your own mini workouts. Once you get the hang of it, you'll have no problem setting up your own workouts for endless variety.

Basically here is the protocol for each of the sets:

You will do 20 seconds of work followed by 10 seconds of rest for the 20/10 set.

You will do 30 seconds of work followed by 5 seconds of rest for the 30/05 set.

You will do 50 seconds of work followed by 10 seconds of rest for the 50/10 set.

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### 20/10 Interval

This protocol is best suited to high intensity moves. There is twice the work to rest in the set and this timing protocol is also referred to as a 'tabata'. Due to the intense nature of this protocol, make sure to take a day of rest between your tabata workouts. You can do between one and four sets of this interval protocol, depending on your energy and time frame. If you are ONLY doing this interval in your workout, then repeat this interval to a maximum of four times. You can spice up any workout by adding this as a metabolic booster.

Choices for this protocol could include one or a combination of the following:

- Football fast feet
- Stride jump
- Butt kicks
- High knees
- Alternating jump lunges
- Drop squat
- Squat jump
- Speed skater lunge jumps
- Burpees
- Mountain climbers
- Jump rope
- Jacks

### Examples:

#### Set 1

Alternate squats and squat jumps

\*This means that you'll do 20 sec of squats, rest 10 sec and then do 20 sec of Squat jumps, rest 10 sec, repeat.

#### Set 2

Burpees

\*This means 20 seconds of burpees, rest 10 seconds, then repeat.

#### Set 3

Alternate mountain climbers and speed skater lunge jumps

\*This means 20 seconds of mountain climbers, rest 10 seconds, then do 20 seconds of speed skater lunge jumps, then repeat.

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### 30/05 Interval

This interval protocol is best suited to use alternating strength and cardio movements.

You will choose a strength move from the chart depending on your energy and what body part you want to focus on. If you want to maximize your calorie burning, focus on the **bold typed exercises**. You will alternate this move with a cardio move from the second column. You can do between one and four sets of this interval protocol, depending on your energy and time frame. If you are **ONLY** doing this interval in your workout, then repeat this interval to a maximum of four times and try to include upper and lower body movements.

Strength Movement:	Cardio Movement:
<ul style="list-style-type: none"><li>• <b>Squat</b></li><li>• Reverse lunge</li><li>• Lateral lunge</li><li>• Plie squat</li><li>• DB lateral raise</li><li>• <b>DB back row</b></li><li>• Split stance DB row (one arm)</li><li>• <b>DB deadlift</b></li><li>• DB military press</li><li>• <b>DB military press/squat</b></li><li>• DB overhead triceps extension</li><li>• DB biceps curl</li><li>• <b>Push up</b></li></ul>	<ul style="list-style-type: none"><li>• Football fast feet</li><li>• Stride jump</li><li>• Butt kicks</li><li>• High knees</li><li>• Alternating jump lunges</li><li>• Drop squat</li><li>• Squat jump</li><li>• Speed skater lunge jumps</li><li>• Burpees</li><li>• Mountain climbers</li><li>• Jump rope</li><li>• Jacks</li></ul>

#### Examples:

##### Set 1

Alternate DB deadlift with speed skater lunge jumps

\*Do 30 seconds of DB deadlifts, transition to 30 sec of speed skater lunge jumps, repeat.

##### Set 2

Alternate DB lateral raise with jumping jacks

\*Do 30 seconds of DB lateral raise, transition to 30 sec of jumping jacks, repeat.

##### Set 3

Alternate push ups with mountain climbers

\*Do 30 seconds of push ups, transition to 30 sec of mountain climbers, repeat.

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### 50/10 Intervals

Want a 5 minute waist trimmer? Choose this interval protocol! Look at the list and choose five abdominal exercises to string together to make a killer waist whittling mini workout. You could add 5 minutes to the end of any workout, or you could do a 20 minute ab crusher by repeating a set or doing a different set combination up to four times.

- Knee ins
- Prone shoe touch
- Seated cross punch
- Plank
- Side plank
- Spider crawl
- Leg raise
- Hip lift
- DB wood chop
- Bird dog

#### Examples:

##### Set 1

Plank  
Side plank right  
Side plank left  
Knee in  
Hip lift

##### Set 2

Spider crawl  
Knee in  
Bird dog right  
Bird dog left  
Plank

##### Set 3

Side plank left  
Side plank right  
Front plank  
Side plank left  
Side plank right

\*For every set, do 50 seconds of work, rest and transition in the 10 second rest.

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### **Full Body Blaster**

Only have 15 minutes? Try the following workout examples where you would do one set using each of the audio tracks. Once you've tried these, then you can build your own mini workout using some of the previous suggestions.

The second number in the sequence is always your rest, so for 20/10, you will rest for 10 seconds: for the 30/05 set, you will rest/transition for the 5 seconds; for the 50/10 set, you will rest/transition in the 10 seconds.

#### Full Body Blaster 1

20/10 set: alternate drop squats/football feet

30/05: alternate split stance row right and left/high knees

50/10: knee in/spider crawl/plank/knee in/spider crawl

#### Full Body Blaster 2

20/10 set: alternate butt kicks/high knees

30/05: alternate DB military-squat/jump rope

50/10: hip lift/leg raise/knee in/leg raise/hip lift

#### Full Body Blaster 3

20/10 set: mountain climbers

30/05: alternate push up/stationary sprint

50/10: seated cross punch/prone shoe touch/side plank right/side plank left/seated cross punch

### **Conclusion**

As you can see, there is any number of combinations that you can use to add variety to your workouts for use with the audio interval tracks.

I hope you enjoy the diversity that these audio track intervals add to your home workouts. I'm excited to hear all about your progress.