

WHAT IS BURST TRAINING?

WWW.BURSTCLUB.COM

Burst training is high intensity, short-duration exercise that lasts from 20 to 60 seconds with equal rest periods.

WWW.DRAXE.COM

Burst training involves exercising at 90% - 100% of your maximum effort for 30 – 60 seconds in order to burn your body's stored sugar (glycogen), followed by 30 – 60 seconds of low impact for recovery. Performing burst training and burning sugar stores causes the body to later on (up to 36 hours after burst training) burn fat as a form of energy.

Only 4 – 6 sets of 30 – 60 second bursts 3 times per week are required for marked changes and improvements. Days of rest are important and needed.

WWW.BURSTFIT.COM

Spend ½ as long working out but get twice the benefits with Burst Training.

Each workout is 12 to 20 minutes total. Each burst (or surge) is 20 – 60 seconds.

Burst training is also called high intensity interval training (HIIT).

WWW.MAXIMIZEDLIVING.COM

In “surge” training, one performs a series of bursts of high intensity activity followed by the same period of rest. During each surge or burst one pushes one's body to its maximum potential and then resting the same duration you performed the exercise.

EXAMPLE BURST / SURGE TRAINING ROUTINE from www.MaximizedLiving.com

1. Choose an exercise: Running, biking, elliptical machine, treadmill, swimming, running in place, jumping rope, or any other cardio exercise.
2. Warm up for 5 minutes: gentle stretches, brisk walk or basic yoga poses.
3. Do the “surge” or “burst” series listed below then repeat the series three (3) times.
 - 10-30 seconds of high intensity SURGE movement
 - 10-30 seconds of recovery/rest or low intensity movement
 - 10-30 seconds of high intensity SURGE movement
 - 10-30 seconds of recovery or low intensity movement
 - 10-30 seconds of high intensity SURGE movement
 - 2 minutes of recovery or low intensity movement