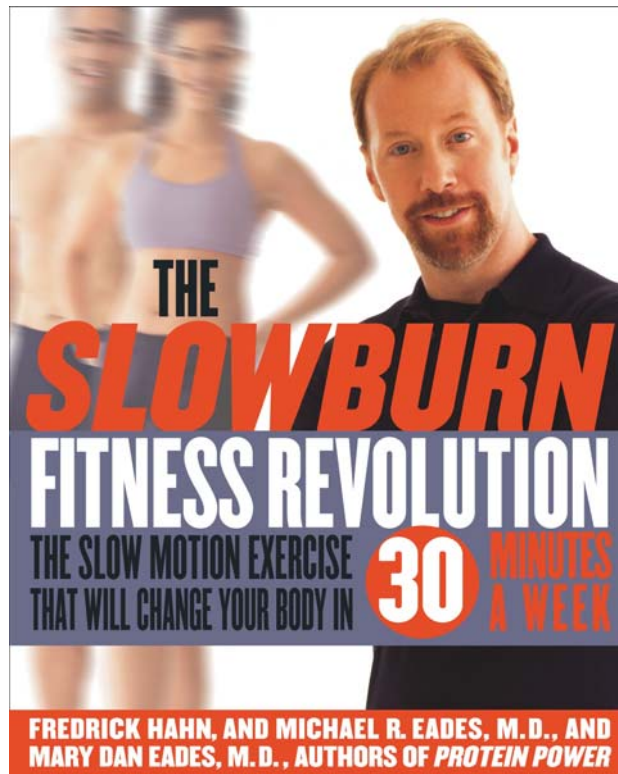


Slow Burn™

The Quick Fix to Fitness

By Fredrick Hahn,
co-author of

The Slow Burn Fitness Revolution



Available wherever books are sold.

*Please email me to let know how you like the
program – I care!*

Did you know...

- ≡ *All adults past 30 years of age lose muscle at a rate of approximately half pound per year no matter how active they are? Muscle loss is the main reason we feel weaker and frail as we age.*
- ≡ *Only strength training can halt and reverse muscle loss and how you do it makes all the difference.*
- ≡ *Strength training offers all the health benefits of aerobics and a lot more.*
- ≡ *Science indicates that only 2 weekly half hour strength training sessions are required to obtain all the benefits that resistance training can bestow.*

- ⇒ *Slow Burn training improves strength 50% better than traditional methods and is easy to do for anyone including seniors..*

- ⇒ *Children as young as 6 years old benefit greatly from resistance training and actually get better fat loss and fitness benefits than from physical activity!*

- ⇒ *Aerobic exercise has little effect on fat loss – what and how much we eat and adding lean tissue is the answer to losing fat.*

Information Overload

Today's fast paced and often confusing world has us reeling with more information that we can possibly handle.

There seems to be no end to the wide array of fitness programs being offered. Somehow along the way confusion and poor choices, both in terms of exercise and diet, has caused an epidemic in obesity, diabetes, back pain and other age-related physical problems.

Slow Burn is Different

Time is now for you to take control and use my sound, simple principles to dramatically improve your health and well being. It's easy, fast, simple and highly effective.

A word that means everything means nothing

Richard Mitchell, the Underground Grammarian was right. (At least I think it was Mitchell who said it!)

And it came to me in a flash one day that most people are of the belief that any exercise they do is as good as the other. For most people, exercise can be anything!

*There truly is a widespread misconception that as long as an activity is, well, **active**, it's doing the job.*

Exercise has many meanings. You can do an exercise in mathematics, an exercise in piano class or go out and hit the treadmill. There are also exercises in futility (which hitting the treadmill pretty much is).

"A word that means everything means nothing."

What most people don't realize is the actual problem that exercise is supposed to fix. I mean, if you had to hammer a nail into the wall to hang up a picture of Grandma, would you use a wrench? (Well, some people might I suppose.)

No. You'd reach for a hammer - and the right hammer at that.

You wouldn't grab a roofer's hammer



or a mason's hammer



You'd pick a regular old hammer



to do it right.

When it comes to exercise, people in their innocent ignorance pick the wrong tool for the job. I am completely convinced this is because most of you don't know what the job is!

Well I'll tell you - your job is to stop the loss of and rebuild your muscle tissue. In doing so you reap every reward exercise can bestow.

Yoga can't do this. Neither can Pilates (the way it's usually performed) or golf or jogging or tennis or swimming or hiking or biking or...

You get the idea.

I wish it were so. I wish a lovely stroll in the park or a pleasant bike ride 'round the park did the trick.

*Fun, pleasant and enjoyable activities are the wrong tools for **this particular job**. A job that desperately needs to be accomplished by everyone.*

The tool that we all need is strength training. And when that right tool is used for the right job, you can enjoy the resulting outcomes.

If you really love Yoga, if you adore a stroll with your loved one, if you live for tennis or golf, do yourself a huge favor and spend a mere 30 minutes a week adding strength training into your lives.

But what kind of strength training should you do? You'll find out in a minute!

Before beginning Slow Burn a few points:

1. Consistency & Patience

A quick thought for you while on your way to improved health, fat loss, fitness and just about anything else for that matter.

Stay consistent. Be patient.

Slow and steady wins the race. Don't try and do it all at once. You'll go into overwhelm and quit.

George Ford said: *Some self-confronting questions: "Where do I want to be at any given time?" "How am I going to get there?" "What do I have to do to get myself from where I am to where I want to be?"... "What's the first, small step I can take to get moving?"*

Small steps. Very important.

These help us stay consistent. Start by taking a step, any step in the right direction. Stay the course. Over time you will be amazed at the differences consistency can make.

One important step is strength training. Do it my way or some other safe and productive way but DO IT. Stick to it once a week. Over time, grow to twice if you can.

Little by little you will see changes that motivate you. Then, as this becomes habit, start eating healthier. Avoid refined sugar to start. Just that.

As this becomes habit, decrease smoking or alcohol or some other habit you know to be bad.

One step at a time and keep the steps coming.

*Patience is a necessary ingredient of genius. -
Benjamin Disraeli*

OK - Here we go!

The “How To” of Slow Burn Strength Training

***Before starting any exercise program, make sure
you have a full physical exam. Check with your
doctor to see if this program is right for you.***

Safety First - Why Slower is Safer

*“Speed Kills” as the saying goes. But why? Speed
kills because excessive speed causes excessive force.*

*Excessive force is the primary cause of injury in
weight lifting as well as in any other form of activity
or situation. As discovered by Sir Isaac Newton
several hundred years ago, force is the product of
mass multiplied by acceleration ($F=ma$). This is
denoted the acceleration law.*

*Strength training or any other form of exercise using
fast, explosive type techniques such as plyometrics,*

Olympic lifting, Tai Bo, etc., where movement is very fast and sudden, is potentially very dangerous. But very few people think about this until it's too late.

Most people are afraid of using too much weight when we strength train but fail to realize that any slight amount of weight lifted too quickly can cause injury.

Go for a motorcycle ride without your helmet. At 60 miles an hour if a fly hits you right between the eyes, though it weighs a mere fraction of an ounce, the impact is hard enough to be very painful.

Regardless of the exercise, each repetition (the act of lifting and lowering a given resistance one time) should be executed extremely slowly.

Most important is the initial inch of the movement.

It should take you 2-3 seconds to move the weight or resistance the first inch! The weight should never be jerked or snatched. This type of weight lifting is called power or Olympic lifting and is best left to the Olympians.

We do not need to demonstrate power in the gym in order to develop strength. This is a very important

*rule to remember. Exceptions aside, people get injured because of their **behavior** when lifting weights.*

So to minimize force, hence the chance of injury, always start slowly, alter directions smoothly and when the exercise is finished, stop and rest your muscles gradually.

Effectiveness: Why Slower is Better

We have discussed why lifting weights slower is safer. Now we will discover why it is more effective.

*An example: you are trying to push your stalled car off the side of the road. As your friend steers, you push with all your might to get the car rolling. As soon as you manage to get momentum on your side the effort becomes easier and easier. At what point was your effort most intense? **When momentum was absent.***

In strength training momentum is our enemy not just for safety reasons, but also for reasons of effective muscular work. The more momentum, the less work your muscles are doing at any given point in the exercise. As in the above example, though lifting weights quickly is a more efficient way of getting the

job done, it is a less effective way of making your muscles stronger.

In order to develop our muscular strength to the greatest degree, we want to minimize momentum as much as possible thus increasing the intensity of muscular effort.

Why slower is also more efficient

A sentence ago I said that efficiency is inferior to intensity. But is it possible to have both? When intensity is high, the total amount of exercise needed at each session and per week needs to be reduced so that your body can repair and rebuild. One of the biggest mistakes that people make when they exercise is that they use too little intensity and exercise too often.

*Most people are unaware that it is **the time between exercise sessions** when the body produces the benefits, assuming the exercise session was intense enough to cause benefits. Most people, especially busy people and people whose jobs are very active, should only strength train twice per week in order to receive optimal results.*

An analogy: *You go out into the summer sun with the goal of getting a deep suntan. The sun is very hot and*

requires minimal time in order for you to feel “cooked.” Too much exposure to a summer sun can cause sun poisoning. Too little will cause no change. A proper dosage, found by trial and error, is essential to obtaining a healthy tan without staying pale or getting burned to a crisp. It’s sort of like the story of the Three Bears. One porridge was too hot, one too cold, one just right.

Since studies have shown that a minimal amount of sets, reps, and exercises per session produce essentially the same results as multiples of the same, and since time is golden to most of us, don’t we want to discover the least amount of exercise necessary to produce the desired results? Of course!

Slow Burn Basics

OK, here we go. Basic recommendations for a safe, effective strength training program are as follows:

- *Strength train no more than three times per week.*
- *Perform approximately 6- 12 exercises per session.*
- *Perform only one set per exercise always to the point where no more repetitions are possible in good form. This is called muscular success!*
- *Train the body as a whole. Do not split up body parts, legs one day arms another.*

- *Rest a minimum of 2 days between sessions and no more than 4.*
- *Keep the routine the same as much as possible. (Remember, strength training is not for entertainment!)*
- *Keep accurate records of your weights, seat settings, reps and exercise order.*

Important note: Realize that not all people will respond exactly the same to the following information. Your genetic makeup will play an enormous role as to how strong, how muscular or how defined you can become. One person's idea of intensity may be vastly different from another's. Without proper supervision from a qualified instructor, it is impossible to say if you are using this information correctly. In addition, equipment varies greatly and, like automobiles, there are very good devices and pieces of junk. Most gyms outfit their training floor with the best deals they can make with the manufacturer, not necessarily the best equipment, regardless of what the manager tells you. The very best exercise equipment made today is rarely seen in commercial gyms.

How to begin:

Select an exercise.

- *Choose a resistance that allows for at least 3 complete repetitions and no more than 6. This means you want to be able to perform at least 60 seconds worth of work but no more than 90 seconds. If you are able to perform more than 6 repetitions (or more than 90 seconds) this means you have chosen a weight or resistance that is too light for best results.*
- *Slowly and smoothly raise the resistance in a minimum of 7 actual seconds.*
- *Lower it evenly and smoothly in a minimum of 7 actual seconds. (Try to keep the movement very smooth. No stops and starts.)*
- *Without relaxing the muscles involved, reverse direction and smoothly raise the resistance again, continuing this "oval" until you are unable to complete the raising portion of a given repetition in good form. This is what we call reaching muscle success!!*

- *Once you reach this point of momentary muscular success continue to try and raise the weight for several more seconds. It might just go. As the muscular discomfort grows strong, don't quit. Avoid suddenly "shutting off the switch" and dropping or letting the weight lower. Keep at it. Once it is clear that you cannot continue to raise the weight in good form, ease the weights to the bottom and gently unload your muscles. Move to your next exercise right away or when your breathing has returned to normal.*
- *Once 6 or more reps can be performed (or more than 120 seconds), increase the resistance by 2-5 percent -- not pounds! Keep weight increases very small.*

Sample routine:

1. Hip abduction (alternate with hip adduction)



2. Squats or Leg press



3. Front grip pull-downs (palms facing you, shoulder wide grip)



4. Lower back extension



5. Chest press or push ups



6. Heel raises



7. Rows



8. Abdominal flexion (crunches)



Safety Concerns

- ‡ *Breathe freely at all times. Do not hold your breath for any reason. This keeps blood pressure normal.*
- ‡ *Keep your hands loose whenever possible. Do not grip your hands tightly.*
- ‡ *Relax your face and jaw and keep a steady head/neck position. Don't crane your neck backwards or twist it side to side.*
- ‡ *Dress cool so that you don't overheat. Sweating is a sign of overheating.*
- ‡ *Concentrate at all times. Do the exercises when the gym is quiet if possible or at home when the kids are at school.*

‡ *Always favor form and control over repetitions or the amount of weight you lift.*

‡ *If you experience a headache while exercising, stop and rest until the headache goes away completely.*

General Helpful Hints and Tips

‡ *When your muscles feel a burning sensation during the exercises this is not bad or an indication to stop. Continue the exercise until you truly cannot continue movement in good, slow, careful form. This ensures that you have reached a level of intensity that will stimulate strength increases.*

‡ *However, if you feel pain in your joints, this is an indication that something is amiss. You should stop the exercise and seek the advice of a physician.*

‡ *Do not rush from exercise to exercise. After performing an exercise, wait until you feel absolutely ready to give the next exercise your all. You shouldn't be out of breath when you start the next exercise*

- ‡ *Aerobic exercise will not augment strength gains. Though many say it happens, I have never witnessed conventional aerobic training augment a person's muscular strength when added to a sound strength training program. I have, however, seen it deplete strength and set people back weeks, even months in their leg training. Strength training will however augment aerobic training if you choose and enjoy aerobic workouts.*
- ‡ *Alternate upper and lower body exercises during the session. This helps give ample recovery to the previous body part worked. Example: Pushups followed by squats, followed by rows, followed by calf raises, etc. But it does not have to work this way. You may do the exercises as you wish.*
- ‡ *Train twice per week or a bit less (under normal healthy circumstances). Do not wait longer than a week to train again. Keep in mind that experimentation is key.*
- ‡ *Eat the proper amount of calories for the bodyweight you wish to be and eat them as frequent small meals. Too few calories will not allow for optimum gains in muscle. If you are already lean, count to make sure you are eating the right amount for your weight and add ≈ 50 calories per week to*

increase muscle size. Stop increasing if you find that you are feeling thick around the middle or between your thighs. If you're over fat, eat less but don't go fewer than 1200 calories per day if you are a woman and don't go under 1500 per day if you are a man. Try to eat 5-7 times a day.

‡ *Make sure your protein intake is adequate. You can't grow muscle from nothing! Sixty grams per day for a woman, eighty for a man minimum! Have protein at each feeding. Fish, meats, eggs, poultry, cottage cheese, nuts are all good sources of protein.*

‡ *Avoid eating starchy carbohydrates. Everyone interested in becoming as strong and as healthy as possible should read *The Slow Burn Fitness Revolution and Protein Power* by Michael and Mary Dan Eades.*

‡ *Drink at least a gallon of cool water every day!*

‡ *Get 8 hours of sound sleep each night.*

‡ *Your training session should end once your energy level begins to suffer. Stay in touch with how you feel. When it comes to this there is no other way to tell other than by feeling. I find that once I get to seven or eight exercises I start to fade in*

concentration. This is when my attention to form may also fade. For you it may be five or nine exercises. But in any case, stay tuned to how you are feeling.

For more detailed in depth information on Slow Burn including meal plans and more exercises, please purchase:

The Slow Burn Fitness Revolution

*by Fred Hahn
and Michael and MaryDan Eades, MD.*

*Please email Fred Hahn @
FHahn@seriousstrength.com for more information!*



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