

# THE ONE Minute WORKOUT



## Too good to be true?

Ever heard the expression "You can do anything for a minute?"

Well, according to a new study conducted by McMaster University in Hamilton, Ontario, you can now get fit with one minute of exercise. Sounds too good to be true, doesn't it.

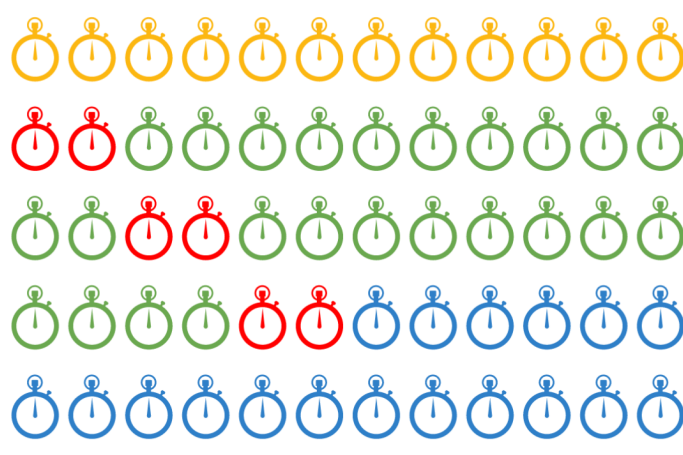
According to the study, it is true. But this is not the ideal way to get fit.

The New York Times recently broke down the study very well.

## The Study

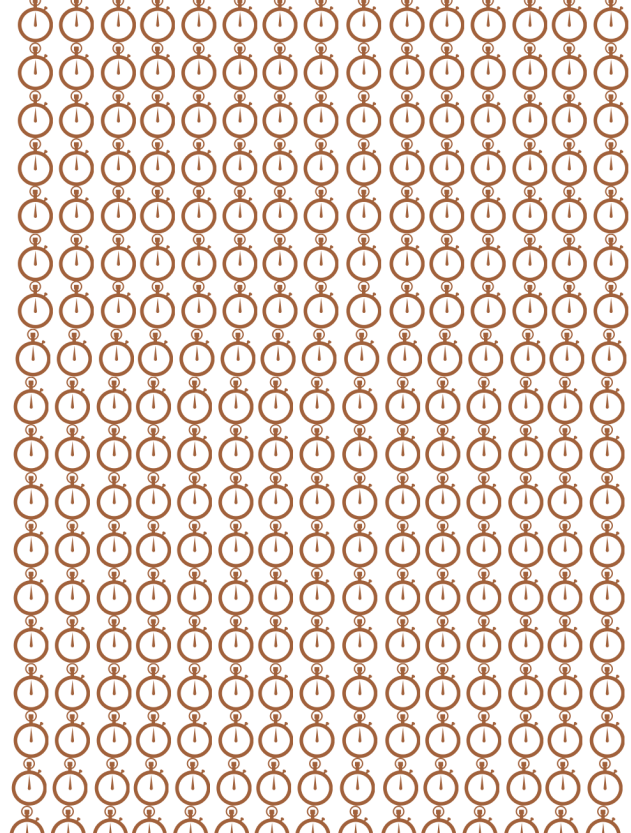
Each ⌚ = 10 seconds

### 10 Minutes Total \*\*



■ Warm Up (20%) ■ Sprint (3%) ■ Slow Pace (20%)  
■ Sprint (3%) ■ Slow Pace (20%) ■ Sprint (3%)  
■ Cool Down (30%)

### 45 Minutes Total



45 minutes of moderate exercise on a stationary bike

\*The study actually uncovered one-minute of intense, strenuous activity (Riding a stationary bike in this case), mixed in with a proper warm up, periods of active rest, and a proper cool down, can provide the same results as a moderate, 45-minute workout, when tested three times a week over a 12-week period.

\*\*The interval training group's stationary bike exercise went like this:

- Two-minute warmup
- 20-second sprint
- Two-minute slow slow pace ride
- 20-second sprint
- Two-minute slow pace ride
- 20-second sprint
- Three-minute cool down.

## So can I really only work out for one minute?

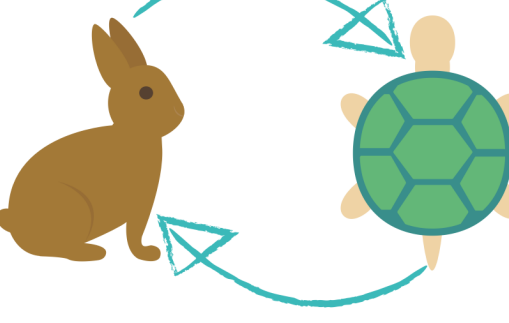
**Yes, but we don't recommend it.**

The findings help to tell the story that interval training, and particularly high intensity interval training (HIIT), can provide effective fitness results in far less time than moderate or even average intensity workouts.

Studies like this provide more science behind what type of results can be accomplished with a quality HIIT workout.

One of the most important pieces to this study is the active rest the interval training group did between sprints.

### Intervals are about slow and fast, not stop and go



By staying active—basically just not being inactive—your heart rate will never truly drop to its resting rate.

Because of that, the participants are actually able to reach a higher heart rate during the 20-second sprint.

The higher the heart rate they can hit during their sprint, the more carbs and fat that can be burned.



## Get Fit With HIIT

**What's the best workout then?**



FIT36® classes are 36-minutes of HIIT that will train your whole body thanks to a quality mix of movements.

So rather than a few 20-second sprints on a bike, we give you 12 different stations that you will work for one-minute each. Then you take a 30-second rest and on to the next one.

Do that circuit twice for your 36-minute class. The FIT36® workout is a 2:1 work-to-rest ratio, which according to the Journal of Strength and Conditioning is the optimal work-to-rest HIIT ratio.



Your heart rate gets into carb and fat burning zones, and will stay there for the majority of the 36-minute workout.

Additionally, because the workout is only 36 minutes, your body will not burn muscle, but rather build muscle. Longer HIIT classes will burn, fat, carbs and muscle. That's not cool.

## What if I only have a few minutes?

**Try this if you are in a pinch and need a 10-minute burn:**

Two-minute full-body warmup consisting of: 20 jumping jacks, 10 body-weight squats and 10-leg kicks (each leg). Repeat if needed to reach two-minutes

2:00



:20

20-seconds of burpees

Two-minute wall sit

2:00



:20

20-seconds of squat jumps

Two-minute plank

2:00



:20

20-seconds of burpees

Three minute cooldown/stretch: 10 jumping jacks, 10 body-weight squats, alternating slow lunges, stretch of choice to finish three minutes

3:00



## You did it!

### SOURCES

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