

Peak 8 Fitness

What is Peak 8 Fitness? Peak 8 Fitness, in a nutshell, is a way of exercising in the style of interval training. It involves exercising and reaching your anaerobic threshold 8 times. This may be less, depending on your fitness level, which is ok! You will gain all of the benefits doing the number of intervals your body can handle. For some people this means they begin with just 1 or 2 intervals and working their way up gradually.

What are the benefits of the Peak 8 Fitness program?

There are several but a few may include:

- Lowering of body fat
- Dramatically improves muscle tone
- Improves athletic speed and performance
- Allows you to achieve your fitness goals much faster
- Floods the body with growth hormone which can:
 - Reduce wrinkles
 - Firm skin
 - Helps facilitate the body's natural anabolic processes

What is anaerobic threshold, and how do I figure out what mine is?

Anaerobic Threshold defines the upper limit of exercise intensity that can be sustained aerobically. The anaerobic threshold is attained during more intense exercise.

A very simply method for estimating the anaerobic threshold is to assume anaerobic threshold occurs at 85-90% maximum heart rate which is estimated by using the formula $220 - \text{age}$. If you are just beginning an exercise routine this number may be too high for you. It is best to consult with your doctor to determine the number that is best for you to work at, especially if you are just beginning an exercise routine.

How to Properly Perform Peak Fitness Exercises

You can perform Peak 8 with any type of exercise. While having access to a gym or exercise equipment will provide you with a larger variety of options, you don't require either. You can easily perform this by walking or running on flat ground.

You will certainly want to work your way up to this point, but ultimately you want to exercise vigorously enough so you reach your anaerobic threshold as this is where the "magic" happens that will trigger your growth hormone release.

Whatever activity you choose, by the end of your 30 second period you will want to reach these markers:

- It will be relatively hard to breathe and talk because you are in oxygen debt
- You will start to sweat profusely. Typically this occurs in the second or third repetition unless you have a thyroid issue and don't sweat much normally.

- Your body temperature will rise
- Lactic acid increases and you will feel a muscle "burn"

If you are using cardio equipment like an elliptical or bike, you don't need to reach any "magical" speed. It's highly individual, based on your current level of fitness. But you know you're doing it right when you're exerting yourself to the point of typically gasping for breath, after a short burst of activity.

An added boon is that you'll save a tremendous amount of time because peak fitness will cut your hour-long cardio workout down to a total of 20 minutes or so, including your recovery time, warm-up and cool down.

The actual sprinting, or peak totals are only 4 minutes!

Here's what a typical peak fitness routine might look like using a recumbent bike:

1. Warm up for three minutes
2. Exercise as hard and fast as you can for 30 seconds. You should feel like you couldn't possibly go on another few seconds
3. Recover for 90 seconds
4. Repeat the high intensity exercise and recovery 7 more times

Be mindful of your current fitness level and don't overdo it when you first start out.

Dietary Recommendations to Maximize Growth Hormone Release

To maximize your growth hormone release you need to:

- Get a good night's sleep
- Avoid a high fat meal prior to exercising
- Drink plenty of water
- Eat healthy carbs (think vegetables) and high quality protein
- Optimize your vitamin D levels
- Avoid sugar, especially fructose

The last part is absolutely crucial.

If you consume sugar or fructose, especially within two hours post-exercise, you will increase somatostatin which will in turn obliterate the production of growth hormone!

This is yet another example of why gulping down sports drinks that are chockfull of high fructose corn syrup can do your body more harm than good!

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