

BP10 MOVE RIGHT MOVING INTENSITY

BP10



Perfect Practice = doing the same 'right' thing over and over again.

10 Weeks – Never exceed your DTI (Default Training Intensity – highest training intensity).

Calculating your DTI – use the formula, then use a heart rate monitor, or, simply employ the perceived rate of exertion chart.

Burn Fat not Sugar = DTI training!

DTI [Default Training Intensity] – the highest or hardest rate of exertion over the 10 weeks.

This will happen	Which means
☉ Stronger heart muscle fibres!	☉ Hello, my ideal living weight!
☉ Flexible & stronger blood vessels.	☉ G'bye frustration with the boofhead in accounts.
☉ Increased generation of more blood vessels.	☉ I'm waking freshly and beating my alarm!
☉ Greater upload of precious oxygen.	☉ I haven't had a cold for.....I can't remember.
☉ Better shuttling of inflammation.	☉ I'm looking forward to my next session.
☉ Healthy maintenance of immune strength.	☉ I forgot I had that annoying niggle in my knee.
☉ Hormonal balance (including sex hormones).	☉ My battery is still loaded arriving home.

Calculate your DTI!

Lifestyle Analysis Method (LAM)

What you need: An honest sense of your lifestyle & health.

Purpose: Determine your Default Training Intensity (DTI) presented in Heart Rate Beats per Minute.

Questions

a) 183 minus your Age = (This is your Heart Rate in Beats per Minute)

b) If you've suffered major illness within the last five years; minus 6 =

c) You've been largely sedentary over the past two years; minus 3 =

d) You have suffered more than one cold & flu over the past 12 months; minus 2 =

e) You are challenged regularly with muscle or joint inflammatory conditions; minus 3 =

f) You know you're currently challenged with lifestyle stress; minus 3 =

g) You've been largely healthy for two years; add 5 =

h) You've exercised regularly for three years; add 3 = (This number, your HR, is your DTI)

What is your DTI, in heart rate beats per minute? =

Your Zone: From 10 beats lower up to your DTI. Eg. 122-132bpm.

*****Every training session within this range! No harder!**

Don't own a heart rate monitor?

The result of 'your' 65-75% of your max sustainable effort!

How your DTI should feel!	Post DTI workout feeling!	Signs it's working?
You can talk, easily, when training.	Knowing you could keep going.	Ideal food choices appeal.
Your [good] form is never challenged.	Low, sugar, and, or, alcohol cravings.	You're led to your 'best' weight.
Your breathing is even and controlled.	You sleep soundly.	You're moving faster at your DTI.
No body parts hurt.	Loads of lifestyle energy.	You're free of injury & illness.
You could work harder if required.	You're tolerant of boofheads.	You're psyched for your next session.

You can expect the following should you press over your DTI!

1. Hunger (for sugar) becomes uncontrollable.
2. Inflammatory joint or tendon niggles.
3. Prevent quality sleep.
4. Leave a bad, and sabotaging memory of how exercise should feel.
5. You'll gain weight - yep, you'll most likely gain weight.

DTI is KING!