

REBOOT#5

The MET TEST & the 3.75% result.

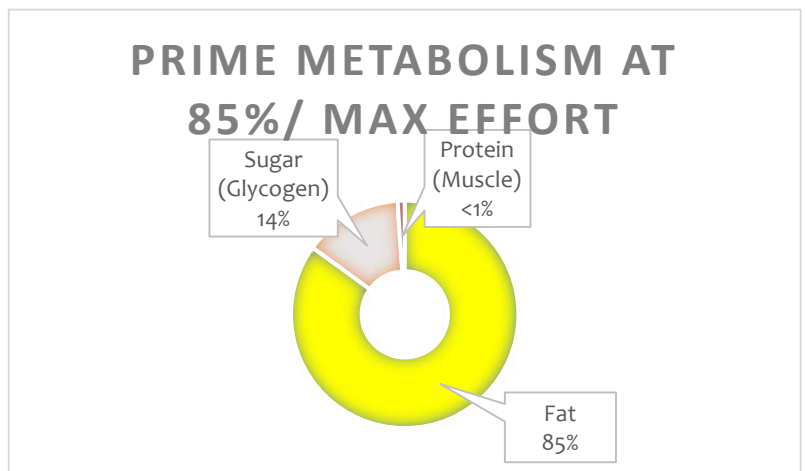
Fat Adaptation: your metabolism favours burning stored fat as the dominant fuel source when resting and exercising up to 75% of your maximum sustainable effort.

Some fat-adaptation benefits include: Sustains ideal weight, lowers inflammation, faster recovery from exercise, improved cognitive function, and improved sleeping patterns.

Anybody can practice the MET TEST.

The Reboot MET TEST is a heart-rate based repeatable test confirming your fat-burning efficiency.

Improving your Reboot MET TEST (a Timetrial) by 3.75% > (in time) will confirm efficient fat-burning and excellent aerobic cellular health.



Here are the results from fat adaptation.

1. The Obvious – when fat loss be desired.

- ✓ Scale weight & testing via a calibrated Bioimpedance Body Fat% Scanner will lower – after Day 15 of the Reboot.
- ✓ Loose clothing – e.g. belt notches will show.
- ✓ Comments from your friends – typically, most people will lose weight around their face first.

2. The Key Physiological Markers.

- ✓ Lowering Blood Pressure – Particularly the top reading, the Systolic pressure. Sub 125 is ideal.
- ✓ Lowering HbA1c Blood Glucose. 4.6 – 5.1% is ideal.
- ✓ A higher Heart Rate Variability (HRV) Stress Test. 60>/100 is normal.

3. Behavioural Changes.

- ✓ Little interest for sweeter sugary food.
- ✓ Longer satiation between meals.
- ✓ Improved endurance – mentally & physically.
- ✓ Increased tolerance.
- ✓ Best sleeping recovery.

And,

4. The Reboot MET TEST.

How it works!

1. Determine your DTI (Default Training Intensity) – Calculation made via The 3 Key Components – Reboot#5 Program link), or a blood lactate test will offer up DTI accuracy.
2. Your DTI is your HR ceiling – you will not press over this intensity in HR beats per minute.
3. Ideally, a Heart Rate Monitor is best – a chest strap pick up is still the gold standard.
4. Design a repeatable MET TEST – see BP'S video and MET TEST example below.

E.g.

- Design an 'out and back' uninterrupted and relatively flat course.
- The distance is irrelevant, but your first test will have you finishing within 20-40 minutes.
- Your mode is also irrelevant: Walking, Running, Riding (Stationary is best – see video), X-Trainer, Swim, Row etc.
- Define the test start and finish. An uninterrupted test is best, e.g. no stopping a traffic lights.
- The test must be repeatable, and ideally, the follow-up test performed at the same time of the day.
- Warm-up for 2-3 minutes, elevating your HR to 'about' 10 HR beats below your DTI.
- Start your stopwatch and finish the course as 'fast' as possible – BUT - **never exceed your DTI.**
- Police your DTI to the finish – BUT push as close to your DTI as possible.
- You will slow or ease up if you press over your DTI.
- Stop your stopwatch at the finish line and note the time.

Re-testing is best weekly.

Note:

- ✓ You will likely be frustrated in your first few tests – your HR will typically pop up quickly, causing you to slow or stop. This is somewhat annoying when starting.

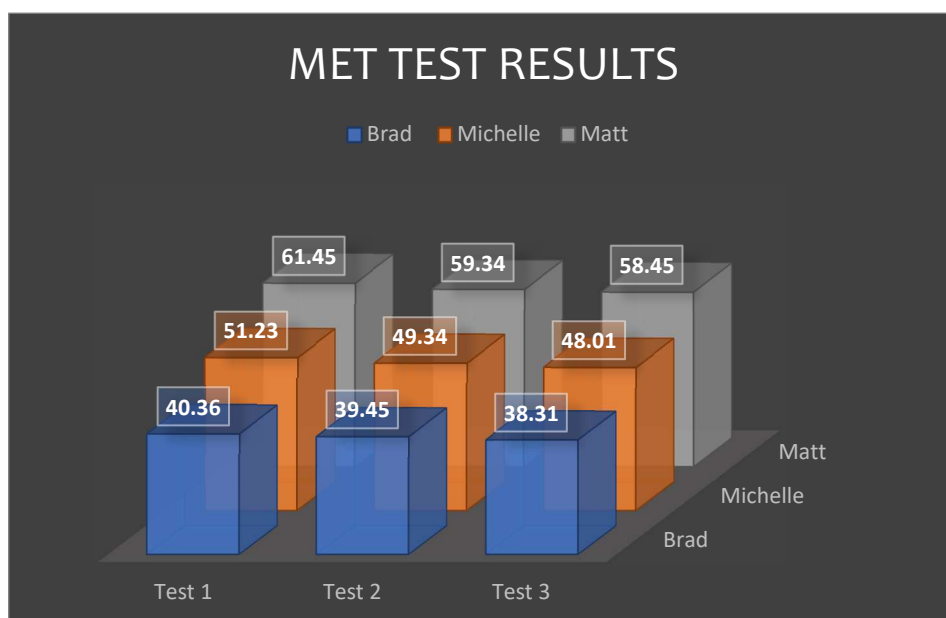
- ✓ Be patient and allow your aerobic fat-burning adaptation the chance to work. It will.

The Key Result.

When you improve your test by 3.75% from your starting test, you burn stored fat most efficiently. Weight loss is significant when registering a 3.75% improvement (for those with weight to lose).

See below.

- Note the improvement – the faster finishing time at the ‘**same**’ DTI over a 4-8 Week period.
- Again – the Course remains the same and the DTI remains the same.
- However, with faster finishing times, you force your body into favouring and in most cases losing, body fat.



Why does this happen?

- ✓ The uptake, transport and utilisation of oxygen at a cellular level improves.
- ✓ Stored fat needs oxygen to burn.
- ✓ The more O₂, the better.
- ✓ Typically, form, breathing efficiency, thermoregulation also improves and supports best fat burning.
- ✓ Ketosis improves.

Know your DTI, define your test, reboot, re-test, 3.75% is key.

The Two Factors making this happen.

1. The Reboot#5 Food Principles.
2. Exercise lots at **'your'** DTI.