

## The DTI (Exercise) Laws

*We are re-programming your metabolism towards favouring stored fat as your preferred fuel source as opposed to sugar.*

The more you exercise holding your DTI (Default Training Intensity) throughout the reboot#5 program, the better.

The prime focus of DTI effort is improving your efficiency of favouring stored and mostly unnecessary body fat.



- ✓ DTI Exercise,
- ✓ Lower Carb food choices,
- ✓ Mental stress management, and
- ✓ Quality sleep,

Drive ketosis and your optimum fat-burning metabolism.

**In short:** Choose a rhythmic & continuous movement while increasing your intensity towards a conversational pace. Hold this somewhat comfortable effort until you finish.

Avoid what you consider a 'hard' intensity for the reboot#5 program – even if you feel capable.

DTI Benefits you can expect.	The typical result when pushing over your DTI before adaptation.
<ul style="list-style-type: none"><li>• Weight (fat) loss - prompts stored fat as the primary fuel source.</li><li>• Hunger suppression – a boost in the hormone leptin.</li><li>• Healthy mindset – an increase in dopamine &amp; serotonin.</li><li>• Optimum sleep – balance the circadian rhythm.</li><li>• Bolster immune strength - lowering inflammation.</li><li>• Improve functional health - lower the risk of injury and raise exercise motivation.</li></ul>	<ul style="list-style-type: none"><li>• Weight plateau – favours sugar (glycogen) as the dominant fuel source.</li><li>• A boost in appetite – a spike in the hormone ghrelin.</li><li>• Sugar cravings – particularly later at night.</li><li>• Adds to lifestyle stress hormones – namely; cortisol.</li><li>• Increases body temperature which can disrupt sleep patterns.</li><li>• Increases the risk of upper respiratory illness.</li><li>• Harder re-balancing ideal hydration.</li></ul>

### DTI (Default Training Intensity) Calculations FYI

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

b) If you've suffered significant 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 are challenged with lifestyle stress; minus 3 =

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

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

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

### **When can you tolerate 'thumping' exercise intensity?**

- After the Reboot, at least,
- Good health for 2 years,
- Training consistently for 2 years,
- Pretty close to your ideal weight,
- Good mental health counter-balance.