

THE 20 MINUTE SLOW-INTENSITY WORKOUT



All You
Need Is Two
Twenty Minute
Sessions a
Week

As if your day wasn't busy enough, the thought of driving to the gym, waiting for equipment, hoping your exercise technique is correct, then driving home and showering makes a consistent workout routine seem like a full time job. That's where Kristin Fergasse, owner of BodyQuest Fitness, comes in. She has designed the 20 Minute Slow-Intensity Program for people who want to create a strong, lean body in the safest way possible while taking up only 40 minutes of your week.

BodyQuest Fitness is strictly a one-on-one training facility, dedicated to helping you reach your goals. The entire climate controlled, distraction free studio is yours for the duration of your session. No waiting for machines, no sweaty equipment to wipe off and best of all, you will never work out in a crowded gym again!

The 20 Minute Slow-Intensity Workout is a specialized program of high-intensity, low force weight lifting at

very slow speeds. It allows for an even application of resistance by eliminating the momentum and forcing the muscles to do all of the work, thus improving overall strength and endurance. Additionally, decreasing the momentum in an exercise significantly reduces the possibility of injury.

Once a session at BodyQuest begins, you are taken through six to ten muscle specific exercises on new Nautilus Nitro Plus machines. Each repetition takes 10 seconds to lift the weight and another 10 seconds to lower the weight until it is absolutely impossible to move the weight any longer. This is when muscle fatigue occurs, and that is the goal of every exercise. After 60-90 seconds of defying the urge to stop, a trainer encourages you to sustain the weight for an additional ten seconds. This ensures the muscle has been thoroughly exhausted, and begins to turn your body into the fat burning, lean muscle machine you always wanted!



Kathy Ailes came to BodyQuest in search of an alternative to high-impact aerobics. The stress of running was deteriorating her knees, and the aerobics classes only made it worse. Kathy recalls, "I knew lifting weights helps to build muscle, and liked the idea of not having to run anymore, but all the equipment and crowded gyms left me feeling intimidated and unsure." After seeing an episode of 48 hours that profiled slow motion resistance training, Kathy was convinced if Barbara Walters could lift weights, so could she. She started her two 20 minute sessions per week and is



enjoying all the benefits. "My knees feel great, I've lost inches and pounds all over my body, and I no longer feel like I have to run to keep in great shape!"

For decades, Americans have been bombarded with the notion that aerobics is the key to a healthier life. People are now realizing the stress and harm we inflict on our bodies from all this high force activity. Remember, low-impact does NOT mean low force! So why is aerobics not the solution? Aerobics is typically a low to moderate, long duration exercise. While you may burn a small amount of calories during the aerobic exercise, once you've stopped, so has your body's ability to burn any additional calories. According to an interview with Wayne L. Westcott, Ph.D., C.S.C.S., best selling fitness author and a strength training consultant, "if you replace about three pounds of muscle, you will increase your metabolic rate by about 7%, which reverses about 14 years of the aging process."

Many people associate lifting weights with getting big and bulky, when in fact very few people have the genetics to gain massive amounts of muscle, even if they tried. One popular myth is that lifting light weights with many repetitions "tones" the body. This is absolutely incorrect. The body is incapable of change and fat loss if it is not challenged. Resistance training not only speeds up your metabolism and helps you lose the unwanted body fat, but it also burns calories more efficiently, even while you sleep!

Dave Picinich was looking for a way to get fit during his 80-hour work week. "I was getting frustrated with only going to the gym once or twice every 2 weeks and not seeing the results I wanted. It felt like it was waste of time." Dave read an article in BusinessWeek about slow cadence weight training. It explained how taking the momentum out of the range of motion helps build muscle more efficiently and it takes only 20-30 minutes a week. "The brief, demanding workouts are great!" Dave explains. "I really have to push myself, but having a trainer to help encourage me through it makes all the difference!" As a result of his weekly visits to BodyQuest, Dave lost 3 inches in his waist, increased his upper body strength by 28 percent and now has the stamina and energy to keep up with his hectic work schedule.

bodyQuest
FITNESS
20 Minute Slow-Intensity™ Workout

BodyQuest Fitness is located at:
731 S. Hwy 101, Ste 1D
in Solana Beach.

Call and reserve your space for a free
initial consultation and workout today.

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