

Elliptical Trainer Superset

I designed this program nearly ten years ago, based on research done in Japan by Izumi Tabata. It has been used successfully by most of the athletes we have trained.

- Step onto trainer, and begin striding
- Set to Quick Start – make no adjustments to Ramp
- Set Resistance at minimum 10 or 12. If you weigh over 200lbs., set to 12 to 13. You should feel you are moving against resistance, but not too much.
- Increase Stride Rate to between 150 and 160, and maintain this rate
- At the 3 minute, 45 second mark, increase Resistance by 2 – from 10 increase to 12, or from 12 increase to 14 for example
- At the 4-minute mark increase Stride Rate to 200 to 230 range, maintain for 30 seconds, and then drop back to original rate of 150 to 160 for 30 seconds
- Repeat on the minute mark for a total of 6 intervals, then cool down, by reducing Resistance to Start setting, decrease Stride Rate to 140-150, and finish at the 12-minute mark

This is a hands-free, high intensity, exercise. The unstable environment created by going hands-free increases in-exercise caloric demand by 30%. Pump your arms as though you were running. Focus on activating your core. Move from the hips, keeping your upper body very stable.

Tabata's research demonstrated that high intensity interval training involves the use of your body's anaerobic energy system, providing enormous increases in VO2 max along with improved endurance, and elevates metabolism and caloric demand for up to 6 to 8 hours following completion of the exercise.

Nearly every sport is comprised of a series of sprints. The fact is, you should “train how you play.” So, long distance runs have no real value in improving performance, unless you're a distance runner.

Several modalities may be used for interval exercise; bicycling, swimming, treadmill, etc. However, in my view, none have the same neurological demand on balance and stability.

In addition, the elliptical trainer is also zero-impact exercise. I believe using this modality will help to prolong an athlete's career simply by reducing the cumulative trauma to the knees, ankles, and hips often associated with osteoarthritis, stress fractures, etc.

Finally, this program is only 12 minutes long. So, no excuses!

