

A composite image featuring a man on the left and a woman on the right, both in athletic wear and in a starting crouch on a track. The man is wearing a dark grey t-shirt and black shorts, while the woman is wearing a yellow tank top and black shorts. The background is a blurred indoor track with bright lights.

ALWAYS
EAT AFTER 7 PM

**EXERCISE
GUIDE**

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ALWAYS
EAT AFTER 7 PM

EXERCISE GUIDE

By Joel Marion, CISSN

ALWAYS EAT AFTER 7PM EXERCISE GUIDE

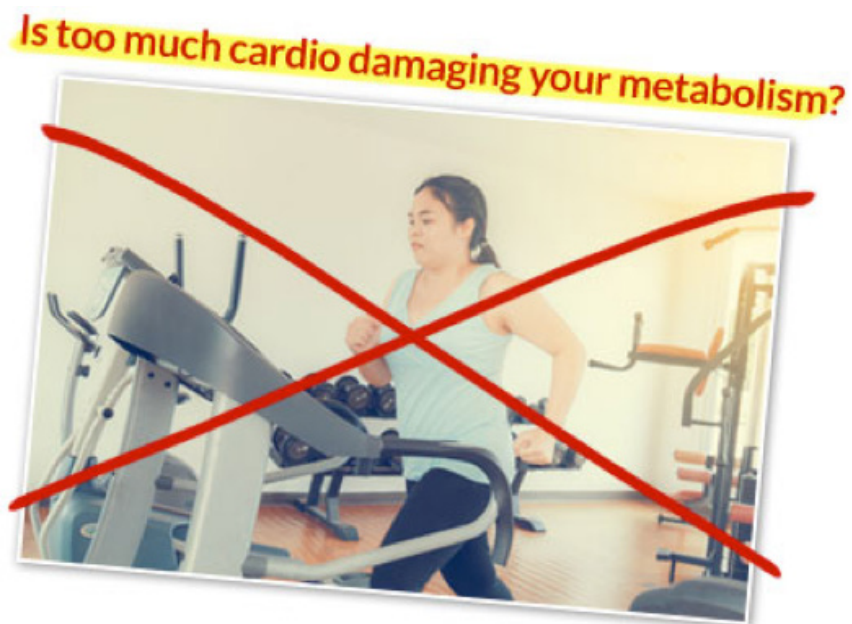
Welcome to the 15 Minute HIIT (High Intensity Interval Training) Solution!


If you scour the web for conventional exercise programs designed for rapid fat loss you'll quickly see that aerobic, long duration cardio sessions and circuit training are the preferred choice.

This presents several metabolic problems for the average person.

Research shows that long duration cardio sessions performed too frequently can damage your metabolism because they can:

- Shut down your thyroid gland (suppresses T4 to T3 conversion)²
- Increase cortisol (known as the “belly fat hormone”)³
- Raise levels of the free radicals (aging your body FASTER)⁴
- Increase cravings and hunger (causing you to eat more than you should)⁵





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Unless you're an endurance athlete there's absolutely NO reason for you to spend hours on end running or spinning in circles every week.

However, if you can spare 15 to 30 minutes a few days per week to walk briskly or do low intensity cardio it will only increase your results because it's NOT being overused.

This is recommended at one of two times... 1) After your 15 minute HIIT sessions to burn off free fatty acids present in the blood stream, which helps 'shrink' stubborn fat cells or 2) On its own 2-3 days per week on days you aren't performing 15 minute HIIT sessions.

Now let's quickly take a look at the science behind why Keto HIIT is a superior form of exercise and how it can burn more belly fat than traditional exercise in only 15 minutes 3x per week.

The Simple Science Behind 15 Minute HIIT

In case you didn't know, HIIT stands for:


High Intensity Interval Training

Here's how it works...

High-intensity interval training works by switching the body back and forth between LOW intensity aerobic activity and HIGH intensity anaerobic activity.

Aerobic simply means oxygen is present so the body can withstand much longer durations. Typical aerobic type of exercise is performed for 30 to 60 minutes for the recreational exerciser—and can extend all the way up to 3 hours at a time for a competitive endurance athlete.

Anaerobic means oxygen is NOT present so the body can only withstand short



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durations (typically 20 to 60 seconds at time) before having to rest and recover.

When you push yourself as hard as you can go based on your current condition using bodyweight movements or cardio-bursts it releases fat burning hormones called catecholamines.

I'll try to keep this as simple as possible for you, but this is something very important for you to understand.

Catecholamines are hormones released by the adrenal glands in response to these short, hard exercise bursts where they convert to dopamine, to norepinephrine, and eventually to epinephrine.

These hormones are part of the SNS (sympathetic nervous system), also known as your body's "fight or flight" response.

Think about the adrenaline rush you get when you almost get in a car accident or somebody scares the crap out of you at a haunted house.


HIIT training "mimics" this effect. And this is the metabolic pathway that forces your fat cells to release triacylglycerol into the blood stream where it is converted into 3 free fatty acids and a glycerol molecule.

These fatty acids are then delivered to working tissue (i.e. muscle) where they are burned for energy. **This is how a fat cell shrinks and you lose stubborn fat.**

In other words, these catecholamines coax your body to burn more stubborn body fat.

This type of protocol offers a host of other evidence-based benefits as well...

- They save you time and give you more bang for your buck.
- They lower insulin and dramatically increase Growth Hormone^{8,9} –both of which



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have very powerful weight loss and anti-aging benefits.

- They have the potential to increase your metabolic rate for 38 to 48 hours after doing just **one** 15 minute session.¹⁰⁻¹²

Pretty amazing. This is often referred to as the “after-burn” effect in the fitness industry. The scientific term for this effect is called **EPOC** which stands for Excess Post-Exercise Oxygen Consumption.

- They can increase focus and improve brain health.
- They’re one of the greatest stress relievers on planet Earth.
- This type of exercise has also been shown to increase blood flow for **faster fat loss in those hard-to-get-rid-of stubborn areas like lower abdomen fat.**

The blood flow created by these types of exercise bursts help the regulation of free fatty acid release from adipose tissue, which is typically very difficult to do with stubborn pockets of fat.

As you can see, the benefits of this approach go way beyond the scope of traditional cardio exercise or today’s most popular workouts but that doesn’t mean more is better.

IMPORTANT: Please don’t be an over-achiever and try doing this every day because it can cause adrenal fatigue and put you at risk for injury. There is a detailed exercise schedule to follow below.

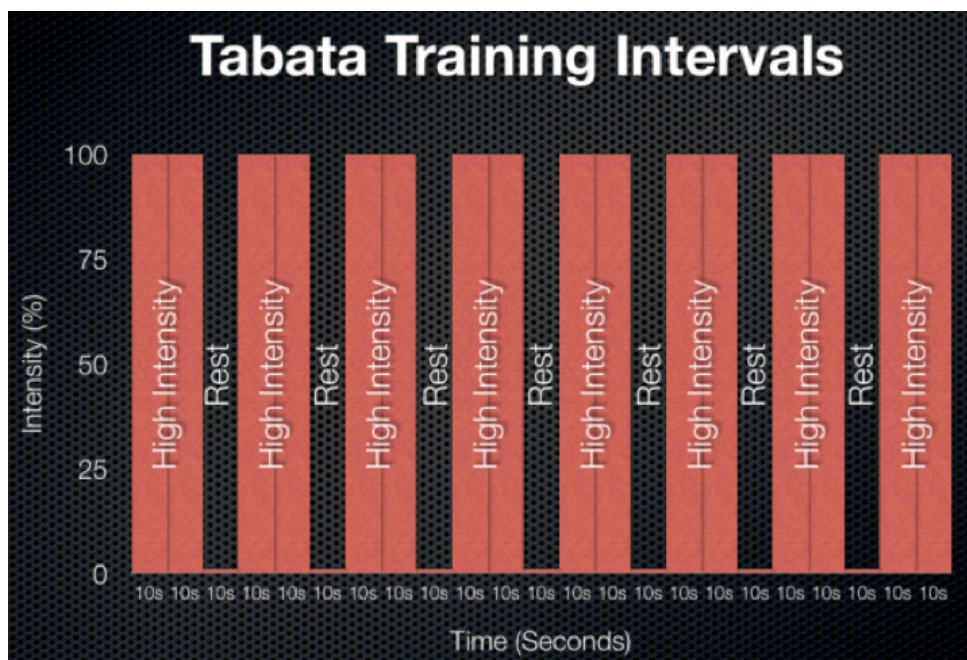
Always remember, exercise is just the “stimuli”.

The results occur while you rest and nourish. In other words, **nutrition and recovery is crucial in order for this protocol to work properly on your body.**

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The most popular evidence-based version using these types of high intensity exercise bursts is called the Tabata Protocol – named after the scientist who discovered them.

The Tabata HIIT Protocol



Here's the 15 minute Keto HIIT version of the Tabata protocol...

5 minute warm up

- The warm up is important for a few reasons. First, it lowers and stabilizes insulin. This is vital because it's nearly impossible to burn fat in the presence of insulin.
- Additionally, it warms up the muscles, which will prevent injury, and begin the process of creating more blood flow preparing the way for releasing fatty acids.

15 minute Tabata HIIT protocol

- Perform a high intensity exercise burst using bodyweight exercises or your favorite type of cardio (options below) for 20 seconds followed by only 10 seconds of rest.
- Repeat 10x for a total of 5 minutes.

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- Remember, you only get 10 seconds of rest between so pace yourself accordingly or it will be difficult to finish.
- Jog briskly or do some type of moderate intensity cardio for 10 minutes.

3-5 minute cool down (very important)

- Because the nature of this type of exercise tends to be very intense it's important to cool down for 3-5 minutes at a low to moderate intensity. This is beneficial for your heart and overall metabolic health.

The 30 Second Muscle Media HIIT Protocol

Next up is the original 30 second HIIT that was featured way back in day (before the internet existed) that was featured in Muscle Media magazine where it quickly gained popularity.

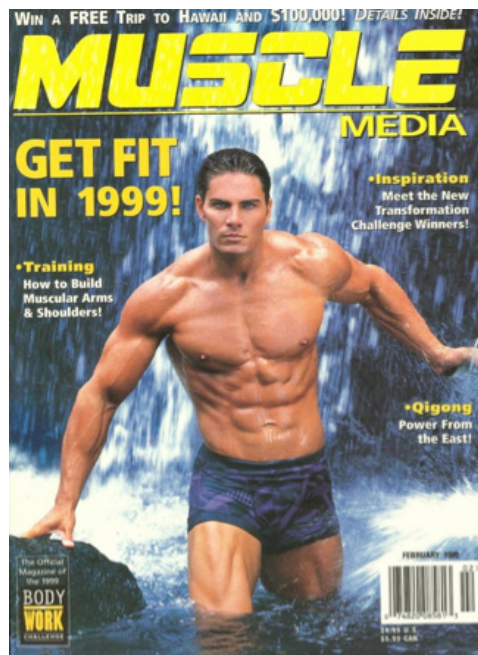
Man, I miss that magazine! It was always WAY ahead of the curve.


Here's the 15 minute Keto HIIT version of the protocol of the original Muscle Media version...

5 minute warm up

- Metabolic primer and insulin stabilizer
- Create blood flow, which will prevent injury and begin preparing the way for releasing of fat burning hormones

15 minute original Muscle Media HIIT protocol





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- Perform a high intensity exercise burst using bodyweight exercises or your favorite type of cardio (options below) for 30 seconds followed by 30 seconds of walking or recovery time.
- Repeat 10x for a total of 10 minutes
- Remember to pace yourself accordingly so you can finish all 10 minutes.
- Jog briskly or do some type of moderate intensity cardio for 5 minutes.

3-5 minute cool down (very important)

- Because the nature of this type of exercise tends to be very intense it's important to cool down for 3-5 minutes at a low to moderate intensity. This is beneficial for your heart and overall metabolic health.

60 Second Glycogen Depleting HIIT


The 3rd and final 15 minute Keto HIIT protocol is called 60 second glycogen depleting HIIT, which rapidly depletes stored energy from muscle and liver tissue (i.e. glycogen) making the way for more fat to be used as energy.

Additionally, because you're using a 2 to 3x longer exercise burst (60 seconds vs 20 or 30) the intensity will be slightly lower, but still MUCH higher than long duration-low intensity aerobic based cardio.

Furthermore, these 60 second exercise bursts help condition both the aerobic and anaerobic thresholds -- preventing weight loss plateaus by entering a different metabolic zone than the first two protocols.

5 minute warm up

- Metabolic primer and insulin stabilizer.
- Create blood flow, which will prevent injury and begin preparing the way for releasing of fat burning hormones.



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15 minute glycogen depleting HIIT protocol

- Perform a high intensity exercise burst using bodyweight exercises or your favorite type of cardio (options below) for 60 seconds followed by 60 seconds of low intensity cardio / recovery time.
- Repeat 5x for a total of 10 minutes.
- Remember to pace yourself accordingly so you can maintain a higher intensity than normal for the full 60 seconds on each interval.
- Jog briskly or do some type of moderate intensity cardio for 5 minutes.

3-5 minute cool down (very important)

- Because the nature of this type of exercise tends to be very intense it's important to cool down for 3-5 minutes at a low to moderate intensity. This is beneficial for your heart and over all metabolic health.

3 More Tips and Tricks to Help Increase Results


1: Try to perform Keto HIIT sessions about 3 to 5 hours after a balanced meal to help maximize the hormonal effect.

When you enter the workout in a fasted state it's like a double-whammy for your sympathetic nervous system, ensuring you release plenty of fat burning hormones during and afterwards.

NOTE: If you're somebody who simply cannot tolerate fasted training feel free to have a snack (full fat cottage cheese and berries or a nutrition shake) about an hour beforehand.

2: Try to wait 45 to 60 minutes afterwards before eating your Keto Carbs.

I like to call this, “**Riding The Fat Burning Wave**” because it allows the hormones



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released during the HIIT protocols to continue working. If you eat immediately afterwards it's still a healthy choice...

But your body switches gears from using its energy to burn stored fat -- to using energy for digesting and absorbing the food you just consumed.

In other words, you could potentially slow down fat loss if you eat directly afterwards. This won't make or break your plan or results... it's just a recommended tip and trick, but it's not mandatory in order to get great results.

3: Try to use low intensity cardio at least 2 or 3x per week.

If time permits, I highly recommend you perform steady state cardio or speed walking for 15 to 30 minutes either directly after your 15 minute protocols or on your off days a few times per week (example schedule to follow below).

This will help you achieve a few goals. First, you'll burn off all the free fatty acids floating around in your blood stream after your 15 minutes protocols to further enhance fat loss.

Second, you'll condition the lower intensity aerobic system for improved overall metabolic and heart health.

Third, you'll obviously burn more calories, but don't overdo it. Like I mentioned at the beginning of this guide, too much cardio can wreak havoc on your metabolism and hormones.

Two to four sessions weekly is plenty to get the additional results.

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Always Eat After 7PM HIIT Weekly Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
15 Minute Keto HIIT Weekly Schedule	60 Second Glycogen Depleting HIIT	OFF or	30 second Muscle Media HIIT	OFF or	Tabata HIIT Protocol	OFF or	OFF or
Only Perform Steady State Cardio 3 to 4x per week	15-30 Minutes Steady State Cardio (optional)	15-30 Minutes Steady State Cardio (optional)	15-30 Minutes Steady State Cardio (optional)	15-30 Minutes Steady State Cardio (optional)	15-30 Minutes Steady State Cardio (optional)	15-30 Minutes Steady State Cardio (optional)	15-30 Minutes Steady State Cardio (optional)

Mondays 60 Second Glycogen Depleting HIIT

Minutes	HIIT Protocol
Warm Up 5 Minutes	
1 - 2	60 Second High Intensity Interval
2 - 3	Slow Pace Recovery
3 - 4	60 Second High Intensity Interval
4 - 5	Slow Pace Recovery
5 - 6	60 Second High Intensity Interval
6 - 7	Slow Pace Recovery
7 - 8	60 Second High Intensity Interval
8 - 9	Slow Pace Recovery
9 - 10	60 Second High Intensity Interval
10 - 15	Jog Briskly or Perform Moderate Intensity Cardio
3 to 5 Minute Cool Down	

**If time permits, perform steady state cardio or speed walking for 15 to 30 minutes

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either directly after your 15 minute protocols or on your off days a few times per week.

It's important to use glycogen depleting intervals on Mondays because most of us typically eat a lot more calories on the weekend and you're allowed cheat meal(s) / re-feeds, which increases glycogen stores.

Wednesdays 30 Second Muscle Media HIIT Protocol

HIIT Protocol	Minutes
5 Minute Warm Up	
30 Second High Intensity Interval followed immediately by walking or recovering for 30 seconds (Repeat 10x)	1 - 10
Jog Briskly or Perform Moderate Intensity Cardio	10 - 15
3-5 Minute Cool Down	

**If time permits, perform steady state cardio or speed walking for 15 to 30 minutes either directly after your 15 minute protocols or on your off days a few times per week.

Fridays Tabata HIIT Protocol

HIIT Protocol	Minutes
5 Minute Warm Up	
20 Second High Intensity Interval followed immediately by resting for 10 seconds (Repeat 10x)	1 - 5
Jog Briskly or Perform Moderate Intensity Cardio	5 - 15
3-5 Minute Cool Down	

**If time permits, perform state cardio or speed walking for 15 to 30 minutes either directly after your 15 minute protocols or on your off days a few times per week.

15 Minute Keto HIIT Exercise Database

Although it's recommended to use bodyweight movements with resistance of some kind for your 15 minute protocols, you can also feel free to substitute this list of cardio exercises.


- Sprinting
- Bike
- Stationary or Recumbent Bike (any type)
- Step Mill
- Treadmill
 - o If you use the treadmill, be careful. Once you get the belt moving at higher speeds, you'll have to straddle the treadmill for every 10 second rest during this protocol because you won't have the time to slow the belt down and speed it back up again.
- Stair Climber
- Elliptical
- Cross Trainers
- Jumping Rope
- Rowing
- Battle Ropes
- ANY cardio exercise that will elevate your heart rate fast

SQUATS

(Regular, Jump Squats, Pistol Squats, Prisoner Squats)

Weighted or unweighted, the basic bodyweight squat builds up not only hip and leg strength, but also improves your overall level of fitness. One of the great things about squats is how versatile they are.





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Once you're able to do a fair number of regular squats with perfect form, you can change them a bit and do the more advanced versions below.

Start experimenting with the prisoner squat first, then once you've mastered the form move onto jump squats and eventually add resistance by holding dumbbells or using a squat bar if you have access to one.

Prisoner Squats

With hands locked behind your head squat till your butt touches a bench beneath you and then come back up to the standing position.

TIPS: When you're at the bottom of the movement, make sure you push from the heels and not the toes. This puts the focus on your hams, glutes, and quads and takes stress off the knees. When you're at the top of the movement make sure you maintain a slight bend in the knees, which will keep stimulation on the working muscles.

Jump Squat

Every program needs some form of explosive training. There's nothing better for developing speed and power than jumps. Simply squat down then explode up as high as you can.

TIPS: Make sure you're pushing from the heels not the toes when you jump from the bottom of the movement and adjust the height (and intensity) of the jump so that you can maintain proper form and hit your target reps.

The Thruster (aka- Squat Press)

This movement is a simple combination of squatting and a should press.

Start in a standing position with feet shoulder width apart and hold the dumbbells at

shoulder height (see image). Slowly squat down until your legs reach a 90 degree angle, while inhaling. Then push up while doing a shoulder press as you exhale.

TIPS: Make sure you push from the heels of your feet to keep tension in the quads and hamstrings, while protecting the lower back. Keep your knuckles aimed towards the ceiling as you press the dumbbells upward. This will help isolate the shoulder muscles.



The Pullup or Chin-ups

The pull-up is more of a “pure strength move” than most of the choices on this list and it’s a favorite on “essential bodyweight exercise” lists. The pull-up is easily one of the best ways to strengthen your arms and shoulders.

Chin-ups build the lats and biceps better than anything else. An impressive number of full range, perfect reps is 20. And by perfect reps we mean starting from a dead hang and pulling up so that your chin clears the bar without kicking your legs.

TIPS: If you lack the strength to do a bodyweight pull-up you can wrap an exercise band over top of the bar and then under your knees to assist, or you can use a modified version like the inverted row image you see here.



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NOTE: If performing regular pullups for 20, 30, or 60 seconds straight for your prescribed protocols you may have to pause every 5 to 10 reps for a few seconds and catch your breath before continuing.

Or you can quickly switch to the inverted row pictured below and continue until you meet your time requirements from the workout charts above.



Lunges

(Walking Lunges, Reverse Lunges, Jumping Lunges)

Walking Lunges

Begin standing with your feet shoulder width apart. Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay directly above the front foot at a 90 degree angle.

Jumping Lunges

Stand with your feet together, elbows bent 90 degrees. Lunge forward with your right foot [1]. Jump straight up as you thrust your arms forward, elbows still bent. Switch legs in midair, like a scissor [2], and land in a lunge with your left leg forward [3]. Modify this exercise by skipping the jump and performing alternating reverse lunges instead.



Reverse Lunges

To begin, stand tall with your hands at your hips or overhead. Take a large and

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controlled step backwards with your left foot. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle at a 90 degree angle.

TIPS: Similar to squats always make sure you're pushing from your heels at the bottom of the movement to protect your knees and isolate the leg muscles. Always maintain a 90 degree angle with your legs at the bottom of the movement.

Push-ups

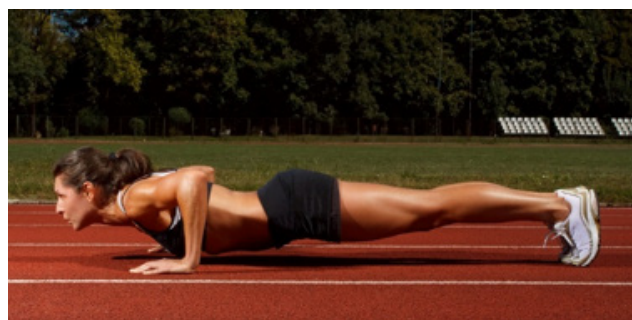
The push-up is another obvious choice for a list of fundamental bodyweight exercises. It doesn't get more basic than using your arms to push your body up from the ground. When practiced, the push-up also happens to be one of the best full body exercises around because it automatically builds your core and chest, while elevating your heart rate in a cardio type of fashion.

The pushup is still one of the top five chest builders in existence.

Regular Pushup:

Get into a high plank position. Place your hands firmly on the ground, directly under shoulders. ...

Lower your body. Begin to lower your body—keeping your back flat and eyes focused about three feet in front of you to keep a neutral neck—until your chest grazes the floor. ... Push back up..



Spiderman Pushups

Start out in a normal pushup position, but as you go down to the bottom of the movement, lift your right foot and pull your right knee up until it touches your right

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elbow. Repeat movement for the left side alternating back and forth.

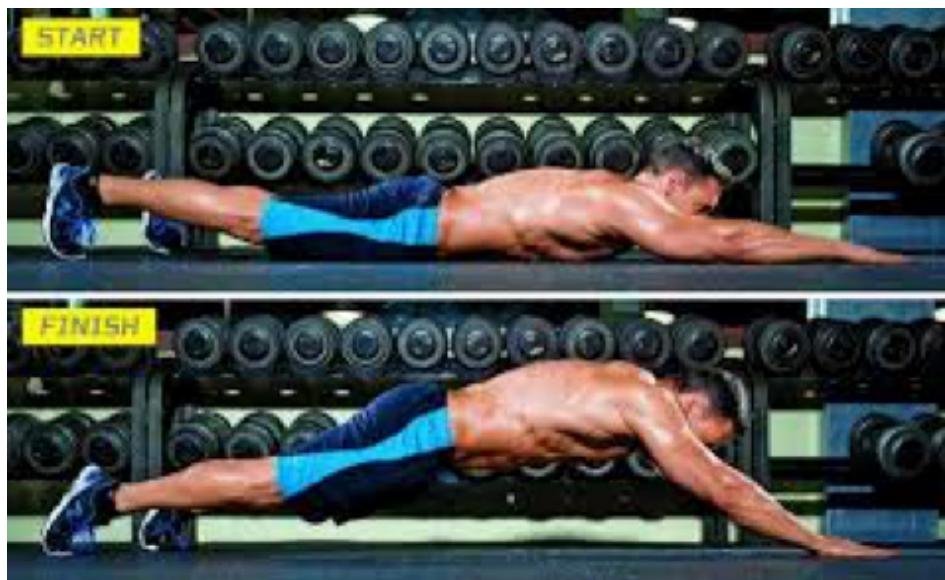
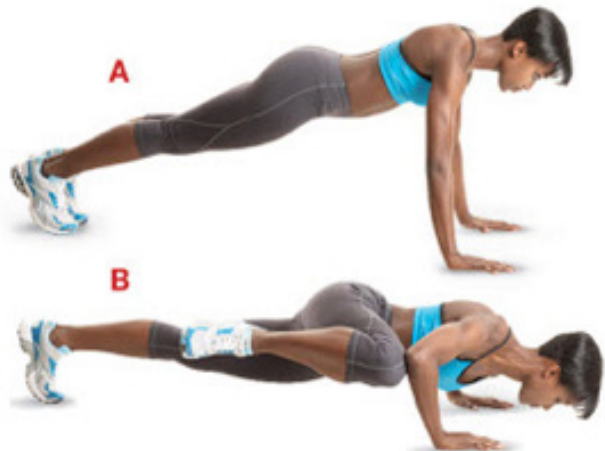
Superman Pushups (advanced core exercise)

Lay down on your stomach with your arms above your head and legs straight.

Next, put your hands close together on the floor and feet together. This is the starting position.

Begin exercise by tightening your core and pushing up off the ground so that your body comes up off the ground (see image).

At this point only your hands and feet should be touching the floor. Lower back down to starting position. This completes one rep.



Mountain Climbers

Mountain climbers are a full body workout.

Begin at the top of a pushup position, with your weight supported by your hands and toes.

Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed.

TIPS: Make sure you adjust the speed of your legs based on the time you're using.



Side Shuffles

Try to take up as much space as you can as you move side to side touching heel to heel so that your legs never cross over each other.

Bend your knees and keep your head up.

Master the movement by going slowly at first, then increase speed and intensity as your form gets better.



TIPS: Use cones, chalk (if you're outside), or some other type of landmark that you can touch as you go back and forth to meet your 20, 30, or 60 second timed intervals.

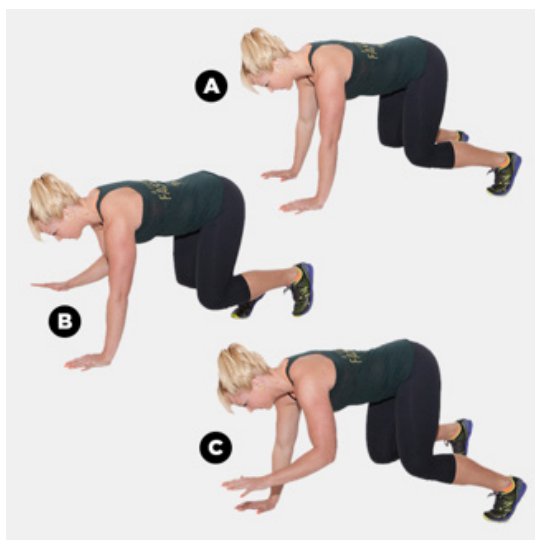
Bear crawls

This reminds me of football practice back in high school. These were always a killer.

Kneel on hands and knees facing crawling path.
Raise knees off of floor, but keep hips low.

Crawl forward while keeping hips low never letting your knees touch the ground.

TIPS: Start slow and then increase speed and intensity after you master proper form.



Broad Jumps

Stand behind a line marked on the ground with feet shoulder width apart. Swing your arms backwards, bend your knees, and then thrust / jump forward as far as you can landing with both feet at the same time. Turn around and repeat until you meet your allotted interval time (20, 30, or 60 seconds).

TIPS: This exercise can tend to be very ballistic so using a soft surface like an exercise mat or a gymnastics floor can help. You can also cushion and absorb some of the impact by bending your knees when you land.



Single Leg Romanian Dead Lift

This exercise is great for balance, coordination, and core strength. Keeping that knee slightly bent, perform a stiff-legged deadlift by bending at the hip, extending your free leg straight behind you for balance.

Continue lowering your body until your upper body and rear leg are parallel to the ground, and then return to the upright position. Repeat for the desired number of repetitions and switch sides.



TIPS: After you master proper form using your bodyweight you can start adding resistance by holding onto dumbbells or a kettlebell.

Burpees

I personally think the burpee is one of THE best full body exercises for health and weight loss.

Begin in a standing position. Your feet should be shoulder-width apart. Lower your body into a squatting position, while placing your hands on the floor in front of you.

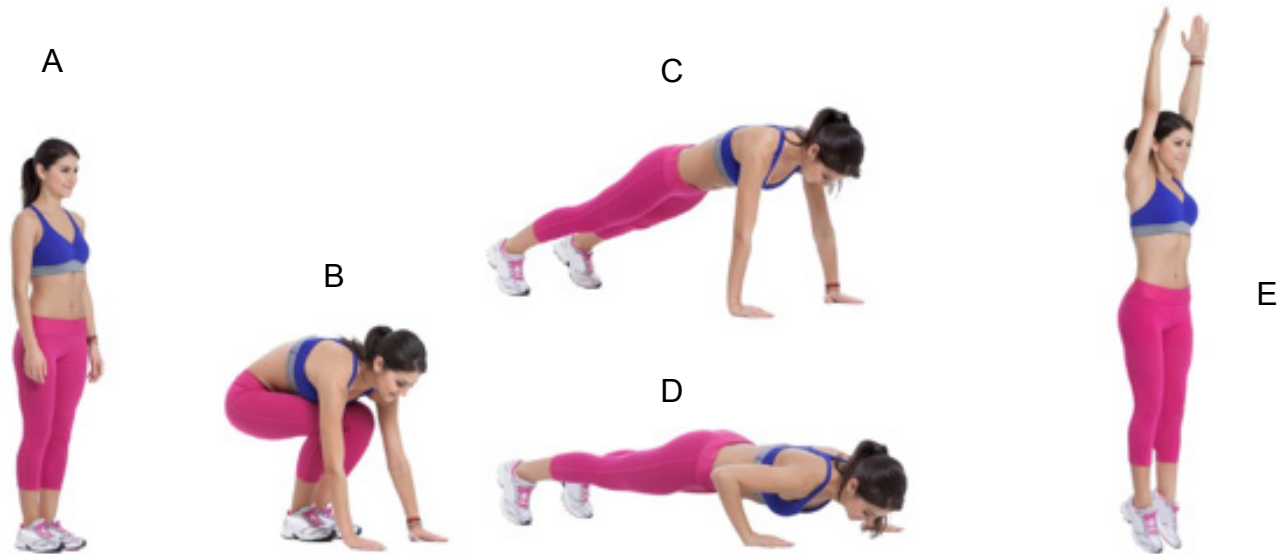
Kick your feet back so that you are in plank push-up position. Keep your hands firmly on the ground to support your body.

Lower your chest to perform a full push-up. Kick your feet back to their original position. Stand up, and then jump into the air before repeating.

TIPS: Beginners who are uncomfortable kicking their feet back can walk back into the

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pushup position. You can also start out by doing this movement without a pushup or a jump to master the form.



Jumping Jacks


This is great **low impact** exercise to start with if you're a beginner. If you're a little more experienced I recommend you use a more challenging exercise than this for your intervals, but you can feel free to use jumping jacks for your warm up too.

Stand with your feet together and your hands down by your side.

In one motion jump your feet out to the side and raise your arms above your head.

Immediately reverse that motion by jumping back to the starting position.





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TIPS: This exercise also makes for a great warm up before moving to more advanced exercises. There's really no advanced variation of jumping jacks but you can increase difficulty and intensity simply by increasing the speed of the movement.

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