

Micro-Workouts

What are Micro-Workouts? The simplest definition is: *Performing brief feats of strength in the routine course of a day.*

The key benefits are quite remarkable.

- **Big benefits with less stress:** When you add up the energy expenditure of these brief but frequent efforts, you obtain an incredible cumulative training effect. By stretching out the volume of strength/power/explosiveness into small workouts throughout the day you also place less stress on joints and tissues making it less likely that you will get injured. And since there is less stress hormone produced than with bigger sustained efforts you are able to use Micro-Workouts to compliment other physical activity without the need for longer recovery.

For Example: If you weight 175 lbs. and you did 20 body weight squats 3 times a day, over 6 days, you would be lifting approximately 2,100 additional pounds a week! Your legs account for approximately 1/3 of your total body weight, in this example that would be 116 lbs. lifted 60 times per day over six days. That's quite a lot of work!

- **Interrupting Prolonged Inactivity:** "Sitting is the New Smoking", actually lack of movement throughout the day has devastating negative impact on our overall health. Recent research shows that when you use a single position repetitively, such as putting your body into a comfortable work chair for hours every day, muscles, joints, and arteries will adapt to this repetitive positioning by changing their cellular makeup and becoming literally 'stiff,' with reduced ranges of motion and an actual hardening of the arterial walls in those areas. Micro-Workouts are a great way to charge up your blood flow and hormones, preventing the physical decline of inactivity.
- **Optimizing Movement for the Most Beneficial Genetic Signaling:** Exercise and physical movement literally are forms of communication to your biology, specifically genetic signaling also known as Epigenetics. Genes are constantly turning on & off signals to cells telling them to "express" certain characteristics, some beneficial and some not. Regular physical activity has actually been shown to have a bigger impact on positive genetic signaling than potentially debilitating chronic exercise behavior. It also seems to have a more positive impact on energy expenditure and body mass than traditional exercise.

HOW TO INCORPORATE MICRO-WORKOUTS

Look for opportunities over the course of every day to put your body under some kind of brief resistance load. Even if you only work hard for one minute (or less) at a time but are relatively faithful incorporating these “micro” opportunities into your daily routine, the cumulative effect will still be incredible.

The key is that you don't overthink it

You do it, and then it's over until you decide to do another micro-workout.

Even though they involve true energy expenditure, micro-workouts seem effortless.

The benefits compound over time, and you don't feel like you're disrupting the flow of your day at all.

Commitment

You simply have to acknowledge the importance of movement & what it means to you, and the incredible cumulative benefit of brief, explosive bursts, and make a sincere commitment to a micro-workout program.

Environment

It's essential to set yourself up for success with cues, triggers, implements, and apparatuses that make micro-workouts compelling and impossible to ignore.

Put your micro-workout triggers in plain sight. Sticky note, phone alarm, kettle bell by your desk or pull-up bar in the doorway.

Incentives, Rewards, and Benchmarks

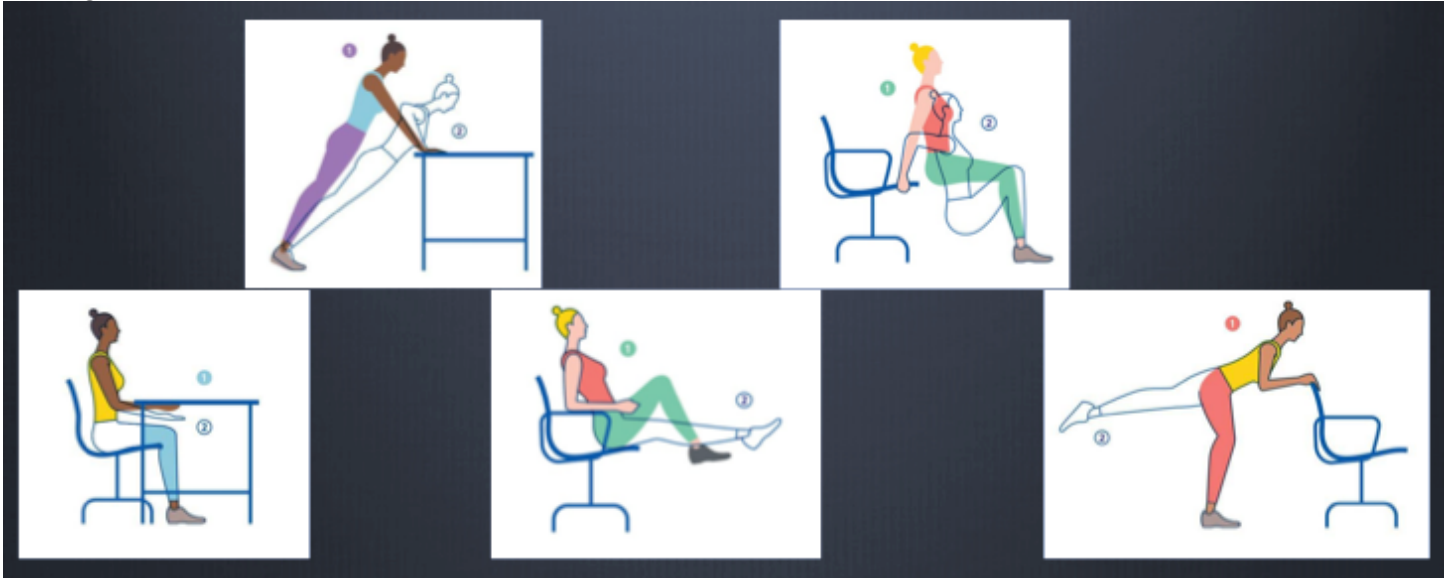
- Set a minimum “load” for the day-something you will get done no matter what.
- After completing any work task-take a “break” with a set.
- Get a partner to commit to doing micro-workouts with you.
- If you relax with a little Netflix at night-commit to doing one set of something before an episode.
- If you enjoy a “treat” at night-same thing, one set before you enjoy that glass of wine. (I like 60 air squats).
- One set of deep air squats before you finish work for the day.

Moment of opportunity – Adding activity while doing something else

- Doing air squats while prepping your coffee or meal
- Standing on one foot while brushing teeth & getting dressed
- Pushups during commercial breaks
- Audio Book/Podcast walk
- Conference call on a walk
- Calf raises while waiting in line, making eggs, on a call etc.
- Holding a plank for 60 seconds every hour
- Squeezing a tennis ball while at your desk-alternating hands
- Lunge walking to the mailbox, taking out the trash
- Set of desk pushups before every meeting

Desk Circuit

Pick a number of repetitions for each exercise (5,10, 20, 30, 50), go through the circuit 3-10 throughout the day.

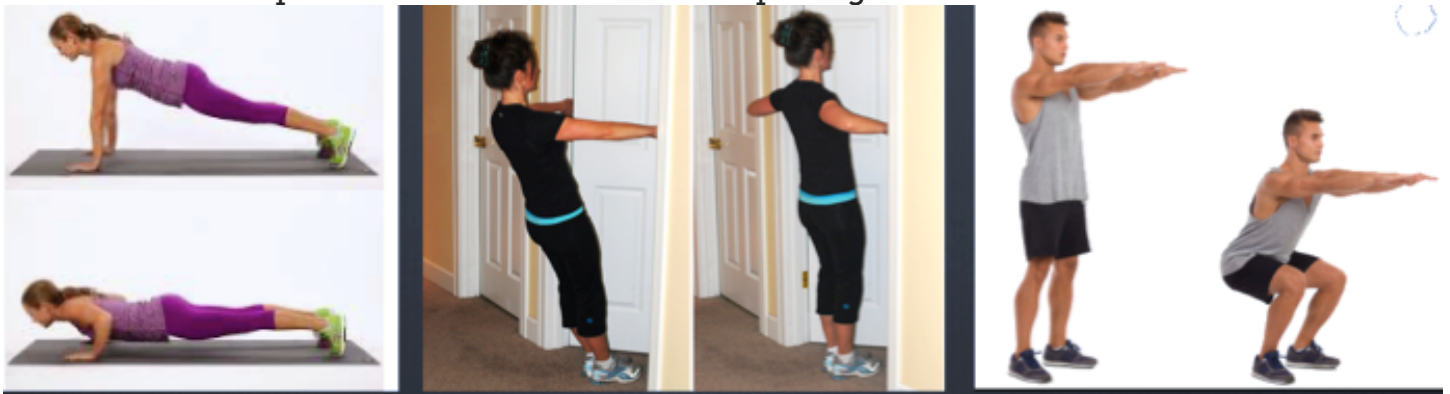


3-Exercises, 3-Sets, 3-Times/Day

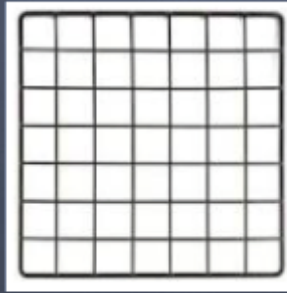
- Three exercises that cover the whole body: Pushup, Pulling, Air Squat
- After deciding on three exercises pick a number of repetitions for each exercise
- Then complete 3-sets, three separate times during the day

It could like this:

After waking up do 10 Pushups, 5 Pulling movements and 20 Air squats three times through. Before lunch repeat. Sometime before dinner repeat again.



The Grid



On a piece of paper make 10 boxes. Throughout your day take just a few moments to do a predetermined number of repetitions of a selected exercise, check off a box when you complete your set. For example lets say you select 15 as your number, at the end of the day you will have done 150 repetitions of a given exercise... When was the last time you did 150 body weight squats in one workout? Pick a different body part each day and have some fun.

- Monday = Push-Ups
- Tuesday = Pulling Exercise
- Wednesday = Body Weight Squats
- Thursday = Plank, Leg Raise, Sit Up
- Friday = Jump Rope, Burpees, Jumping Jacks

The possibilities for micro-workouts are infinite!

All you need is some creativity and a way to put your body under some form of resistance load. The most important success factor for micro-workouts is to adopt the proper mindset and commitment to the project.