

SPORT SCIENTIFIC BACKGROUND



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HIIT – HIGH INTENSITY INTERVAL TRAINING

The MYSPER training is based on the popular HIIT training. That is a special form of interval training. Short and highly intense intervals alternate with periods of active recreation.

“Steady state cardio is popular amongst the masses in an attempt to ‘lose weight’. What does the research say? Early 14exercise physiologists advocated that “steady state” cardio was supreme for fat loss because relatively more fat is used by the body as fuel at lower exercise intensities (60 – 70% Mhr). Many fat loss experts such as Craig Ballantyne

have debunked this as a myth. While studies agree that one burns more fat relative to glycogen (the fuel our muscles use) when going for a jog, but what we want to achieve is total fat burn. At higher intensities, you are burning far more fat, even though the fat/glycogen burning ratio is lower. In addition, interval training allows you to exercise at very high intensities for a much longer period of time than steady state, so you burn more fat.” [3] Many studies prove that point [5].

Regarding the increase of performance, short and highly intense trainings could not only keep up with classical three set training. A better training results regarding the count of repetition and the gain of muscular mass could be achieved. [7]

MYSPER BRINGS VISIBLE RESULTS

Due to its highly intensive workouts, the training with MYSPER doesn't take much time but brings you visible results in a few weeks.

15 minutes training with MYSPER is as effective as one hour endurance running.

It's training philosophy is based on the high intensity interval training but was further developed by highly respected trainers of different sports and studied physiotherapists. The result is the most effective training ever.

EPOC – EXCESS POSTEXERCISE OXYGEN CONSUMPTION

High intensity training with MYSPER has another Advantage. Because heart, circulation and respiration adjusts delayed to the sporting activity and the increased oxygen demand, there occurs an oxygen deficit. This deficit has to be compensated after the training. Furthermore there is an increased metabolism and calorie intake up to 24 hours post workout. In summary, it can be stated that after training with MYSPER, there is a powerful afterburn effect called EPOC.

MYSPER – NEXT LEVEL HIIT

With the MYSPER Workout Generator, we lifted high intensity interval training to the next level. The planning of the intervals don't only consider the whole body and the cardiovascular system, every single group of muscles is taken into account. So you can train your smaller

groups of muscles during your intervals of recreation. That leads to an absolute minimum of pause in your training and your training time is used as effective as possible.

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