



What is YOUR program giving YOU?

(Twin sisters example)



Running Sister Program:

Aerobics & diet emphasis to maintain weight
Aerobics 60 min or more 6 days per week
Strength training secondary if time
(total exercise time per week to maintain = 6-9 hours)

Weight Lifting Sister Program:

Strength training & diet emphasis
Aerobics 20-30 min per day after strength training
(Total exercise time per week to maintain = 4-7 hours)

Height: 5'4"

Weight: 120 lb.

Body Fat: 20%

Fat mass: 24 lb.

Lean mass: 96 lb.



(Note: Same bf%)



Height: 5'4"

Weight: 130 lb.

Body Fat: 20%

Fat mass: 26 lb.

Lean mass: 104 lb.

(8 lb. more muscle than aerobics only)

Metabolism impact:

8 x 50 = 400 more calories burned every day!

What is the impact of and extra 400 calories/day?

*146,000 calories in a year or nearly 42 lb of fat!

*45 min of jogging on treadmill

*60+min of walking

*243 hours of difficult cardio per year

*An extra 2,800 calories you can eat per week!