

NFA FITNESS PHILOSOPHY

BY

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Newbie Fitness Academy Fitness Philosophy

A.) Strength Training: 2x per week

Points of performance: Strength training includes press, deadlifts, and squats. THIS is the stuff that builds and maintains muscle. Weight bearing is always better, but bodyweight movements are also effective. (10-30 minutes per session)



B.) Metabolic Conditioning: 1-2x per week

Points of performance: These are your high intensity interval training style workouts (Spare Tire To Six Pack/Lean Body Blueprint: 21 Day Challenge Workouts). Keep it short, but intense. (8-15 mins)



C.) Sprint: 1x per 7-10 days

Points of performance: Nothing cuts you up like sprinting. Run like you stole something :)

Run: 6 rounds - 15 seconds MAX effort, 45-60 seconds rest

Cardio machine: 6 rounds - 20 seconds MAX effort, 60 seconds rest



D.) Low intensity cardio: 2-3 hours per week

Points of performance:

Walk/bike/row for 15 minutes three times per day. Keep heart rate at (180 bpm - age) to keep the workouts aerobic. Just move, baby. :)



What's Working Now

Micro Workout: 3-5 times per day

Points of performance:

Keep it short (1-2 minutes), but intense. **[CLICK HERE](#)** for more info.

Micro workouts can effectively replace your dedicated strength training and metabolic conditioning workouts. OR, you can do micro workouts on top of them if you're a Type A over achiever. :)

