

THE LEAN AND MEAN TIMES

ADDING YEARS TO YOUR LIFE BY GROWING YOUNGER, HEALTHIER, AND MORE FIT BY THE DAY



An Exclusive – members only – ‘XR TO GO’ Publication

By Eddie Henry, XR Lifestyles, Dec 2015 – Issue 5

If you had roughly 20 minutes to exercise everyday, what would you do to most effectively use that time? What would you do to build functional muscle and strength and effectively burn body fat? I know exactly what you should do: fullbody movements that create overall fatigue in one minute or less. I highlighted in the last issue that the best overall exercise is sprints because the body gives out at some point in less than a minute. At this point, a signal is sent to your brain saying, I need to be stronger; I need less fat so I can move better. In turn, assuming your recovery and nutrition are good, the body responds, and you see and feel results. If that signal isn't sent because of the absence of fatigue or failure, results are hard to come by. We obviously can't safely perform sprints daily without injury, but there are plenty of other moves that create a similar response. Are these the types of exercises you are spending the majority of your workout performing? Here's a hint, there is no sitting or talking during these exercises. If you crave results or maybe have hit a plateau, try these exercises on for size:

Sprints, jumps, squats, lunges, and step-ups paired with presses, rows, and curls and supersets with pushups and planks are a good start. If any time or energy is left after

twenty minutes of these exercises, then you can work seated or lying or single joint movements, but I don't think this is necessary unless you are a physique competitor. I have personally eliminated all the fluff exercises this year and have only become leaner and stronger. How is this change possible you might ask? Because it allows more time for recovery. Recovery is the missing link in most people's regiment. Without adequate recovery, your inflammatory levels are so high you can't optimize muscle growth or fat oxidation as your hormones are exhausted. So while I use to blast out an hour of exercise daily, now I opt for a more effective 20 to 30 minutes followed by foam rolling and stretching. Less exercise + more recovery = more results. Goal accomplished!

Here is an example of a perfect week:

Monday-5 sets of pull-ups supersets with suspension atomic pushups, followed by 10 sets of 100-yard sprints

Tuesday-30 minutes biking or spinning while coming out of the saddle often with a 1-minute all-out effort to end

Wednesday-5 sets of lunge-curls supersets with horizontal pull-ups, followed by 10 sets of stair sprints

Thursday-30 minutes elliptical with a 1-minute all-out effort to end

Friday-10 sets of squat-overhead presses supersets with 1-minute assorted battle rope bouts

Saturday-family activity or active hobby

Sunday-family activity or active hobby

Results aside, the time savings associated with a smarter, recovery based program will allow you to focus on the more important things in life like family. Learn a new hobby or language or maybe travel more, but get out of the gym. Did you notice in the sample week, the only day requiring a gym was Tuesday for an elliptical session? A fifteen minute drive to and from the gym could be better spent doing yoga at home followed by a HIIT training session. Time is precious, and I know you want to be known for more than the guy or girl who “works out a lot.” That doesn’t mean you won’t benefit from a fitness professional. I’m saying the gym isn’t the only answer. Maybe meet your trainer at the stadium for a change.

My new program, XR 2.0, will show you how to optimize an “anywhere” workout in under 30 minutes.

Food of the Month: Kefir

Kefir is a cultured milk product that is fermented with beneficial bacteria. Probiotics, gut flora, and a healthy microbiome are all the rage these days, and kefir is another way to a healthy digestive tract. If dairy is your friend, you might think about adding some kefir to your protein shakes. I typically add kefir to most post workout recovery shakes. The kefir makes them creamier too. I also believe mixing

some kefir with coconut milk is the best thing to put in your baby’s sippy cup for optimal health. If you have the time to make coconut kefir, I feel that is an even better option. Coconut kefir is hard to find.



Exercise of the Month: Stair sprints

Very few exercises are as beneficial as sprints, but stair sprints are a close second. Find a stairwell of any size and sprint up them and safely bounce back down. Outside of muscular exhaustion, your calves and glutes will really start to respond. Who doesn’t want better calves and butt? I typically sprint up and bounce down about 5 times and then perform a callisthenic exercise at the bottom, which would be 1 set. This set is one of my favorite at home XR 2.0 workouts!

Monthly Challenge: Exercise to exhaustion

I know I’m beating this one to death, but it is because reaching exhaustion is that important. Once you’re warm, challenge yourself to take

every exercise to absolute exhaustion during the first twenty minutes of every strength workout you perform this month. On cardio days, take the last minute (listed in the sample week) to absolute failure too as if you couldn't perform another minute if your life depended on it.

What's Trending: Standing Desk

Sitting is the devil. It has been compared to smoking in terms of negative health effects. In time, sitting collapses your posture and disrupts healthy circulation. Healthy circulation optimizes health, fitness, and longevity, and without it, years of life will dissipate. Stand up more! Standing desks are now sophisticated and inexpensive and can be had for a couple hundred dollars. That would probably be the best money you could ever spend if you sit at a desk all day. Check out www.varidesk.com.

Monthly Goal: To perform 100 jumping jacks per 1 hour seated

If you are sitting all day and aren't into a standing desk or not able to have one in your office setting, then use my rule of thumb: for every one-hour of sitting, perform 100 jumping jacks. The circulation produced from the burst of exercise will also enhance your cognitive function making you a bit sharper.

Q and A with the XR Professionals (sent in from members via email):

Q: How do I know if my supplements are quality?

A: That's a good question, and I am glad you aren't just assuming everything you buy is a pure and quality product. Most supplements are not regulated in this country so doing some homework is important. Two websites I

frequent often for product research are:

www.examine.com and

www.consumerlab.com. www.pubmed.com is

also a good resource of R&D for nutrition in general. Products I like are Biotrust, Exos, Genuine Health, Isagenix, Bulletproof, Now, and Athletic Greens. Many other good companies are out there, but these products have worked well for my clients and me. I encourage you to do your homework and some experimenting to see which supplements work best for you.

Q: If I had the perfect schedule, when would I workout everyday to optimize my health and fitness?

A. Well, if you didn't have the perfect schedule, I would say to exercise whenever is most convenient for you because convenience leads to the most consistent training schedule, and consistency leads to the best results! But if you won the lottery and had total flexibility during the day, there are 2 key times to exercise. First thing in the morning is ideal because you are in a fasting state. During this time, fat oxidation is optimal. Nourishing exercises like mind body, yoga, and light cardio would be best early in the day. The best time to do intense exercise would be around 4pm. This time is when the body's core temperature is at its highest, and you should be able to train the most effectively with the least chance of injury.

A Final Note:

The goal is to lead a happier and healthier life, and this is achieved by a host of things including family, friends, travel, new experiences, and more. All of these things are sweetened when your health is optimal because you can experience more, and therefore, enjoy more. Train smarter and effectively so you can get to the things that really matter in life. In regards

to the second Q and A answer, I would much rather work out with my family at 4pm after school than grinding it out in the gym. I'll put Maya on my shoulders for walking lunges and pushups and then play soccer with Sophia. Maybe we'll work on handstands after that and then jump on the trampoline. The workout is good, fun, and much healthier than being indoors. And as crazy as it may sound, I am more fit training this way. So unless you want to be remembered as the person who just worked out a lot, train smarter and don't waste precious time in the gym. Get on with the better things in life! I promise you will thank me later.



Ami doing a quickie Saturday morning . No gym is required with just a suspension trainer, sand bags, and a picnic table.

Recipe of the Month: Kale Chips

Ingredients: 1 tbsp apple cider vinegar, 2 tbsp olive oil, 1 tsp sea salt, 2 bunches of kale, rinsed and stems removed

Directions: 1. Cut kale into 2 to 3 inch pieces. 2. Mix vinegar, oil, and salt in in a large bowl. 3. Add kale and mix by hand with mixture coating all the leaves. 4. Place on 2 baking sheets and bake at 350 degrees for about 20 minutes until crispy.

Nutrition: Makes 8 servings. Per serving: calories 55, total fat 4g, carbs 5g, protein 2g



- Sophia owning some kale chips

Want to learn more tips and tricks to optimize your health and fitness? Check out XR's virtual training at: www.xrlifestyles.com. Online training customized for your unique needs and goals.



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