

## ***THE TRAINING***

As you eat or drink sugar/carbs your fat storing hormone Insulin gets activated. When we train we do not want that to be working. Therefore 90 min before training never have any sugar/carbs ( no matter how complex the carbs are), protein and fat are fine. So no banana before training!

I train with no machines, free weights and mainly using your own body; crawling, pushing, pulling, huge amount of plyometric exercises. In the Viking Method we utilize every single muscle fibre in each muscle. We focus on the fast twitch muscles, that work without oxygen, are powerful but cannot last long.

I do very specific exercises that I pair in a certain way; a cardio functional exercise followed by a resistance more static functional exercise, done within a certain timeframe. This is what forces you to utilize more energy and oxygen and activates the growth hormone; the king of fat burning. The growth hormone can only be activated through truly high intensity training. Normal training or like its called "training in the fat burning zone, where you can always hold up a conversation" is not good enough.

The only training that works is the one where you cannot utter a word.

This training creates an after burn that easier training does not. It raises your metabolic rate which means you will be burning long after you stopped training. In order to keep this higher rate up never go longer than 48 hours in between sessions as after that time it will start to drop. The rule is when you train you should always be uncomfortable. It should always be hard. Sweating buckets.

I really focus on the right core work in the Viking Method. No lying core crunches, no weird core machines. We make you work your core as the centre of your body. As the connector. The glue that keeps you together. Using your core this way will make it extremely strong. And not just that, it will improve your performance in every way. You will run faster, jump higher, resistance training will be at a higher level and all tasks in daily life will be easier. You will be tighter, more together, your whole posture and the way you move will be completely different.

## ***THE TRAINING- ALPHA AND BETA***

Often, no matter how hard you train, there will be a stubborn area where you feel like you just can't get rid of. For many women it is the hips and bum area and for men the stomach. (but can of course be other areas as well) There is a scientific reason behind this. On every fat cell there are two receptors called Alpha and Beta receptors. The Alpha generates fat storing and has little blood flow, the Beta generates fat burning and is rich in blood flow. In these stubborn areas there are much more alpha receptors than the beta which is the reason why it is so hard to burn the fat. This we also take care of.

In order to do so, few things need to happen. First of all no insulin (the 90 min rule), then high intensity training is needed to activate your fight or flight hormones as they are the only ones that can make these receptors work... Now after this as all been done and the fat is out, due to the low blood flow in these areas (a lot of alpha so low blood flow) you need to keep the blood flow up so the body is able to transfer the fat to places where it will be burned. If not the fat will just go back in. Therefore after mad training session, we always have 10 min jog. Nothing fast, just to keep you very warm and flowing on the inside :)

## ***THE TRAINING- WE TRAIN TO IMPRESS OURSELVES, NOT OTHERS!***

We do not weigh ourselves. Ever. That is a very bad indicator of where you and your body are. Muscle weighs heavier than fat and takes less space, therefore you could be in much better shape but have not lost no weight or maybe gained a bit. But are smaller and leaner. Rather use measurements if you want to and mainly use your training. See how much you improve and how much more you can do.

This creates a shift. You start to focus on what you can do instead of what you look like. Yes you will look better than ever but that will become a by-product. You focus on the progress of your power, your strength, speed, confidence. To do these performances and then see how much more you can then do, is amazing. It gives such feeling of accomplishment. You realize you can do so much more than you thought you were capable of. You will become a force to be reckoned with.

