



MY SIMPLE STEPS ON  
BREAKING THROUGH  
THE BARRIERS TO

BECOME THE

**YOU**

THAT YOU DESERVE

justine/switalla™  
champion sports model / fitness trainer



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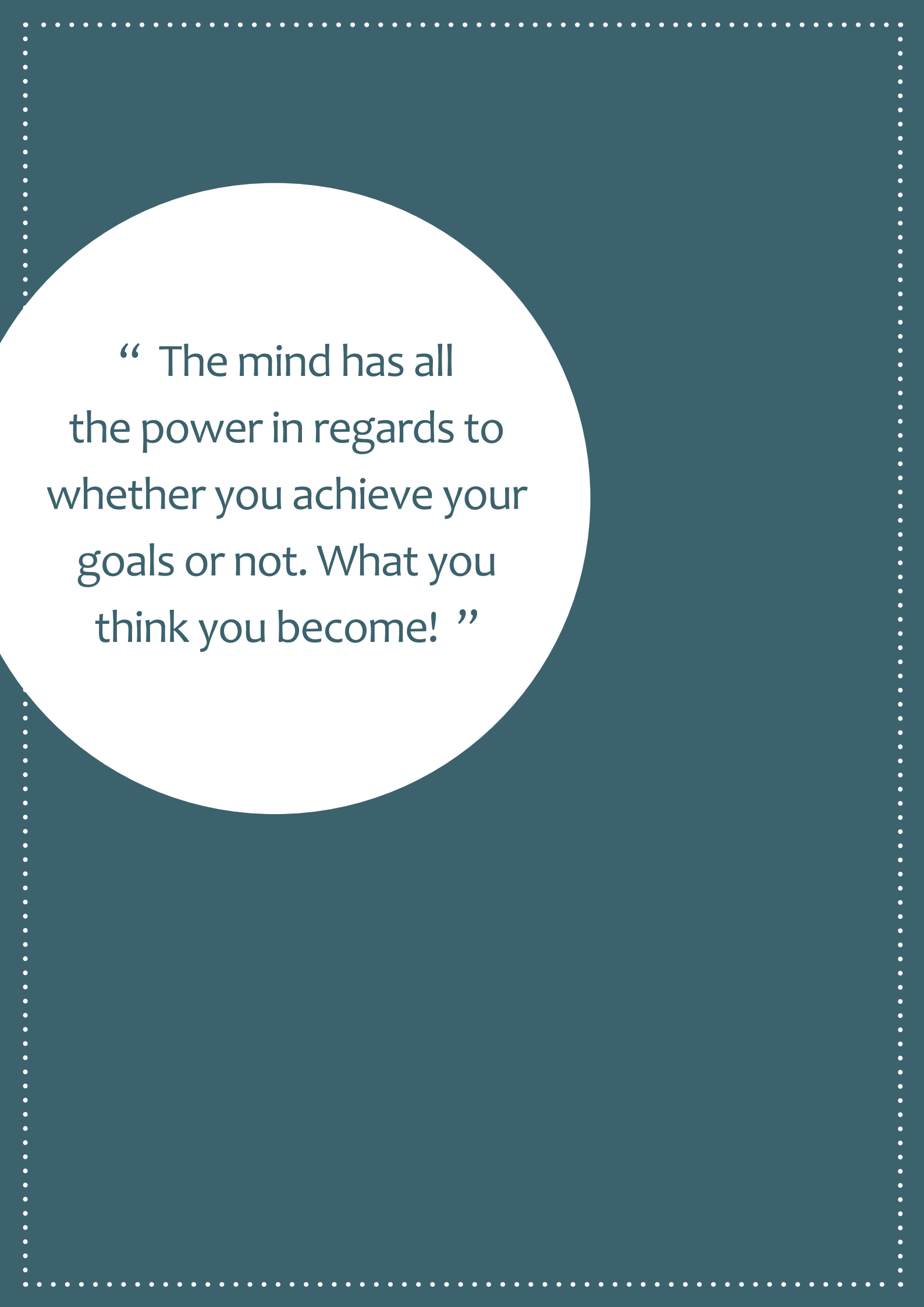
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# CHAPTER ONE - MINDSET



“ The mind has all  
the power in regards to  
whether you achieve your  
goals or not. What you  
think you become! ”

# Mental Barriers

**The first barrier that needs to be addressed is the mental side of things. The mind has all the power in regards to whether you achieve your goals or not. What you think you become!**

These days it is so easy to fall into bad habits, such as comparing yourself to others, caving into peer pressure, listening to the doubters and not believing that you actually can do what ever it is that you set your mind to.

Now comparing yourself to others is just silly, you can not sit there wishing that you looked like someone else. It is ok to admire others and look to them for inspiration but the bottom line is you have only got YOUR body to work with. Instead of looking at all your flaws, start to look at all the things about you that you love, self love is so important if you are wanting to move forward in life. You need to love YOU before anyone else and always put you first. I have found this to be the biggest issue for my clients and most woman I speak to and it breaks my heart every time I hear it.

Start each day with a positive affirmation , look in the mirror and say one nice thing to yourself about you. When you first wake up is when your brain is most alert so this is the best time to give yourself a positive boost. Being kind to you will only help you love yourself and become your own best friend rather than your enemy.

Creating a vision board is also a must!!! Make sure you put tonnes of pictures, quotes , body images and things that you want to bring into your life on it. Make it as big as you like and be creative, the sky is the limit. It is important to have a visual guide of who you are and what you stand for, this also creates a path for all the amazing goals and adventures that you want to bring into your life. Why can't you have it all?!

Peer pressure and the want to fit in with others is something that I think comes back to whether you believe in yourself or not. If you are certain of who you are and what path you are on there shouldn't be a need or a want to crumble to peer pressure. If others are forcing you to eat something bad or drink against your will then to me they are not really looking out for your best interests in the first place. Humans are funny creatures and I think a lot of people who have insecurities need the validation that they are not alone, they want others to be eating bad so that they feel better about themselves. Well let me tell you, it is ALWAYS your choice, you are always the one who has the final say. Be strong and be brave, if people judge you for making better choices then I would suggest you rethink the circles that you socialise in.

There are always going to be doubters and haters, some people are so miserable that they want others to be on the same level as them. You can not listen to anyone that is trying to steer you off course, you have to be strong enough to walk away from these people and let them wallow in their own self pity. Not everyone is going to like you, take it from me, I used to be a people pleaser and want everyone to like me. Now I am just 'me' take it or leave it, I will never sacrifice who I am or what I believe for anyone. Surround yourself with like minded people, those that inspire you, respect you and drive you. People who can be proud of your achievements and congratulate you for your efforts. I call it my 'safe bubble' and I put only a handful of people in that bubble, they are my rocks!! What anyone outside of that bubble says does not affect me in anyway because in reality, they don't matter!



# Self Doubt

This is a huge set back for us to conquer in order for us to move forward and achieve our goals. We all have that voice inside our head that likes to question and doubt everything that we do, even I do. Being scared of failure is a huge thing to try and overcome. For me whenever I hear those voices I like to prove them wrong, it is almost like the voice inside my head drives me to do what it says I can't. You can use that voice as fuel for your fire and prove to you that you can actually achieve anything that you set your mind to.

In order to move forward you have to take small steps and then look back at what you have already achieved and be damn proud of that one small step. Rome wasn't built in a day and neither will the physique that you desire.



Photography: Gary Phillips

# Goal Setting

**Goal setting is crucial, to create a path you need a map of where you are going. Goals can seem overwhelming depending on where you are starting from so my suggestion is to start with a small goal.**

Start by saying this week I am going to cut out sugar, then the next week make your goal to cut out sugar and alcohol and so on. Of course you have to know what the big picture is and visualise the end result but if you focus too much on the big picture you will put too much pressure on yourself and you will end up feeling like it is all too hard and get depressed. Then I have no doubt you will fall off the wagon and then try and start again once you have eaten yourself into an oblivion and are feeling really guilty. This is a very dangerous and vicious cycle that can be avoided if you do what I suggest and take it one step at a time.

Like I said at the start of my book, it is important to create a vision board so you can see your goals everyday when you wake up or when you are feeling low and need some inspiration it is there to help you and lift you up. Goals just lead to more goals and before you know it you will be addicted, you will be loving life and achieving everything you set your mind to. Your mind works like a cog inside your head and every time you get one step closer to your goals the cog ticks over moving forward and making you feel good. If this cog inside your head can keep moving forward, imagine how good you can actually feel everyday!!

The biggest thing is to make sure that you are kind to yourself and if you slip up (which we all do, yes even me) you have to forgive yourself and move on. You have to let it go and just put your focus back into clean eating and smashing your training. Use it as motivation to go into the gym and go that little bit harder than you did last time. Be your own loving, forgiving, caring best friend not your enemy.

# Motivation

**Other than setting a goal, what else can you do to stay motivated?!**

I think the best way to keep motivated is to make yourself accountable. Accountability is so important. The first thing I do when I decide on a goal is tell someone or even better I post it on social media that way I have to do it. I know that if people are expecting me to do it then I can not let them nor myself down. Especially on those days where I am dragging my feet a bit, I think about the people I have told and the fact that I want them to be proud of me once I reach my goal. My followers and supporters really drive me to succeed - with all the support I get, I can not tell you how much it means to me and has helped me progress in my career.

The other thing you can do is to get a trainer if you haven't already got one. If you have someone there to monitor you and pump you up then you are bound to move forward. Also when you are paying for a service it all of a sudden becomes more important! If that isn't an option you could try joining a bootcamp so you are locked in for a period of time or find yourself a training partner that can kick your butt on the days that you are slacking.



*“To create a path you need a map of where you are going.”*

## Balance & Time Management

**This is a one of the biggest things that I get asked, how do you balance everything that you do and how do you make time for a social life?**

I must admit, when I am in full photo shoot mode my social life does suffer a tad, it has to. When you have to be super strict you just can't put yourself in temptations way. Even I struggle to be out at a party or special occasion not to feel the urge to have 'just one' that leads to 'two, then before you know it you are waking up with a hangover saying "I will start tomorrow". I guess now I am strong enough to say no and I am happy to stay home or just go out for a healthy dinner with a friend. I love waking up fresh on the weekends and making the most out of the day, not to mention hitting the gym for a big session.

When I am not in diet mode I like to live by the 80/20 rule. So I eat super clean Monday-Friday then on the weekends I will have a few wines, maybe some cake or cheese and crackers. I like to have a few 'treat' meals that are not really unhealthy but make me feel like a normal person. This system helps me stay on track and keeps me feeling balanced, I don't feel like I am missing out on anything. Every now and then I will have a blow out (like a few too many wines) but not too often these days as I don't like been hungover as I am sure none of you reading this do either.

I don't have a family yet so I can't really give advice on juggling family, training and eating well but I do know that if you are in a good head space anything is possible. I also know that if your family are supportive then they too will be eating clean with you and allowing you the time to train when you can. Make sure you set aside a 'date' night with your partner for some quality one on one time and use the weekends to spend time with your children. Try and get all your training and good food into you through the week where it is easier to have some sort of routine.

The biggest excuse I hear it "I don't have time".. Ummmm there are 24 hours in a day, 168 hours in a week, you can not tell me that you don't have time to train. If you want something bad enough, you make it happen. You get up an hour earlier or you go in your lunch break. There is always time!! You have to make your goal a priority to you, there will always be reasons not to but the desire to achieve your goal has to be stronger than any excuse. Exercise makes you feel good, it releases endorphins. So on those days where you can't be bothered I bet you will feel a million bucks afterwards and pumped for the rest of the day.

As the saying goes **JUST DO IT!**



# Listening To Your Body

**Let me tell you from experience that it is so important to listen to your body. If your body is tired or really sore then have a day off.**

I used to over train a long time ago purely for the fact that I thought I was superwoman and my body would take whatever I threw at it. I was not eating enough calories for the amount of exercise that I was doing and I would literally hit a wall. Come Friday night, I was couch bound feeling tired and depressed.

Back before I started competing I wasn't very good with my macronutrient intake or nutrient timing, I used to eat a lot of toast and sugars to get me through, also thinking that the less I ate the leaner I will be. Boy was I wrong! My body didn't change much at all, I stayed fairly lean but I didn't look very toned especially in my upper body for someone who was exercising so much. I was doing a lot of high intensity cardio back then in the form of Body Attack because I loved it, but little did I understand that it was going against what my ultimate goal was and I was tiring my body out.


It is really important to have structure to your training and making sure that you rest muscles that have been trained for 48 hours before you hit them again. It is good to shock the body every now and then with a few HIIT sessions but remember that sometimes less can be more so only do it if you are feeling up for it and need it. If you do too much your body will get stressed out and produce cortisol which will make you store fat especially around your belly. So the key is to enjoy your training, listen to your body and make sure that your program is structured in a way that your body is getting accurate rest and recovery.

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NJOY LIFE  
ARE FOR OTHERS  
ELL YOURSELF YOU  
CAN DO THIS.**

Justine Switalla  
xxx






*“Learn to trust your gut and follow your heart. You know yourself better than anyone, so trust YOU.”*



## Support Networks

**It is crucial when achieving your goal that you surround yourself with like minded people. People that lift you up and make you feel like you can take on the world.**



These people can be very hard to find but when you do find them be sure to hold onto them. You may only have a handful of these people, it is quality not quantity that you want to go for.

This may mean that you have to hang out in different circles or let some people go. This is ok, it does not mean that they are bad people or you are doing anything wrong by choosing to walk away, it just means that your time with them is up.

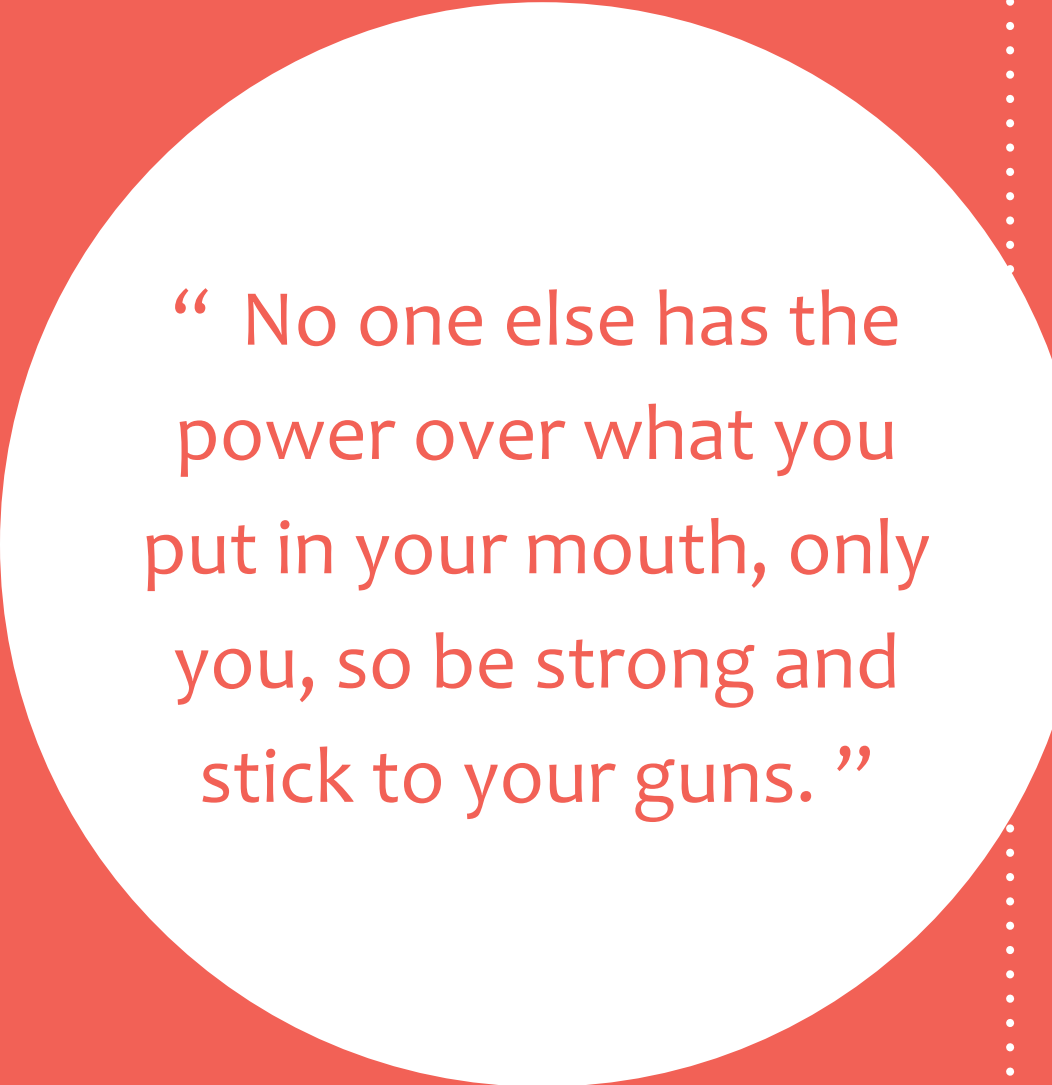
You always walk away taking the lessons from any relationship or friendship and learn from them so you are able to grow as a person. Learn to trust your gut and follow your heart, you know yourself better than anyone so trust YOU.

I know I am guilty of always seeing the good in people and sometimes putting myself 2nd in hope that people will like me, we all do it, it is human nature to want everyone to like us. But that just isn't reality, people all have their own insecurities and if someone isn't happy with their appearance or down emotionally they will judge and put others down that make their insecurities come to the surface.



# CHAPTER TWO - NUTRITION





“ No one else has the  
power over what you  
put in your mouth, only  
you, so be strong and  
stick to your guns. ”

# My Top 10 Eating Tips

**My top 10 no nonsense eating tips to integrate into your healthy lifestyle. Put these habits to use 80% of the time. Also allow yourself a “Reward meal” each week. This is on the condition that you have worked hard and deserve the reward!**

**1. NEVER** skip breakfast!!! You need to eat as soon as you rise or within an hour to kickstart your metabolism. If you don't do this your body will go into starvation mode and end up storing the food you eat rather than burning it.

**2.** Avoid sugars/processed foods and limit your complex carb intake to 2 meals a day. Always get your carbs in around training so that you can use them for energy and not store them. If you are not training at night then do not eat carbs at night, you don't need energy to go to sleep!

**3.** Eat every 2-3 hours no matter what. You should eat between 5-6 meals per day.

**4.** Eat complete (containing all the essential amino acids) lean protein with each meal.

**5.** Eat salad and/or veg with each food meal. (Except Breakfast) Load up on your greens, you can not get enough of them into your diet!

**6.** Ensure that 80% of your carbohydrate intake comes from fruits and veg. Exception: workout and post workout drinks and meals.

**7.** Ensure you are getting at least 50grams of good fats everyday. This can vary for different body types so that is only a suggestion, you may need more (see chart on next page)

**8.** Drink only non-calorie-containing beverages, the best choice obviously being purified water.

**9.** Eat mostly whole foods (except workout and post workout drinks). This keeps your metabolism in check, it is like a furnace that you need to keep feeding to keep the fire alight and turn you into a fat burning machine.

**10.** Lastly be kind to yourself, if you slip up you need to forgive yourself and **MOVE ON!** Don't waste a second dwelling on the past and things you can not change, accept it, pick yourself up and start again. Do not let a mistake define your destiny. **YOU ARE IN CONTROL!!!**



Photography: AllyLouiseCreative

# Nutrients & Food Pyramid

NUTRIENT	UNIT	DAILY VALUE
Total Fat	grams (g)	65
Saturated Fat	grams (g)	20
Cholesterol	milligrams (mg)	300
Sodium	milligrams (mg)	2400
Potassium	milligrams (mg)	3500
Total Carbohydrate	grams (g)	300
Fiber	grams (g)	25
Protein	grams (g)	50



**This food pyramid is great and up to date. This is how you need to prioritise your macronutrient intake to achieve a healthy lean body!**





# How To Eat While Travelling

**I know that many of you out there really struggle with food choices when you have weekends away and are out of your usual routine. That being the case, I thought I would give you a few suggestions on how you can make better choices and not come home from your trip feeling like you've gone back to square one.**

**As you all know I travel interstate loads with work and usually have no choice but to eat out at for every meal. Here are some of my tips:**

- For breakfast I always opt for an omelet with mushroom and spinach or something similar that is available on the menu.
- For snacks I will carry low carb protein bars with me for emergencies and I will also carry some roasted almonds on me at all times. It is crucial to have these snacks on you so that when you feel peckish and it has been a few hours since your last meal that you have them there to tide you over rather than heading into a 7/11 for a sugar hit. We all know that it is important to eat every 2-3 hours to keep the metabolism in check so keep your snacks as high protein/good fats as you can.
- Lunches and dinners I will always order a chicken salad or something along those lines that is low carb and high protein and if I need to I'll ask them to make adjustments to it i.e. dressing on the side, no croutons etc. (Please note I have to be carb sensible if I don't train in the time that I am away. If you are exercising I would suggest ingesting complex carbs either before or after your session.)
- Be sure to buy a 2 ltr of water a day and drink that throughout the day to stay hydrated, even if it means you need a 'wee' stop every half hour.

Sticking to a strict eating regime can be tough when traveling, but only if you aren't organised and mentally strong enough to be able to say **NO** to the foods that are only going to

- a) make you feel guilty and
- b) take you 2 steps backwards.

The biggest thing is to watch your alcohol intake, as alcohol really does set you back. I still managed to really enjoy my weekends and I didn't once feel like I was missing out on anything.

# How To Eat When Dining Out

**Dining out doesn't have to be hard work. It doesn't need to be avoided for you to achieve your goal. Life is all about having balance and it is important for you to feel human and to be able to get out there and see your friends on social occasions.**

**My advice for dining out when trying to watch what you are eating are:**

- Never go out hungry. Make sure you have a meal mid afternoon so that when you get to the restaurant you won't snack on the bread or unhealthy snacks that are on the table
- Drink loads of water when you get to the restaurant as this will make you feel full and could stop you from been tempted by the pre dinner snacks. Sometimes hunger can be mistaken for thirst.
- Order something that is low carb/high protein. I always opt for a big chicken salad when I go out, it always fills me and and makes me feel nourished. Remember you don't need to eat carbs at night as you don't need energy to go to bed!!
- If you are going to have an alcoholic beverage have a fresh lime and soda with vodka. This is the lowest calorie drink there is, but try not to go overboard.
- The biggest thing with this is to not listen to others and to be strong. I am sure your friends may be saying things like "oh go on, just have some bread or have some dessert". Don't be afraid to say NO thanks, I am fine! No one else has the power over what you put in your mouth, only you, so be strong and stick to your guns. Any true friend would support your answer and leave you alone.



*“Life is all about having balance.”*

# Supplements:

Go to [www.tonysfeirs.com.au](http://www.tonysfeirs.com.au) for all your supplement needs. Use my code JS12 when you purchase online to get a further 5% discount off the already discounted price.

### Supplements for over all health that I suggest:

- Vitamin C 500 mg twice a day
- Multi vitamin in the morning
- Fish oil
- Magnesium for recovery and repair
- BCAA's for intra workout. I drink Xtend Scivation

### Supplements to help with weight loss:

- Acetyl l carnitine (it's called lean boost) 1 or 2 small spoon once a day, 1st thing in the morning and before training.
- TonySfeirs Wheyprotein Isolate (or Pea Protein if you want dairy free) Please note, protein shakes are ok to have if you cant have a meal, they don't replace food. Have a shake if you get stuck and need some protein (only after weights).
- Glutamine for recovery. One teaspoon before bed.
- Sport Protein for when you need more energy. I like to have this post training in a smoothie on higher training days.
- Greens boost - super green supplement that is great for your immune system and also alkalizes your body. One scoop every morning



Photography: Mariya Mova



# Sweet Snack Ideas

**These guilt free snacks help to keep my sweet cravings at bay.**

- Sugar free dark chocolate. (You can get it from Safeway or Woolies)
- Sugar free jelly is good at night if you need something after your last meal.
- Sugar free drinking chocolate. (It is called Vitarium and uses natural sweetener. It is great throughout the day, you can get this from Safeway/Woolworth's)
- Maxine Burn Cookies & Cream protein bars are my favourite. They taste amazing and really do curb the urge to have chocolate. Try and limit to one a day and have around training times.
- For a great little guilt free dessert, I mix Toffuti (imitation cream cheese) that is dairy and lactose free, with the sugar free drinking chocolate and it tastes like chocolate mousse.



## My Famous Guilt Free Sugar Free Protein Balls

**1-2 tubs of Tofutti (Imitation cream cheese)**  
**1/2 cup crushed almonds and cashews**  
**2 scoops chocolate pea protein**  
**2 Tbs sugar free drinking chocolate**

Mix all together in a big bowl then roll into balls!  
Sprinkle with a little extra of the drinking chocolate.  
Easy peasy. Gluten and dairy free also.  
Great to have when you need something sweet! :)

## Justine's Food Diary

**Here is an example of my typical day of eating when dieting. I don't eat seafood, so my daily diet looks pretty boring. I do love chicken though which is lucky!**

**5:30am:** Breakfast smoothie with one scoop pea protein, one TBS Chia bran, handful frozen blueberries, handful of fresh spinach, scoop of greens boost, lean boost (L-carnitine)

(On the days I am training or lacking energy I will add a scoop of define 8 but generally like to have coffee as a pre workout.)

or

Egg white omelet of 6 egg whites with Spinach and Turkey

**9:00am:** 20 grams almonds and mini low carb Aussie bodies or Maxine Burn Protein Bar

**12:00noon:** Egg white Omelet with 6 egg whites, spinach, mushrooms, feta and avocado

**3:00pm:** Half chicken breast and salad

**6:00pm:** 200 grams chicken and salad or veggies

**8:00pm:** Pea protein shake

In relation to when I eat carbs. If I am depleting I try and not eat them much at all, only when I need the extra energy. My body responds really well to a high protein/high fat diet. I have blueberries every morning in my nutrient rich smoothie then post training I may have a shake using my higher carb sport protein from Tony Sfeirs with a banana in it. It is important to get protein into your body within 30 mins of training so you don't go catabolic. I think sometimes we can go a bit overboard with supplements. If you have only just eaten an hour before you train then you may not need a shake. Protein is absorbed into your body for 3 hours so there is a chance that you are having too much therefore your body will just reject it. It is best to have an actual meal after weights so try and time your food around your training.





*“I will have one ‘treat’ meal a week but will limit it to around 600 calories if I can. It is important that you have that one meal to keep your head in check and also shock the body a bit. I like to have chocolate or cake or a Max’s cookies and cream cookie.”*





# CHAPTER THREE - TRAINING

“ It is really important to have structure in your training to make sure that you rest muscles that have been trained for 48hours before you hit them again. ”

# Cardio For Fat Loss

**I took this article off the Simply Shredded website (simplyshredded.com) and wanted to share it as it explains in detail a lot of what I get asked in regards to which type of cardio is best and you need to do it. It is a big read but definitely worth it.**

## **Why is it that cardio is always the hot topic of fitness discussion and seems to be the fix all solution to burning fat?**

As we have all learned and I have written about in the past cardio is not the fix all solution when it comes to body compositional changes anymore. New times have rolled in and we have tons of research studies proving that weight lifting is far more superior for fat loss and body compositional changes. But, even though we have these new findings, people still don't get it and people still want to sit on the bikes reading magazines about Kim Kardashian's divorce for hours and hours. Do as you please, but I know I'm one of those types of people that want to get the most bang for their buck when it comes to training. This leads me to write about what is the right type of cardio for you?

I will be doing a comparison on HIIT cardio vs LISS cardio, since these two forms of cardio are used the most. By the end of this article you will have a really good idea of what kind of cardio is right for you and how to effectively use it.

## **What in the world do these crazy acronyms HIIT and LISS mean?**

HIIT stands for High intensity interval training, which consists of short sprint intervals coupled with low-moderate intensity work. An example of this would be a 30 second sprint followed by a 4 minute steady pace walk to cool down and bring your heart rate back to normal and then repeating it. LISS stands for Low intensity steady state cardio, which consists of purely low-moderate intensity work. An example of this would be walking on the treadmill or riding the bike and being able to hold a conversation (we tend to see a lot of this at gyms).

## **Now that you have a basic understanding of the two forms, let's dive into some more detailed stuff...**

### **LT & AD**

Why testing the lactate threshold (LT) and anaerobic threshold (AT) is a good idea? The AT and LT are extremely powerful predictors of performance in aerobic exercise (cardio). There are 2 ways that muscle can burn glucose (blood sugars) and that is through aerobic work (with air) and anaerobic work (without air). For example, long bouts of LISS cardio is considered aerobic work and weight training or HIIT cardio

## **How can you change your metabolism?**

1. If you want to change your metabolism, you have to increase muscle mass and increase your muscle's oxidative capacity. Your muscles have these energy producing units called 'mitochondria' and this is where ATP are made and fats are burned. The more mitochondria you have and the more active they are the greater oxidative capacity

you will have for fat loss. HIIT increases mitochondrial capacity and you actually increase the amount of mitochondria you produce. Studies show that you get greater fat loss through high intensity training because of the increase in oxidative capacity. Whereas with LISS you're only burning calories at that precise moment, there's no 24 hour energy expenditure (boost in metabolism) and it hurts you down the line because your body adjusts to it and you end up needing more to lose fat. With HIIT you are burning calories at the moment but you actually change the muscles metabolism and it boosts your metabolism because you increase the mitochondria density of your muscle, so you increase the muscles oxidative capacity and you really do burn more calories. What most people don't realize is you have to put your body in an uncomfortable mode and use the max energy expenditure. It's supposed to hurt when you're doing HIIT and if it's hurting, you're in an uncomfortable mode and that means you're doing it right.

**2.** We tend to see a lot of people doing hours and hours a week of LISS and according to calculations they should be losing pounds, but they can't lose anything because your metabolism adjusts to low intensity exercise. It just doesn't cut it because it's just a calorie burn at that time, not 24 hour energy expenditure. If you do LISS all the time, you're basically trading calories in and calories out and you can cut these same calories through diet and still get the same effects. Ex: You burn 200 calories over 30 min of LISS, you can cut out 200 calories through carbs or fat and get the same effect as opposed to getting a 24 hour energy expenditure through HIIT cardio.

## Research

**3.** A study conducted by Wilson et al. From the University of Tampa, FL, shows when you add in LISS you get a temporary boost in weight loss. Subjects lost a couple of pounds the first week and after that they lost nothing. This happened because their metabolism completely adjusted to that and that became their new set point to what they had to do just to maintain. LISS with a low calorie diet is terrible for fat loss and could cause muscle loss. During a low calorie diet, LISS cardio is more catabolic (muscle wasting) towards muscle as opposed to HIIT cardio being much more muscle sparing.

The reason being that your metabolism gets so adjusted to LISS and you constantly have to do more and more and people don't understand when you are on a low calorie diet, it usually ends up being low carb, so once you are glycogen depleted (stored carbs in muscle), your body is going to look for energy to rely on and guess what it goes after? Protein! Once it goes after protein, then you start to see catabolism (muscle wasting).

**4.** In the same study by Wilson et al. It showed that LISS caused more muscle loss than HIIT. HIIT caused more muscle retention because when you're doing LISS (say fast paced walking) you're not activating muscles the same way as if you were lifting weights. So when you sprint you have hip flexion, knee extension, and these are all weightlifting movements. HIIT is another way to overload the muscle. Just compare a sprinters body composition to marathon runners, more muscle mass!

So, it's really hard to argue with this study because the point about HIIT activating hip and knee movements. Hip flexion and knee extension are the same movements when doing leg workouts. Also, by doing high intensity work you are activating muscle fibers and anytime you activate muscle fibers you are primed for growth. LISS unfortunately can't stimulate muscle fibers the same way.



## TRAINING



Photography: Mariya Mova



*It shows that when it comes to cardio, the intensity matters more over the duration.*

5. In another study done by Naito et al. From Juntendo University in Japan, found that in rats, the enhancement of satellite cell pool caused by endurance training is influenced not by the duration but by the intensity of the exercise.

So, I know most of you are saying well that was done in rats, but rats are very good models for protein synthesis (making of new proteins in muscle tissue) & metabolism because they have similar responses to amino acids and their metabolism. Also, for those that don't know about satellite cells, increasing the number of satellite cells is necessary in humans because it leads to makings of new muscle fibers and the more muscle fibers you have, the more muscle growth occurs. So, what's interesting about this finding in this study is that when the rats performed HIIT, they got muscle stimulation and that's because HIIT overloads the muscle. When the rats performed LISS, there was no activation in satellite cell pool.

So, it shows that when it comes to cardio, the intensity matters more over the duration.

## LISS

Now I know a lot of you have gotten the hint as to why HIIT cardio is more advantageous to LISS cardio for muscle retention and fat loss and it seems as if I totally bashed LISS cardio to the ground. But, keep in mind that this doesn't mean that LISS is useless. I'm a big believer in doing both HIIT and LISS combined. Here are the following reasons why:

You can't do HIIT 5-6 days a week because eventually it will have a negative impact on your weight training and interfere with growth. Many people have legitimate orthopedic, cardiac, and even psychological reasons to avoid HIIT, so LISS is their only option. HIIT could be dangerous if not used right and could lead to injury. HIIT and LISS on either a combined, cyclical, or rotational basis seems to be the best formula in my opinion.

So to sit there and say that HIIT is hands down more superior than LISS for improvement in body composition is as bad as saying that 6 reps per set is better than 20. I'm a firm believer that both HIIT and LISS cardio have unique benefits unto themselves. I feel they both should be incorporated into your routines since each have specifically different effects.

## The Bottom Line

Do the type of cardio that you have a personal preference for. Whichever one fires you up the most because you'll most likely work harder at it. HIIT is quicker, proves to be more effective for fat loss, creates metabolic changes, and helps with muscle retention but not everybody can do HIIT. LISS is safer, but takes twice as long to accomplish similar things and it still has its place for fat loss in moderate amounts, from a pure calorie burning standpoint (meaning only to burn calories & not make changes to your metabolism). My intentions weren't to favor one form of cardio and bash the other, even though it sounded like that. My intent was to educate and notify you that times have changed and science is proving some good stuff with HIIT cardio. But at the end of the day it's up to you on what kind of cardio suits you best. Hopefully, after reading this article you should have a really good idea of what kind of cardio is right for you and how to effectively use it.

# Full Body Training Program

Full body weekly training program incorporating weights, cardio, stretching and core.

Please note, this is a guide and may have to be altered to suit your lifestyle, the times that you can train or your fitness level.

MON	TUE	WED	THUR	FRI	SAT	SUN
am <b>4</b>	am <b>4</b>	am <b>4</b>	am <b>4 &amp; 5</b>	am <b>REST</b>	am <b>7 &amp; 8</b>	am <b>8</b>
pm <b>1</b>	pm <b>3 &amp; 5</b>	pm <b>5 &amp; 6</b>	pm <b>2</b>	pm <b>REST</b>	pm <b>REST</b>	pm <b>REST</b>

## SESSION 1

### Upper Body Strength/Endurance (Chest & Back)

1. Horizontal Pull ups (chest to bar) > Push Ups – 5 x 15
2. Machine chest Press > Wide Grip Lat Pull down – 5 x 15 reps ea
3. Swiss Ball DB Pull Overs > Straight Arm Push Downs – 5 x 15 reps ea
4. Bent Knee Crunches > Vertical Leg Hip Raises – 5 x 20 reps ea
5. Prone Holds Frontal > sides – 3 x 60 secs ea

## SESSION 2

### Upper Body Strength/Endurance (Bicep, Tricep & Shoulders)

1. Rope Hammer Curls > Rope Push downs – 4 x 15 reps ea
2. Dumbbell Bicep Curls > Dumbbell Kick Backs – 4 x 15 reps ea
3. Dumbbell Lateral Raises – 4 x 15 reps
4. Rear Delt Cable fly – 4 x 15 reps

## SESSION 3

### Lower Body Strength/Endurance

1. Sumo Squats – 5 x 15 reps
2. Long Stride Rearward Lunge – 3 x 10 reps each leg
3. Hamstring Curls – 3 x 15 reps > Hip raises 3 x 15 each leg
4. Spin Bike Hill repeats – 10 x 60 sec efforts on 60 sec rests

**SESSION 4**
**Spin Bike or Stair climber HIIT**

30-40 mins Intervals

(1 min High Impact, 2 min Low Impact)

(Make this before your first meal of the day)

**SESSION 5**
**Flexibility & Stretch Session**

1. Lunge Stretch (glute & Hip flexer)
2. Kneeling Hamstring Stretch
3. Kneeling Adductor Stretch
4. Seated Groin Stretch
5. Arm across Body Shoulder Stretch
6. Hand against wall Chest Stretch
7. Arm behind Neck Tricep Stretch
8. Hands Pronated Bicep Stretch
9. Lying Core Rotational Stretch

(Hold each stretch for 90-120sec x2)

**SESSION 6**
**Core Conditioning**

1. Bent knee crunches – 5 x 20 reps  
(slow and holding contraction for 5 secs each rep)
2. Hip Raises – 5 x 15 reps (holding at top of each rep for 5 secs)
3. Prone Holds Frontal > sides – 3 x 60 secs ea
4. Leg Raises – 3 x 20 slow reps

**SESSION 7**
**Total Body Circuit**

Exercises are to be done sequentially.

60 sec OR 20 reps on each exercise no more than 10 sec between exercises.

Minimum 3 laps of the circuit to be completed in a session.

1. Bodyweight deep squats
2. Push ups
3. Crunches
4. Sprint starts (hands on bench fast feet knee drives)
5. Bent over rows (underhand grip)
6. Leg raises
7. Shadow boxing fast hands
8. Horizontal pull ups (overhand grip)
9. Alternate wrist to knee crunches

**SESSION 8**
**One Hour Power Walk**





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[www.justineswitalla.com](http://www.justineswitalla.com)**

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[www.youtube.com/user/juzzyswit](http://www.youtube.com/user/juzzyswit)**

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