



## ***Treadmills and Elliptical Machines: Outdated Dinosaurs of the Gym!?!***

Yes, I said that. Have I lost my mind? Am I throwing all the cardio equipment out the door? Before you panic, let's take a look at who uses these machines and why. The number one goal of over 95% of the people we work with is weight loss or management. Members want to look better and feel better. In the past they would come in, we would put de-conditioned people on the treadmill or some other piece of cardio to start burning calories, and it worked. But, let's take a closer look!

An average person will walk one mile in about 20 minutes, taking 2,000 steps. If they jog, it will take a little less time and 1,500 steps. The impact on your body is about 2X bodyweight while walking, and 4X bodyweight while jogging. When all is said and done you burned about 100 calories during your 20 minute walk and impacted your knees for 2,000 reps at 2X your bodyweight. If our goal is to elevate heart rate and increase metabolism to burn calories and lose weight, isn't there a better way?

You bet there is! Full body metabolic training, usually in the form of a timed circuit, is far superior in fat burning and for general health and fitness. If you're a member here, think "Metabolic Burn". Tests have proven this type of training burns double the calories with a fraction of the repetitions. If fat loss is your goal, why would you want to spend 30 minutes on a treadmill banging your knees when you could burn twice as many calories in a 30 minute "Metabolic Burn" circuit with little or no impact? If I were a doctor in the 80's and gave you a drug that worked but had some bad side effects, I'd be helping you. If I then gave you the same drug 30 years later when a new drug was available that worked twice as well and with a fraction of the side effects, I should be sued for malpractice.

**Insanity: doing the same thing over and over again and expecting the different results!**