

POWER FIT:

The Simple Secret To MORE Oxygen

***Boost Oxygen Delivery to Your Cells By Up to
2,000% and Cleanse Your Body of Toxins,
Heavy Metals... Even Cancer!***

By Dr. Al Sears, MD



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POWER FIT: The Simple Secret To MORE Oxygen

**Boost Oxygen Delivery to Your Cells By Up to 2,000% and
Cleanse Your Body of Toxins, Heavy Metals... Even Cancer!**

As you age, cells in your lungs start to die off faster than you replace them, *causing your lungs to shrink*. That's a real problem not just for your strength and stamina but also for your ability to fight off disease.

And here's the real eye-opener:

The Smaller Your Lungs, the Greater Your Chance of Dying... of ALL Causes

The groundbreaking Framingham Heart Study looked at data stretching back six decades and concluded your lungs tell you how long you'll live. This ongoing research is particularly convincing for two reasons: it's the longest running study in medical history and it has no involvement from the big drug companies.

Doctors involved in the Framingham study, William B. Kannel and Helen Hubert, both from the Boston School of Medicine concluded: *your lungs are the number one predictor of death*.

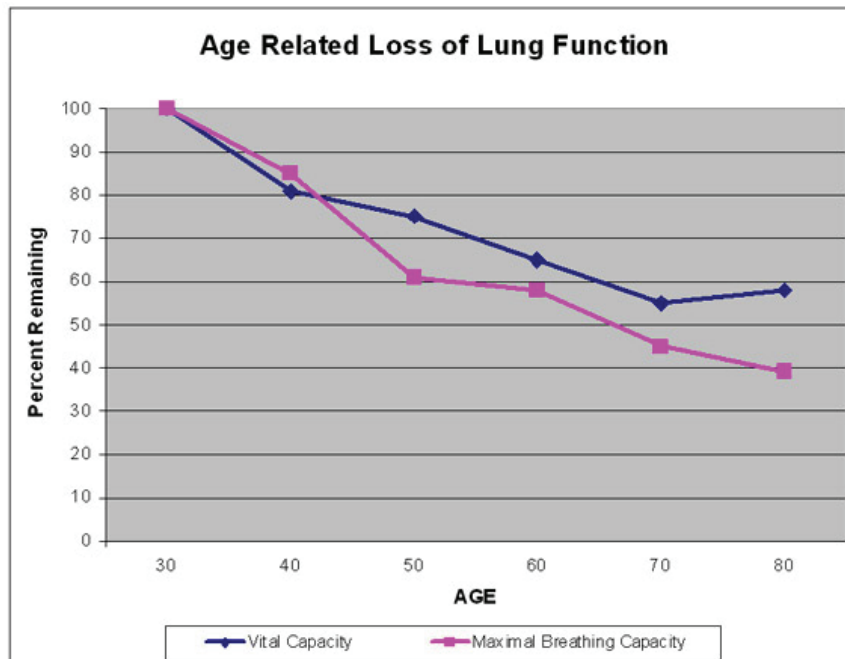
To put another piece of this monumental discovery in their own words, here's what they said:

*"This pulmonary function measurement appears to be an indicator of general health and vigor and **literally a measure of living capacity**... Long before a person becomes terminally ill, vital capacity can predict life span."¹*

That's a remarkable equation: *Your ability to breathe equals your ability to live*.

You won't hear that from your doctor and you won't read about it in the newspaper. But you **can** do something about it. And, your life depends on it.

Have a look at this graph:



By the time you're 50 years old, 40 percent of your lung power is gone. By the time you're 80, you lose over 60 percent... and that's just an average.

The Framingham study found your lung power drops 9 to 27 percent per decade. ***If you're on the high end of that scale you could lose 80 to 90 percent by the time you retire.***

Imagine for a moment what shrinking lungs do to you:

- Suffocates your cells, causing your energy to tank...
- Clouds your brain making it hard to focus or remember...
- Makes you a target for chronic disease, especially cancer...
- Drains you emotionally, making you feel tired, angry and irritable...
- Makes you old and feeble before your time...

But there's a simple solution for building your lung power and getting more oxygen into your cells.

My system pumps-up and repairs your lungs. I've seen 2-pack-a-day smokers turn the tables on decades of lung damage. I've seen frail, 85-year-olds regain their strength and come back to life.

But it's NOT what all the fitness "gurus" tell you.

Conventional wisdom tells you "cardio" and aerobics are ONLY way to get your heart rate up and increase oxygen to your blood.

WRONG.

Here's why.

Cardio and Aerobics Make Your Lungs Shrink FASTER

Cardio and aerobics are low-intensity, long-duration exercises.

When you exercise for long periods at a low to medium intensity, you train your heart and lungs to get smaller!

If you only exercise within your current aerobic limits, you don't improve your *aerobic capacity*. In other words, you never push hard enough to stop to catch your breath. This kind of aerobic exercise trains your body for *endurance and efficiency*.

That sounds great, right?

But this kind of "logic" causes "shrinkage." It produces smaller muscles, a smaller heart and smaller lungs. What's worse, it wipes out your *reserve capacity*.

Your reserve capacity is what your heart and lungs use to deal with stress. Injuries or physical trauma, a shocking emotional blow, a particularly intense session in the bedroom with your partner—these all demand reserve energy.

Reserve capacity means your heart has the ability to pump more oxygen, faster in times of stress. Reserve capacity for your lungs allows them to deal with high exertion like lifting, carrying, running or going up stairs.

Without reserve capacity, you are much more likely to drop dead from a heart attack or pneumonia when faced with stress.

Think of it this way: No “reserve capacity” in your checking or savings account means bankruptcy. No “reserve capacity” in your heart and lungs means a fatal heart attack or succumbing to what should have been nothing more than bronchitis.

But a different kind of exercise **builds** reserve capacity for your lungs, your heart and your blood vessels... **and ramps up oxygen delivery to your cells.**

I call it **supra-aerobics**. It is the key to a healthy heart, good muscle tone, high energy, a desirable figure, higher lung capacity... plus it takes a fraction of the time to achieve much better results.

Think of it like a car. Traditional aerobics turns your body into a small car with a small engine. Sure, it’s fuel-efficient. But God help you if you need to quickly get out of the way of an oncoming truck. You just don’t have the power.

Supra-aerobics, on the other hand, gives your heart and lungs a turbo boost that can get you out of any jam.

Remember... a high output, supra-aerobic workout is exactly what your body needs to increase your lung power and build reserve capacity.

And that means MORE OXYGEN.

As I’ve shown you, the better your lungs work, the longer you’ll live. But your lungs don’t work better when you do “cardio” and “aerobics.” *They work less.*

Have a look at this chart:

Your Blood Flow at Different Levels of Exertion				
Blood Flow (ml/min)				
	Rest	Light Exertion	Heavy Exertion	Maximal Exertion
Brain	750	880	1,000	1,400
Coronary	250	350	750	1,100
Lungs	Basic Value, (BV)	1.4 x BV	3 x BV	4 x BV
Skeletal Muscle	1,200	4,500	12,500	22,000
Cardiac Output	5,800	9,500	17,500	25,000

Adapted from: von Ardenne, M. *Oxygen Multistep Therapy*. Thieme. 1990. p. 144

This table shows how blood circulation increases with exertion. The numbers are stunning.

When you look at “maximal exertion,” the state my patients achieve when I teach them this simple technique, circulation – and therefore oxygen transport – goes through the roof.

Compared to the light exertion of cardio and aerobics, blood flow to your lungs, and the amount of oxygen pumped by your heart increases by **more than 400 percent**. And when you compare maximal exertion to rest,

the oxygen boost is close to 2,000%.

The difference is important. Your brain gets almost **TWICE as much blood and oxygen** during maximal exertion than it does with light or medium exertion.

Traditional exercise has failed you. By not recognizing the rate of blood flow associated with different levels of exertion, aerobics and cardio miss the point. And, you won't build your lungs by training for endurance, or by jumping around for an hour while you watch a Richard Simmons workout video.

You build your lungs by challenging their maximal capacity. In other words, you give it everything you have for a very short period of time. Then you rest. What could be simpler?

Why Didn't Anyone Tell You This Before?

To build up strength in your lungs, forget about words like "cardio" and "aerobics."

Instead, think "**POWER Fit.**"

I designed **POWER Fit** to help you exceed your aerobic energy limit and tap the power of what I call supra-aerobics.

By shedding the aerobics dogma and training yourself to find your supra-aerobic zone, you're going to restore the body nature meant for you remarkably fast. You'll reclaim your youthful heart, powerful lungs, strong muscles, young features, and have no excess fat throughout your life.

Let's take a closer look at how aerobics and supra-aerobics stack up...

Aerobics	Supra-Aerobics
<ul style="list-style-type: none">• Teaches your body to burn muscle mass	<ul style="list-style-type: none">• Teaches your body to burn fat and build muscle
<ul style="list-style-type: none">• Diminishes your lung capacity	<ul style="list-style-type: none">• Increases your lung capacity
<ul style="list-style-type: none">• Reduces your secondary sexual features. Men, you'll lose your broad shoulders and deep voice. Women, you'll lose breast tissue and your curvy figure	<ul style="list-style-type: none">• Enhances secondary sexual features—builds a desirable, attractive figure
<ul style="list-style-type: none">• High rate of injury	<ul style="list-style-type: none">• Low rate of injury
<ul style="list-style-type: none">• Lowers your overall energy levels	<ul style="list-style-type: none">• Raises energy levels—wipe out fatigue forever!
<ul style="list-style-type: none">• Takes 60 to 90 minutes, 5 times a week	<ul style="list-style-type: none">• Takes 12 to 20 minutes, 3 to 4 times a week
<ul style="list-style-type: none">• Hard to stick with	<ul style="list-style-type: none">• Easy to stick with

POWER Fit gives you the extra capacity your lungs need to do the things you want to in your everyday life. Like take a long walk with your dog. Roughhouse with the kids. Have an intense session in the bedroom with your partner.

If all you ever do is “aerobics,” you work out for longer, but you never challenge your heart and lungs, and your capacity disappears. ***That means your lungs shrink and shrivel with age and oxygen delivery drops.***

Having greater lung capacity means you have the ability to get more blood faster to the tissues that need it the most, and deliver life-giving oxygen to your whole body. Having that kind of renewed strength and stamina will:

- **Keep You Active All Day Long:** Imagine doing all the “big” chores like doing all the yard work, cleaning out your garage and still having plenty of energy for a night out.
- **Fight Colds, Infections... Even Cancer:** Super-sized lung power fights infection and keeps you disease resistant – even the common cold is no match for blood that’s full of fresh oxygen.
- **Fight Fatigue and Stay Energized All Day Long:** When your lungs shrink, your oxygen supply plummets. This makes you tired, sluggish and ready for a nap. With a robust set of lungs, you’ll make it through your day without a single break.

Let me show you what I’m talking about.

In one study, they put cyclists in Spain on a POWER Fit-style exercise program: short-duration, high-intensity workouts with recovery periods in between. When tested after only two weeks, the people had ***significant increases in maximum oxygen use*** and exercise capacity.²

And that study wasn’t even about POWER Fit. They were simply looking at higher intensity for short periods vs. lower intensity for longer periods. If they would have tested for POWER Fit, there would have been even more dramatic results.

Challenging your peak capacity this way is the most important thing you can do to strengthen your lungs to handle any of life’s demands.

One thing to remember is that POWER Fit is about exertion... not exercise. That’s because “exercise” has negative connotations. We expect it to take a lot of time (and endurance training does take a lot of time).

We also get bored doing the same thing over and over again. Traditional exercise feels like a chore. And no one gets excited about doing chores.

So stop doing what bores you! POWER Fit feels more like play. You can use any physical activity you want, as long as it gets you pumping more intensely, not for a longer time.

Focus on that one moment in time when you challenge your peak of exertion. Your POWER Fit workout never lasts for more than 12 minutes of total exertion, so you get more benefit in a fraction of the time.

Have You Ever Seen a Cheetah Run a Marathon?

POWER Fit is the most advanced fitness program ever developed because it’s the most natural. It helps you regain the metabolism we evolved with for thousands of years.

The secret behind POWER Fit is called ***bio-sequencing***. That means sending your body the right signals to make the right changes in the right order so you can naturally recreate the strong, lean, fat-free bodies our ancient ancestors enjoyed.

Doing things in order lets what you do first have its effect, and sets up the environment so that what you do next can benefit you more. Then, your body will cooperate in your efforts. In fact, it will take over, and you’ll see how easy it becomes. Because your body is simply rebuilding its naturally healthy, lean and fit state.

Exercises like aerobics and cardio train you only for endurance. The measurement of fitness for them is how long you can exercise for. Getting more fit means increasing the duration.

But that's not bio-sequencing. It's some kind of forced, man-made, unnatural sequencing.

Biology doesn't do that.

Have you ever seen a cheetah jogging for miles at a time? They sprint, catch their prey, and then rest. Even horses don't gallop more than a mile or so before they stop and rest.³ It's only a man-made change that forces a horse to run for hours. And what happens after? The horse is lathered, exhausted and sometimes injured and dying.

As I said above, that kind of exercise, as studies have shown, is bad for your health. It aggravates and accelerates some of the most negative changes of aging.

Aerobics and cardiovascular endurance exercises shrink your lungs, reduce your heart's power, and convert your body's fuel source from energy stored in your muscles to stored fat. Because your body interprets that kind of exercise as stress.

You secrete adrenaline and cortisol and you end up cannibalizing your own body – your muscles and your connective tissue – so in the end, you're old, beat up and inflamed.

Aerobics focused on changing the wrong thing – endurance. POWER Fit puts the focus back on changing the right thing – your capacity.

POWER Fit progressively challenges your lung power, your cardiopulmonary capacity, your heart's maximum output and your metabolic rate.

The four of those together make up your body's total output capacity. And as you'll see, I've designed POWER Fit so that you work your entire output system. That means you exert different muscle groups in all different positions, not the same ones over and over.

If you only work one muscle group for a long period of time, the muscle gets fatigued before you have challenged your heart and lungs very much.

So I built the exercises with a specific order in mind for you to follow called muscle rotation. We present your muscles with strengthening movements in a specific order with no more than 12 minutes of total exertion time.

This gives your cardiopulmonary system the right challenge, builds your capacity, and gets you out the door to enjoy the rest of your life.

We want you to have fun and be done, so you can go out and build your endurance doing the things you love to do.

Cardio and Aerobics are DEAD... Get Fit and Supersize Your Lung Power Without Boring Yourself to Death

You're about to take your 'first steps' toward changing the way your body interprets fitness.

For years, you've been told that the key to fitness is to work out for as long as you possibly can. You've been told that the real secret is long-session cardio. Well, that's simply not true.

When our bodies are forced to exert for prolonged periods of time without rest, it believes that there will be no food in the near future and that it needs to store fat in order to survive. Storing fat is how your body deals

with these prolonged periods of stress.

And your body will continue to create and store fat for as long as it believes that it is in survival mode. Does that sound like the key to a slim and strong body? No, it doesn't. This is why I have never endorsed any form of cardio exercise.

As this critical point of bio-sequencing, we will be changing the way you approach fitness and make a better, stronger and more robust body that can endure the test of time.

We will be focusing on performing short powerful bursts of energy that mimic the patterns of life and survival of our ancient ancestors. Our ancestors expended large amounts of energy only when necessary and for short periods of time.

This change in fitness patterns sends a completely different signal to your body. This signal relays to your body that times are good and that you don't need those layers of fat to stay alive.

This is the signal that made our ancient ancestors' bodies lean when food was plentiful. And as a result, they were strong, fast and enduring despite living under the most adverse conditions.

In order for lean bio-sequencing to occur, this signal must be delivered to your cells. And when it happens, get ready for the most amazing transformation... extra energy... clearer thinking... and a better mood!

POWER Fit: The Best 12 Minutes of the Day

In just 12 short minutes, you will do more for your health than you have in all those boring sessions on the treadmill, or plodding away on the pavement. Why? Because short, high-energy physical bursts are the way your body was designed to move.

Our predecessors exerted themselves this way; whether it was to catch dinner or to avoid being caught by a predator. The benefit of this type of physical challenge is a super-strong heart, powerful lungs and the energetic, fit body nature intended for you.

For 30 years, you've been told that the secret to fitness is exercise duration.

So, why are short bursts of energy better than endless "cardio" exercises?

Shorter periods of physical output tell your body that storing energy as fat isn't necessary. You never exercise long enough to use the fat for fuel during each session. Instead train your body to burn carbohydrates stored in muscle – not as fat.

Carbohydrates stored in muscle – called *glycogen* – are high-energy output fuels, while fat is a low energy output fuel.

Physically challenging yourself with incrementally increasing intensity over shorter times will use these high output carbs. The best part is that after your workout, you start to slow-burn your stores of fat – while you replenish the carbs in your muscles. This is known as your "after burn." And over the long run, this is more important than what you burned during your workout.

In one study, researchers in Quebec's Laval University divided exercisers into two groups: long duration and repeated short duration. They had the long duration group cycle 45 minutes without interruption. The short-duration group cycled in multiple short bursts of 15 to 90 seconds with rests in between.

The long-duration group burned twice as many calories ... but when the researchers recorded their body

composition measurements, *the short-duration group showed the most fat loss.*

In fact, the interval group lost nine times more fat than the endurance group for every calorie burned. Doesn't this defy the laws of physics? No, it just illustrates that exercise continues to affect your metabolism after you stop. The short bursts stimulated a greater after burn.

You might think burning fat during exercise makes sense. But your body will adapt to any routine you give it, including exercise. And if you burn fat during a workout and you do that workout consistently, your body will make sure you store new fat to burn each time you go to the gym.

In addition, exertion in brief bursts will provide other benefits to your metabolism and health that may surprise you. It will:

Let you sail through times of trauma and shock by restoring your reserve capacity (that's the backup capacity your heart and lungs use to deal with sudden stress).

Make you happier and more satisfied – regular physical exertion releases serotonin – the “feel good hormone” in your brain – and endorphins, that cause a sense of pleasure.

Improve your cholesterol profile. (People in a study of exercise bursts showed a decrease in total cholesterol and an increase in “good” cholesterol).

Provide a great anti-aging benefit by raising your testosterone, which fights against memory loss, accumulation of fat, low libido, sexual dysfunction, and loss of strength and bone.

Build muscle and get rid of fat by helping you reprogram your body to use food to build muscle, not fat cells.

And you'll be able to get these benefits with much less of your time – no need to spend hours at the gym.

The real proof will be in the results. You will get physical for 12 minutes a day and the results will be undeniable.

You'll ask yourself, “Why have I been wasting so much of my time doing exercises that never provide any results?”

During your workout, you will progressively increase the intensity of your challenge. Doing the same routine over and over – especially with cardio and weight training – will lead to some minor gains at first but then your progress will stall.

It's the usual reason for the fitness “plateau.” Your body needs a new challenge in order to adapt and grow. Fortunately, the DVD that comes with this system has all the right physical challenges to keep your muscles changing, adapting and growing.

As you get more familiar with POWER Fit, making progressive changes to your routine will become intuitive and you can mix and match the exercises. You may even make some up on your own! Each time you do use POWER Fit, strive to do something new or different to challenge yourself a little bit more.

These progressive changes will allow your body to continue to make adaptive responses, today and years into the future. Like interest on a bank account, these little adaptive changes can have a monumental cumulative effect.

For the next eight weeks, you will be taking the first steps to a fuller, more satisfying life. A life where you are bursting with energy and vitality. You'll gain a mental clarity that helps you overcome the many obstacles you'll find in daily modern life. And you will sleep better at night because your body is running properly and efficiently

... all thanks to those 12 short minutes!

POWER Fit Gives You the Freedom to Start Any Level... No Matter How Out of Shape You May Be

Don't worry if you're not in "peak condition." With POWER Fit you can start anywhere. Whether you're an amateur athlete or a stay-at-home mom, you can start POWER Fit right away. You'll begin at a level that's comfortable for you.

POWER Fit is flexible. You can do it anywhere, any time, with nothing more than a few spare minutes and a bit of space.

You can do POWER Fit using any kind of machine or exercise you like. Of course, you can use your local gym to do your POWER Fit program. But you don't *need* a gym, weights, or special machines. Your backyard will do just fine. Or a box or a flight of stairs or even a chair. Or the grassy hill at your local park.

You can even do POWER Fit in your living room—and get exactly the same benefit as you would in a state-of-the-art athletic facility.

You won't struggle with the obstacles you may have faced with other fitness programs, either. You won't have to dedicate months or years of effort without anything to show for it. Your heart and lungs will respond immediately.

The results will come in a matter of weeks—sometimes in a matter of days. You'll start building muscle, shedding fat, and creating lifelong health and power from your very first workout.

And your first workout will take just minutes.

Let's Get Started: Your First POWER Fit Workout

Your first POWER Fit workout will be a single period of exertion followed by recovery.

You will start at a speed and level of intensity that feels comfortable to you. Then you will gradually increase your level of intensity until you are panting and breathing heavily. When you reach this level of exertion you will stop and recover. That's it.

During your first workout you will make a few observations:

- How long does it take before you start breathing heavily?
- How long does it take for your breath to recover after you stop?
- What was your approximate heart rate during exertion?

This is the foundation of POWER Fit. You start off easy, you gradually increase the intensity, you reach a level of maximum exertion, and you stop and rest.

As you progress you will have the freedom to improvise and make changes to your routine. But for now, these are the basics.

To get started, you can walk, run, swim or choose an "instrument." An instrument is simply an exercise device like a treadmill, a rowing machine, an elliptical, a bicycle, etc.

If you are out of shape or not sure how you will react when you exert yourself then you might consider walking. It will be easier to control your speed and is a safe place to start.

For now, let's say you're using a stationary bike.

Start by adjusting the seat and getting comfortable. The seat should be high enough to give you some leverage and pedaling power, but not so high that your legs become fully extended.

Set the resistance level to a low setting. You should feel a little tension but should be able to peddle freely and easily. Make note of the time. Start pedaling.

As you continue, start thinking about *perceived exertion*. This is how tired you *feel*. This is not a scientific measurement and will be different for everyone. But it's an important observation.

Some of my patients feel a high level of exertion after walking for sixty seconds. Others can sprint for 50 yards and not even break a sweat. These are extremes at either end of the scale. For now, simply make note of how you feel.

After a few minutes of pedaling at low resistance turn up the intensity. Pedal for another minute and turn up the resistance again. Keep pedaling.

How quickly you turn up the resistance is up to you. But here's the idea: ***Progressively increase the intensity over time.***

If you're feeling out of shape do it slowly. If you have more experience, you can jump into a more intense level earlier on.

As you keep pedaling your level of perceived exertion will increase. You'll start to sweat. Your face will feel flush. Your breathing will get faster and deeper.

Keep turning up the intensity until you've reached your limit. How do you know when you've reached this point? Simply stated, you'll run out of steam. You'll start to pant. Your breathing will be uncontrollably heavy.

When you're in this state you won't be able to speak clearly. Your breathing will be too deep and demanding.

At this stage you've created an ***oxygen debt***. This occurs when you ask your lungs for more oxygen than they can give you in that moment. That's why your breathing quickens and deepens. Your body is trying to get as much oxygen as quickly as it can.

Now rest. Stop pedaling.

Make note of the time. How long did it take you to get winded? One minute? Ten minutes? It doesn't really matter. There's no right or wrong answer. This is your ***exertion time***. It's your baseline, your starting point.

Now reach up and take your pulse. The easiest place to find your pulse is on your neck. Feel around the area of your wind pipe. When you're winded and breathing heavily you'll feel a robust and vigorous pulse. Look at your watch and count your pulse for six seconds. Now multiply by ten. That's your ***heart rate***.

For example, if you find your pulse and count 14 beats in six seconds your heart rate is 140. ($14 \times 10 = 140$)

Now relax. Make note of the time. You want to see how long it takes you to "get back to normal" after you finish. It might take you 4 minutes... it might take you 20 minutes. This is your ***recovery time***. Again, you are simply observing and taking notes.

How do you know when you're back to normal? It's about *perceived recovery*. This is not a scientific measurement. It's when you *feel* rested. It's when you feel like you've "caught your breath."

Now take your pulse again. Write it down.

That's your first POWER Fit session.

Let's review. During your first exertion period followed by recovery, you:

- Chose your instrument and started at a comfortable, low-intensity level.
- Progressively increased the intensity.
- Continued until you felt a high level of exertion.
- Created an oxygen debt while breathing heavily.
- Stopped and rested.
- Made note of your heart rate and exertion and recovery times.

There are many different ways to do POWER Fit. You only need to use its principles. But your POWER Fit will always follow this basic structure: You alternate between exertion and recovery, while making progressive changes.

Now that you have the hang of it, let's give your POWER Fit program a little more structure. This will help you practice POWER Fit on a regular basis.

Below you have three basic examples of POWER Fit.

Each one has a different feel.

You can take these workouts to the gym, to the park or stay in the comfort of your own home. You can use any instrument you like. Again, it's your choice. If you feel like taking it slow, start by walking. If you're ready to experiment, try running up a hill or get into the gym and try using stair master.

Even better, you can cycle between these three workouts for as long as you like. Do each one for 4 to 6 weeks before trying the next. After you finish the third, go back and do the first, but change some element of the workout to make it different.

Ideally, you will practice POWER Fit three times a week. But even if you can only manage one you'll be ahead of the game. POWER Fit workouts are never wasted. The benefits start rolling in, even if you only do a single set.

As with everything in life, consistency counts. You will make some gains from doing POWER Fit once a week – or even once a month. But to get the body you really want... to maximize your true potential I recommend three times a week.

This chapter gives you the basics of POWER Fit, but you can stay with the basic program for as long as you need.

Once you're ready, you can take POWER Fit to the next level. You'll find everything you need in the following chapters.

For now, let's have a look at the 3 basic POWER Fit workouts.

POWER Fit Workout 1

Warm-Up	Set 1		Set 2		Set 3	
	Exertion	Recovery	Exertion	Recovery	Exertion	Recovery
2 min	4 min	X min	3 min	X min	2 min	X min

Set 4	
Exertion	Recovery
1 min	Done

Total exertion time: 10 minutes.

This workout features a descending pattern of exertion time as you progress through each set. For example, your first exertion period is 4 minutes. Your second is 3 minutes, etc.

As you begin each set you will increase the intensity. Your first exertion period is 4 minutes but your intensity level will be low. Your 4th set is only 1 minute but your intensity level should be high. You want to give this last set everything you have.

The recovery time is intentionally left open. Take as long as you need. But as soon as you catch your breath, start your next set.

Like all three of these basic POWER Fit programs, you can apply any instrument or setting. You can do them indoors or out. You can do them walking, running, swimming, jumping rope, or take it in the gym. Any machine you like.

POWER Fit Workout 2

Warm-Up	Set 1		Set 2		Set 3	
	Exertion	Recovery	Exertion	Recovery	Exertion	Recovery
2 mins	2 min	X mins	2 min	X mins	2 min	Done

Set 4		Set 5		Set 6	
Exertion	Recovery	Exertion	Recovery	Exertion	Recovery
2 min	X mins	2 min	X mins	2 min	Done

Total exertion time: 12 minutes.

Instead of using a descending pattern with increasing intensity, this workout gives you 6 sets of 2 minutes each. This pattern is useful if you're outside running or going up a hill. But you can use instruments in the gym as well.

You won't be able to increase the intensity as much with this routine. Getting through 6 sets will challenge you all on its own. But start with a medium to medium-high intensity right from the start. Slightly increase the intensity with each set.

By the time you get to sets 5 and 6 you will really have to push yourself to finish. You may fight fatigue, so if you have to slow down a bit that's okay. As you progress your performance will improve.

POWER Fit Workout 3

Warm-Up	Set 1		Set 2		Set 3	
	Exertion	Recovery	Exertion	Recovery	Exertion	Recovery
2 min	45 sec	X min	90 sec	X min	2 min	X min

Set 4	
Exertion	Recovery
4 min	Done

Total exertion time: 8 minutes, 15 seconds.

This POWER Fit program is the opposite of the first program. Instead of starting with longer exertion periods and steadily decreasing, you'll start with a short, high-intensity exertion period and move on to longer exertion periods.

As you increase the exertion time of each set you'll slightly decrease the intensity. You may think this is easier... but this is just as challenging if not more so. When you get to your last set, don't let the intensity drop. Keep it up. Push to the end.

You'll notice there's a lot of flexibility in these workouts. They're designed to give enough structure to practice regularly but enough freedom to give you room to grow.

The idea here is getting started. You can alternate between these three workouts for as long as you like. But get creative. Apply the element of progressivity. Change it up.

When you need to add something new to your routine here are a few ideas:

- Add more time to each exertion period.
- Add one or more sets to your routine.
- Add more intensity or resistance to each exertion period.
- Change your instrument.

Don't forget to keep track of your progress. Make note of your heart rate and your recovery rate. As you progress your cardiac output and your recovery time will improve. You'll notice your heart rate will climb higher and reach its target faster. And your recovery time will shorten. These are milestones you don't want to miss.

Reference:

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- 3 Harris, Susan E., Horse Gaits, Balance and Movement New York: Howell Book House 1993 ISBN 0-87605-955-8;47-49



Meet Dr. Sears – Uniquely Qualified to Help You Live Better and Younger

Dr. Al Sears, M.D. currently owns and operates a successful integrative medicine and anti-aging clinic in Royal Palm Beach, Florida, with over 25,000 patients. His cutting-edge therapies and reputation for solving some of the most difficult-to-diagnose cases attract patients from around the world.

As a graduate of the University of South Florida College of Medicine, Dr. Sears scored in the 99th percentile on his MCAT and graduated with honors in Internal Medicine, Neurology, Psychiatry, and Physical Medicine.

After entering private practice, Dr. Sears was one of the first to be board-certified in anti-aging medicine. As a pioneer in this new field of medicine, he is an avid researcher, published author, and enthusiastic lecturer. He was the first doctor licensed in the U.S. to administer the first telomerase activator, and has since developed his own telomere maintenance formula, one of the most important breakthroughs in anti-aging medicine today.

Dr. Sears is board-certified as a clinical nutrition specialist and a member of the American College of Sports Medicine (ACSM), the American College for the Advancement in Medicine (ACAM), the American Medical Association (AMA), the Southern Medical Association (SMA), the American Academy of Anti-Aging Medicine (A4M), and the Herb Research Foundation, (HRF). Dr. Sears is also an ACE-certified fitness trainer.

Dr. Sears currently writes and publishes the monthly Newsletter *Confidential Cures*, and daily email broadcast, *Doctor's House Call*, and contributes to a host of other publications in the field. He has appeared on over 50 national radio programs, ABC News, CNN, and ESPN.

Since 1999, Dr. Sears has published 15 books and reports on health and wellness with a readership of millions spread over 163 countries.

In his first book, *The T-Factor, King of Hormones*, Dr. Sears perfected the use of natural and bio-identical testosterone boosters to help men restore the drive, ambition, muscle strength, vitality and sexual performance of their youth.

Dr. Sears followed up with *12 Secrets to Virility*, a full-blown strategy for male performance that includes his own patient-tested protocols for successfully dealing with men's health concerns like fighting excess estrogen,

protecting the prostate, eliminating fat gain and keeping a sharp mind and memory.

In 2004, Dr. Sears was one of the first to fight against the conventional belief that cholesterol causes heart disease, proving that cholesterol is not the cause, but the part of the body that heart disease acts upon. In *The Doctor's Heart Cure*, Dr. Sears offers an easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

In 2006, Dr. Sears shocked the fitness world by revealing the dangers of aerobics, “cardio” and long-distance running in his book, *PACE: The 12-Minute Revolution*. Expanding on the fitness principles in *The Doctor's Heart Cure*, he developed a fast, simple solution to restore muscle strength, guard against heart attack and burn excess fat. Today, PACE is practiced by thousands of people worldwide.

In 2010, Dr. Sears made history by bringing telomere biology to the general public. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, his breakthrough book *Reset Your Biological Clock* shows how anyone can preserve the energy of youth by controlling the length of your telomere, the true marker of aging.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM), the Age Management Medicine Group (AMMG), and the Royal Society for Anti-Aging, Aesthetic and Regenerative Medicine Malaysia (SAAARMM).

As the founder and director of Wellness Research Foundation, a non-profit research organization, Dr. Sears has made it his life's work to bring his patients the latest breakthroughs in natural therapies. As part of his ongoing research, Dr. Sears travels the world in search of herbs, novel cures and traditional remedies.

Meeting with doctors and healers, Dr. Sears has brought back and revitalized much of the traditional knowledge considered endangered in today's modern world.

- During an expedition to the Peruvian Andes, Dr. Sears brought back a nutrient-dense oil made from the Sacha Inchi nut, containing the highest plant source of heart and brain boosting omega-3 fatty acids.
- In India, Dr. Sears studied at the oldest existing school of Ayurvedic medicine, the ancient Indian healing tradition, and was tutored by Ayurvedic doctors on the use of potent Indian herbs used to treat heart disease, cancer and Alzheimer's disease.
- While trekking through the Amazon rainforest in Brazil, Dr. Sears lived among the native Ashaninka Indians, incorporating their ancient knowledge of healing herbs into his own nutritional supplement formulas.
- In Jamaica, Dr. Sears met with the last living healer from the ancient and forgotten lineage known as the Maroons. Coming from West Africa 500 years ago, their knowledge was on the brink of extinction until Dr. Sears published a book showcasing their unique herbs and healing formulas.
- On the island of Bali, Dr. Sears had a meeting with the most famous of the ancient healers known as “Balians,” – Ketut Leyir – and befriended and now works with two of the country's foremost herbalists. Dr. Sears is publishing a book showing how to use Balinese herbs and make unique healing mixtures for the skin and body.
- In Africa, Dr. Sears traveled to seven different countries, met with the ancient Batwa people to learn their nearly-forgotten healing secrets, and visited with eight of Africa's most renowned

herbal healers to study their use of powerful and little-known herbs that cure disease, including cancer.

With a life-long interest in botany, herbology, physiology and anthropology, Dr. Sears has a unique capacity to investigate the evidence behind the stories and claims of traditional medicine from native cultures around the world.

By exposing the flaws of mainstream medicine and pioneering new solutions through innovative approaches to exercise, nutrition and aging, Dr. Sears continues to empower the lives of his patients and readers through his books, newsletters and regular media appearances.