

Build Your Dream Body the Easy Way

By Dr. Al Sears, MD



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Build Your Dream Body the Easy Way

Get into the Best Shape of Your Life –Today!

Reawaken the energy and vitality you had years ago. Burn more calories, increase your lung capacity and improve your cardiovascular health ... in just 10 minutes a day.

Your troubles getting and *staying* in tip-top condition are over.

Say goodbye to:

- Hours of drudgery at the gym...
- Contradictions and confusion...
- Starting and stopping programs...
- Your most stubborn body fat...
- Frustrating roadblocks and plateaus...
- Needless pain and injuries...

And exercises that don't work...

In a matter of weeks, my PACE® Program will burn inches off your waistline, enhance your stamina, and raise your energy levels.

For years, people just like you have been discovering that, with PACE®, they can take weight off and KEEP it off ... in as little as 10 minutes a day!

PACE® is the Only Program Designed to Activate Your Body's Built-In Fat Burner

My name is Dr. Al Sears, and for the past 15 years, I've helped thousands of patients lose weight, boost their lungpower and build vibrant health. The technique I give them is so revolutionary the U.S. Patent Office awarded me an exclusive service mark (Reg. No. 2,950,571).

When I started developing PACE® 20 years ago, everyone was rushing off to aerobics class. Little did they know that aerobics actually works *against* your heart – and keeps you fat around the middle!

I'll tell you more about that in just a minute. First, let's take a look at the way we exercise today ... versus how our bodies were intended to perform.

What We Learned From Our Caveman Ancestors

Admit it ... exercising can be pure drudgery. You've probably pushed yourself hard at the gym, often times without seeing the results you wanted. When that happens, it's hard not to wonder if you're doing something wrong ... or worse: feeling like you were wasting your valuable time.

PACE® shatters all the misconceptions about health, aging and fitness. In fact, PACE® proves – beyond a

shadow of doubt – that a strong, slim body and vibrant health does NOT have to be difficult, time consuming or boring.

Just look at our caveman ancestors. They had incredible strength and survived under punishing and life threatening conditions – but they didn't make themselves repeat the same movement ten thousand times – day after day!

So what did cavemen know that mainstream medicine doesn't?

Variation.

Cavemen followed natural cycles of work and rest – or what I call periods of exertion and recovery. They didn't run for hours on end, starve themselves with ridiculous diets or repeatedly lift boulders over their heads to build bigger muscles.

My patented PACE® program taps into those same principles – with amazing results!

So if you're seriously interested in losing weight, building muscle and creating a strong and healthy body, here's my doctor-recommended solution for you: work out less and eat more.

I'm not kidding!

Your body simply wasn't designed for long, repetitive exercise. Instead, it was designed to handle short, intense periods of exertion, followed by rest.

That's the basis of my PACE® Program, and I'll bet you're wondering exactly how this works.

Let me clear up a few myths and misconceptions for you first. Then, I'll show you how you can incorporate PACE® into your life for a slimmer, stronger and healthier future.

Myth #1 – Your Best Heart Workout is Cardio Exercise

I can't tell you how many times my patients have come to me thinking that aerobics and long-duration "cardio" is the best and only way to improve their heart and lungs. NOTHING could be further from the truth!

Cardio takes you away from your body's natural challenges. It's just not natural to repeat the same movement continuously without variation or rest.

PACE® Knocks Out Cardio in Long-duration, medium intensity workouts decrease your cardiac output and put more stress on your heart. Sadly enough, marathon runners have a 50% higher chance of having a heart attack.

It's time to face the facts:



Al Sears, MD

sees patients at his integrative clinic and research center in Florida where he has developed innovative

exercise and nutritional systems transforming the lives of over 20,000 patients.

With over 500 articles and 6 books in the fields of alternative medicine, antiaging and nutritional supplementation, Dr. Sears enjoys a worldwide readership and has appeared on over 50 national radio programs, ABC News, CNN and ESPN.

His book, PACE®: Rediscover Your Native Fitness has sparked a revolution in the fitness world. An effective alternative to traditional cardio, PACE® is practiced worldwide ... delivering reliable fat loss and prevention against heart attack and stroke. ■

Cardio does not build heart health and does not correct what we are lacking.

Myth #2 – Weight Training Builds Strong Muscle

Weight training is equally unnatural, ineffective and misnamed. Far from “training” anything, practicing these isolated tensing movements “untrains” your muscles. Instead of producing real strength that you can use in real situations, it produces bloated muscle fibers that become dysfunctional, injury prone and uncoupled from neuronal coordination.

Myth #3 – Aerobics Builds Lung Capacity

Similarly, the concept of aerobics is a flawed and incomplete science that falls apart under analysis.

If you only exercise within your current aerobic limits, you do so without improving your *aerobic capacity*. In other words, you never push hard enough to stop to catch your breath!

This type of exercise trains your body for endurance and efficiency, which sounds great on the surface.

But this kind of “logic” causes “shrinkage:” Smaller muscles, smaller heart and smaller lungs. What’s worse, it wipes out your heart’s *reserve capacity*.

So throw away your jogging shoes, cancel your aerobics class and say goodbye to hours of never-ending workouts. *Then round up all your ‘diet’ books and toss them in the garbage...*

Getting Started in 10 Minutes a Day - Week 1

PACE® stands for *Progressively Accelerating Cardiopulmonary Exertion*, and the concept is pretty simple: short, progressively accelerated bursts of intense exercise followed by rest.

If you are new to exercise, or feel out of shape, this means you will begin your exercises by challenging yourself for one minute – then resting for one minute – in a 5-set workout. Choose a comfortable level of

PACE® Knocks Out Cardio in Clinical Showdown

Two of my most successful coaching students turned out to be a perfect illustration of how well PACE® works – because they are identical twin sisters.

When they arrived for their initial assessment, both twins – age 18 – had almost identical body composition measurements. (Body composition measures the amount of body fat and lean body mass, or muscle.)

By the end of the 16-week study, the twin doing PACE® was sprinting for 6 sets. Each set had a 50-yard interval followed by a rest period of 30 seconds. The twin doing traditional cardio was jogging 10 miles with no breaks.

The results? The PACE® twin went from 24.5% body fat all the way down to 10% for a total fat loss of 18 pounds. What’s more, she gained 9 pounds of pure muscle.

The cardio twin also started at 24.5% body fat but went down to only 19.5% body fat for a total fat loss of 8 pounds. And instead of gaining valuable muscle, the cardio twin actually lost muscle.

Overall, the PACE® twin lost 125% more fat than the cardio twin, and gained 9 pounds of muscle, where the cardio twin lost muscle.

Of course, after this experiment the cardio twin got jealous of her sister’s remarkable fat loss. So I put her onto the same program. Within weeks, she reversed her losses and soon slimmed down to match her sister’s progress.

There’s nothing unusual about this kind of achievement. I’ve reproduced it again and again. The twins did so well because I told them exactly what to do at each step in their program. All they had to do was follow along. ■

exertion that offers some challenge, but don't over-do it.

The types of exercises you choose are entirely up to you. If you have a gym membership, you might want to take advantage of their treadmills or stationary bicycles. If you exercise at home, you may opt for running, swimming, calisthenics ... or even jumping rope.

Here's an example of a 10-minute program to get you started:

Set 1		Set 2		Set 3		Set 4		Set 5	
Exertion	Recovery								
1 min									

You don't need to stop moving during your recovery period. Simply slow down, focus on normalizing your breathing, and tell your body and mind to relax. This gives your body a chance to rest and recover.

Try and do this 10-minute program at least 3 times during the first week. But each time you do it, slightly increase the intensity of the level.

Progressively Accelerate Your Program - Week 2

Now that you've started training your body, it's time to up-the-ante over the next few weeks.

During the 2nd week, you're going to continue working at a level that's comfortable to you. But you'll also be taking the first step toward progressively accelerating your exercise routine.

For week 2, warm up for 3 minutes, then do one exercise set at low to moderate intensity for a full 3 minutes followed by a 3-minute recovery. If you're not in very good shape, begin with walking.

Warm Up	Set 1		Set 2	
2 min	Exertion	Recovery	Exertion	Recovery
	3 min	3 min	3 min	2 min

How hard you push yourself should depend on your current level of conditioning. So start out slow, then pick up the pace of your walk during the exertion period ... dropping your pace as you reach the 3-minute recovery period. After resting, do another 3-minute set with increased intensity, followed by a 2-minute recovery.

Do this at least 3 times during the week, progressively challenging yourself each time.

Turning up the Intensity - Week 3

The 3rd week is all about building intensity and giving yourself more of a challenge.

The level of intensity will depend on what instrument you're using. For example, if you're on a stationary bike, increase the level on the control panel so it becomes harder to pedal. If you're jumping rope or doing calisthenics, pick up your pace during each set.

This week, you'll start with a 2-minute warm-up followed by a 2-minute exertion period. But remember: *Increase the intensity to give yourself a challenge!*

Warm Up	Set 1		Set 2		Set 3	
2 min	Exertion 2 min	Recovery 2 min	Exertion 2 min	Recovery 2 min	Exertion 2 min	Recovery 2 min

Plus, if you've been exercising 3 days a week during for the first several weeks, add a fourth day to your schedule.

Mixing it Up - Week 4

During the 4th week, you'll add another exercise set, but the duration of your exertion period will decrease. After a 3-minute warm-up, you'll do a 4-minute exertion period.

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

As you start, notice how fast you're going and how long it takes for your heart and lungs to meet the challenge. You'll notice that as you increase intensity over shorter periods of time, you get more winded.

When 4 minutes is up, begin your 3-minute recovery. If you need to stop, that's okay. Otherwise, your recovery period should be a slow, easy pace.

Continue for a total of 4 sets, reducing your exercise time by 1 minute per set – while at the same time increasing the intensity.

If you've been exercising three days a week for the first several weeks, now is a good time to add a fourth day to your schedule.

Building Even MORE Intensity

As you continue on your journey toward a slimmer, trimmer, healthier body, your ultimate goal is to progressively increase the intensity of your workouts until you can perform a full 5-set workout of high intensity challenges ... increasing the intensity after each interval.

Warm Up	Set 1		Set 2		Set 3		Set 4		Set 5	
90 sec	Exertion 4 min	Recovery 90 sec	Exertion 3 min	Recovery 90 sec	Exertion 2 min	Recovery 90 sec	Exertion 1 min	Recovery 90 sec	Exertion 1 min	Recovery 90 sec

What Types of Exercises Can You Use With Pace?

One of the greatest things about PACE® is that it can be adapted to work with virtually any type of exercise available to you ... from working on machinery like the treadmill, elliptical machine or stationary bike ... to jumping rope in your own home.

Here are just a few that can get you started without a large cash outlay:

Calisthenics is a great approach to muscle conditioning, especially for those needing to recover from heart disease. By increasing the size of your muscles, you also improve stamina and stability.

Outdoor Sprints/Running is good for burning off calories while you preserve the reserve capacity in your heart. One of the greatest benefits is the ability to vary your routine and speed. Plus, when used properly with the PACE® Program, these sprints are great for developing lungpower and burning fat in the “afterburn” after your exercise.

Biking, like outdoor running, allows you to vary your routines. You can use flat, straight-aways to work with timed intervals, and increase your intensity by going faster. You can also change gears to make it harder or easier to pedal.

Jumping Rope is the best way to burn the most calories in the shortest amount of time. It’s perfect for PACE® and will push you to a higher fitness level, raising your metabolism and allowing your body to burn fat faster.

Some of my favorite workouts are done on **Stationary Bikes**. Whether you choose a standard bike or a recumbent bike, they’re both great for working the larger muscle groups like the gluteus, quadriceps and the muscles of the lower back.

This kind of workout puts less pressure on your joints and improves your posture. Below is an example of a workout on a stationary bike for people who feel out of shape:

Warm Up	Set 1		Set 2		Set 3		Set 4		Set 5	
2 min	Exertion 2 min	Recovery 2 min	Exertion 2 min	Recovery 2 min	Exertion 90 sec	Recovery 2 min	Exertion 1 min	Recovery 2 min	Exertion 1 min	Recovery 2 min

Your total workout time is under 10 minutes, with the whole workout taking only 20 minutes. Remember to slightly increase the intensity of each set as you progress through the routine. You can do this by ramping up the resistance on the bike you’re using.

Give Your Body the RIGHT Kind of Challenge

Remember ... aerobics and other long-duration exercises like jogging and marathons create changes in your body that weaken your heart and lungs. They tell your body to make and store more fat. This way, your body makes sure it has something to burn during your next aerobics class. And to cope with long-duration stresses, your body will actually *shrink* your heart and lungs.

PACE® gives your body the right kind of challenge. And it only takes 10 minutes to get started! Not hours of grueling – not to mention boring – jogging and jumping around that most fitness “experts” tell you is the way to go.

By giving yourself the right challenge, with the right level of intensity, you get an adaptive response that tells your body that you don’t need fat. And instead of shrinking your heart and lungs, your body will start to build vital reserve capacity – the kind that prevents heart attack and heart failure.

Taking PACE® To the Next Level

Now that you know about the PACE® Program – and how easy it is to use PACE® to burn more fat, strengthen your muscle and improve your health – you may want to turn it up a notch.

If you would like to find out how you can customize PACE® to fit your needs, you can order my complete book: *PACE® Rediscover Your Native Fitness*. In it, you'll discover how to tailor PACE® for specific types of exercise, like the stationary bike example we used above.

Plus, you'll receive detailed instructions – including exertion and recovery periods – on how to use PACE® with:

- Treadmill Workouts
- Elliptical Machines
- Outdoor Bicycles
- Swimming Workouts
- Stair Steppers
- Rowing Machines
- Trampolines
- Kettle Bells
- Jump Rope Workouts
- Outdoor Running

It includes an entire workout section dedicated to Calisthenics – with 11 specific exercises to help you increase mobility, get rock hard abs, eliminate lower back pain and build upper body strength.

Normally, the full PACE® book (print edition) sells for \$37.95. But when you purchase it in conjunction with this exclusive report, you'll receive a discount of over 10% off the normal price. So you'll only pay \$33.95.

[Click here to order the complete print version of PACE® now!](#)

Or, if you want to download a complete copy of the PACE® e-book right now, you can take advantage of our special limited time internet offer and receive a whopping 28% discount. That means instead of paying the regular price of \$27.95, you'll only pay \$19.95 ... the lowest price we've ever offered.

[Click here to order the downloadable PACE® book now!](#)

Don't delay. Everything you need is right at your fingertips. Seize the opportunity and build your dream body the easy way!