

8 second Interval training

Eight seconds key to weight loss

By Clare Masters

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A REVOLUTION in weight loss is about to hit Australia after scientists devised a workout that burns three times the amount of fat.

They found their specific brand of interval training prompts the body to click into a metabolic response that allows more fat to be burned under the skin and within the muscles.

Researchers at the University of NSW and the Garvan Institute studied 45 overweight women over 15 weeks, putting them through a 20 minute cycling regime in which they sprinted on a stationary bike for eight seconds followed by 12 seconds of cycling lightly.

"They lost three times more weight as other women who exercised at a continuous, regular pace for 40 minutes," UNSW Associate Professor Steve Boutcher said.

Their success was due to higher amounts of chemical compounds called catecholamines that are produced in increasing amounts when linked to interval sprinting; the resulting chemical reaction drives greater weight loss.

The scientists believe the regime would also be applicable to swimming, walking, running and rowing.

Professor Boutcher said other types of interval training use longer interludes which are not as effective for overweight people and said the current government recommendations for exercise are largely ineffectual.

"Walking for 60 minutes, seven times a week does not result in much fat loss, usually 1.15kg over 15 weeks – for a lot of overweight people this is going to be a revolution," he said.

The scientists found their method could "spot reduce" troublesome areas such as legs and buttocks.

The system will be useful to diabetics, as "insulin resistance was dragged down by about 32 per cent".

The findings were welcomed by Bondi local Kim Broderick, 21.

"I try to run or walk but if this system works better it's great."

The scientists are now ready for the next phase of the study which controls food and exercise plans. "We hope to find even more loss in fat," Professor Boucher said.

The trial will put participants through the interval training while placing them on a Mediterranean diet of fresh food as well as daily fish oil capsules, which helps burn fat more efficiently.

8 seconds may be all that separates you from the body you want

Tuesday, 23 January 2007

Reporter: (online story) Nicholas Kittel

Presenter: Andrea Close

Scientists have devised a work-out that burns three times the amount of energy than more conventional work-outs.

Associate Professor Steve Boutcher is the Head of the Health and Sports Science Program at the University of New South Wales. Prof. Boutcher told 666 ABC Canberra that a new type of interval training may be responsible for greater levels of weight loss.

Professor Boutcher's studies observed two groups.

The first group engaged in short, high intensity, 8 second sprints followed by 12 second periods of lower intensity exercise. This group exercised for a period of 20 minutes.

The second group engaged in a steady pace of exercise for a period of 40 minutes.

Both groups worked-out 3 times a week, for 15 weeks and the results are quite astounding.

"The results came out that the sprinters lost significantly more fat - just under three kilos - than the steady state. Some women in the study lost over eight-kilos, so there were individual differences," he said.

Prof. Boutcher believes that this fat loss is caused by the hormone catecholamine, which is released in higher levels during periods of sprint exercise. Prof. Boutcher said that this may explain why a group that exercised less lost more weight.

"They often don't breathe during the eight-second sprints... and then doing the twelve-seconds they breathe extensively... We know that we need chemicals to go into our blood and tell the fat cells to liberate their fatty acids so the body can actually burn and oxidise fat and catecholamine are the most powerful hormones to get what we call fat burning."



8 seconds may be what separates you from the body you want.

