

EPOC "After-Burn" Workouts: Overview Table

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Summarized EPOC Workouts in Research = (7)	
CARDIO (5)	STRENGTH (2)
<ul style="list-style-type: none"> • High Intensity Interval Training (4) <ul style="list-style-type: none"> ○ 70-110% V02 Max, 15-60 Minutes *(depends upon interval design used) • Long Slow Distance (1) <ul style="list-style-type: none"> ○ 60-70% V02 Max, 60-80 Minutes 	<ul style="list-style-type: none"> • Heavy Lifting <ul style="list-style-type: none"> ○ 2-4 Sets, 8-10 Exercises, 80-90% 1RM • Circuit Training <ul style="list-style-type: none"> ○ 2-3 Sets, 6-10 Exercises, 10-12 Reps @ 50% 1RM, 30 Seconds Rest

"Coach RJ-Keep It Simple!" EPOC Recommendations	
CARDIO	STRENGTH
<ul style="list-style-type: none"> • High Intensity Interval Training (H.I.I.T.) <ul style="list-style-type: none"> ○ Sprint-8 (30/90, 20 Minutes) ○ Tabata (20/10, 4 Minutes) ○ *E-Trainer, Bike, or Body Weight 	<ul style="list-style-type: none"> • High-Performance Circuit Training <ul style="list-style-type: none"> ○ 30 Second Stations (10-30 Min.) ○ Strength, Core, Cardio Stations ○ ↑ Variety + ↑ Speed

Coach RJ Notes: For cardio, I prefer the simple but effective Sprint-8 and Tabata designs. The Sprint-8 is better for those just starting intervals. The Tabatas are better for advanced fitness levels. The elliptical trainer and indoor bike work best because you can do **immediate transitions** from interval to rest (use no or very light resistance). Treadmills, Stairmasters, and other cardio equipment require too many adjustments to change speed thus blowing valuable interval or rest time. If the e-trainer or bike is not available, I opt for simple body weight exercises that use **both legs** and require **level changes** taking the body rapidly from up to down positions. For strength, I prefer my "High-Performance" Circuits because they are more functional, fun, and can be safely performed at many different levels of ability with simple equipment. I rarely use heavy strength to achieve EPOC with clients because the risk is much greater for injury with heavy lifting considering all the postural deviations and injuries I see with adult clients, and youth rarely have proper skills for max lifts. Heavy strength EPOC workouts are fine for some, but only if done safely.

* Ron Jones (5.14.08)