

Kaizen Fitness

By

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and

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April 28th 2010

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TXM@L.U

What is **Kaizen**?

Kai = Change
Zen = Better

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Kai + Zen
change for the better

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Key to Kaizen

Consistent,
gradual change

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Kaizen Fitness

Variables part 1



- Strength
- Flexibility
- Endurance
- Balance/Symmetry

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Kaizen Fitness

Variables part 2



- Consistency
- Variability
- Creativity
- Intensity

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Kaizen Fitness

Form & Function

Old School

vs.

New School



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Secret Ingredient # 1

“Full Body Exercises”



- Body Weight
- Functional

(next slide – visual)

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Kaizen Favorites

some of our favorites



- Squat variations
- Lunge variations
- Core variations

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Secret Ingredient # 2

“Intensity Focused Exercise”



- Tabata
- H.I.I.T
- Burst

(next slide – visual)

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Kaizen & Tabata

Lose Fat, Get Fit – in 4 Minutes!

Dr. Izumi Tabata, Tokyo

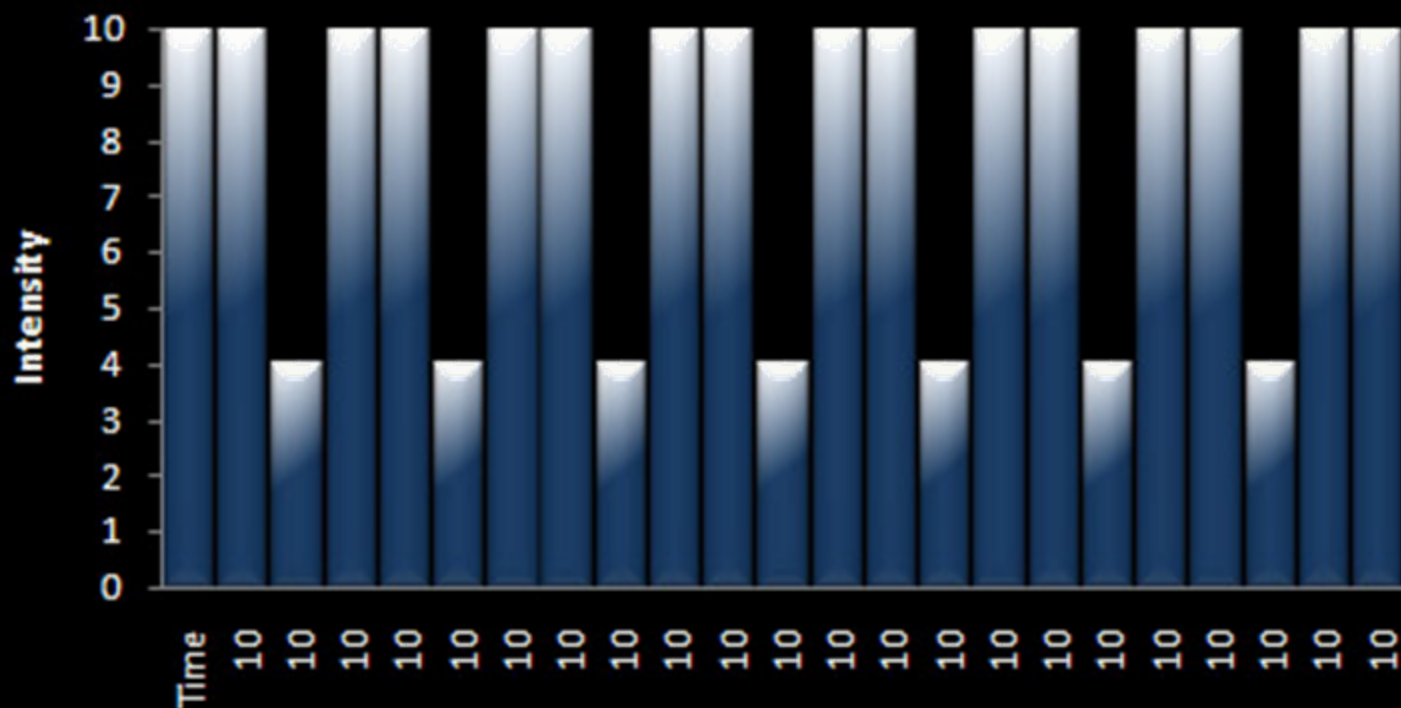


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www.IntervalTraining.net
“Tabata” & “HIIT”

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Tabata Training



Sprint Phases

20 Seconds

Rest Phases

10 Seconds

Number of Sets

8

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Kaizen Intervals

Exercise Smarter, and Harder!



- Sugar Burn vs. Fat Burn *(next slide – visual)*
- EPOC (Excessive Post-exercise Oxygen Consumption)
- Hormonal Changes
- Cardio & Resistance

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Which body is best for health and performance?



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Kaizen & Intensity

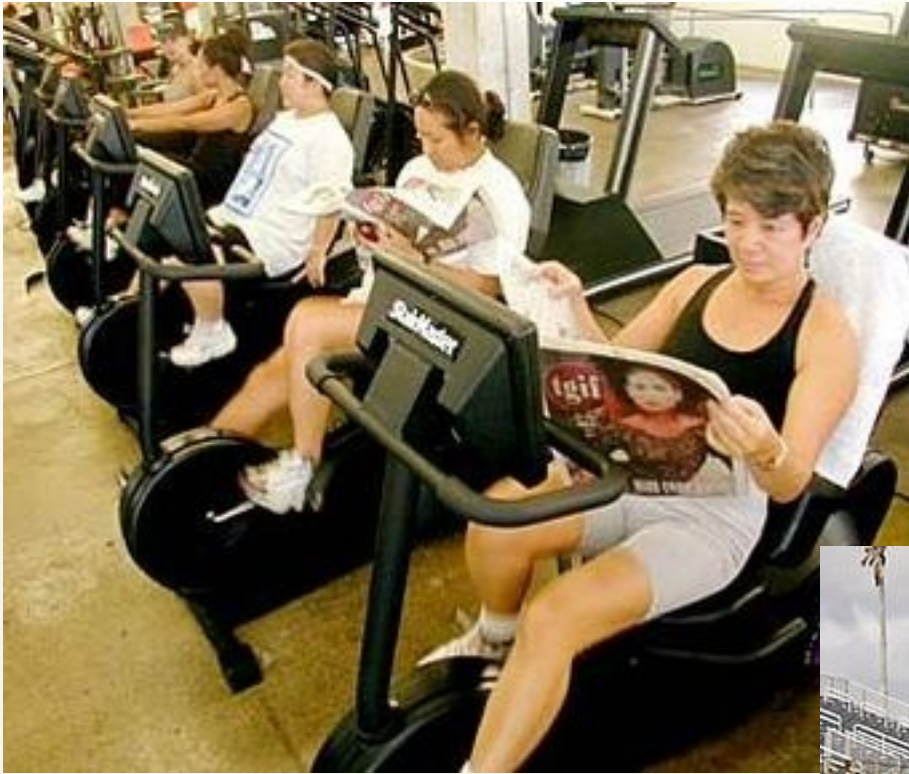
Do it Safe, Do it Right!

1 – 10 scale *(next slide – visual)*

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Interval Workout

Lose Fat 9 Times Faster!

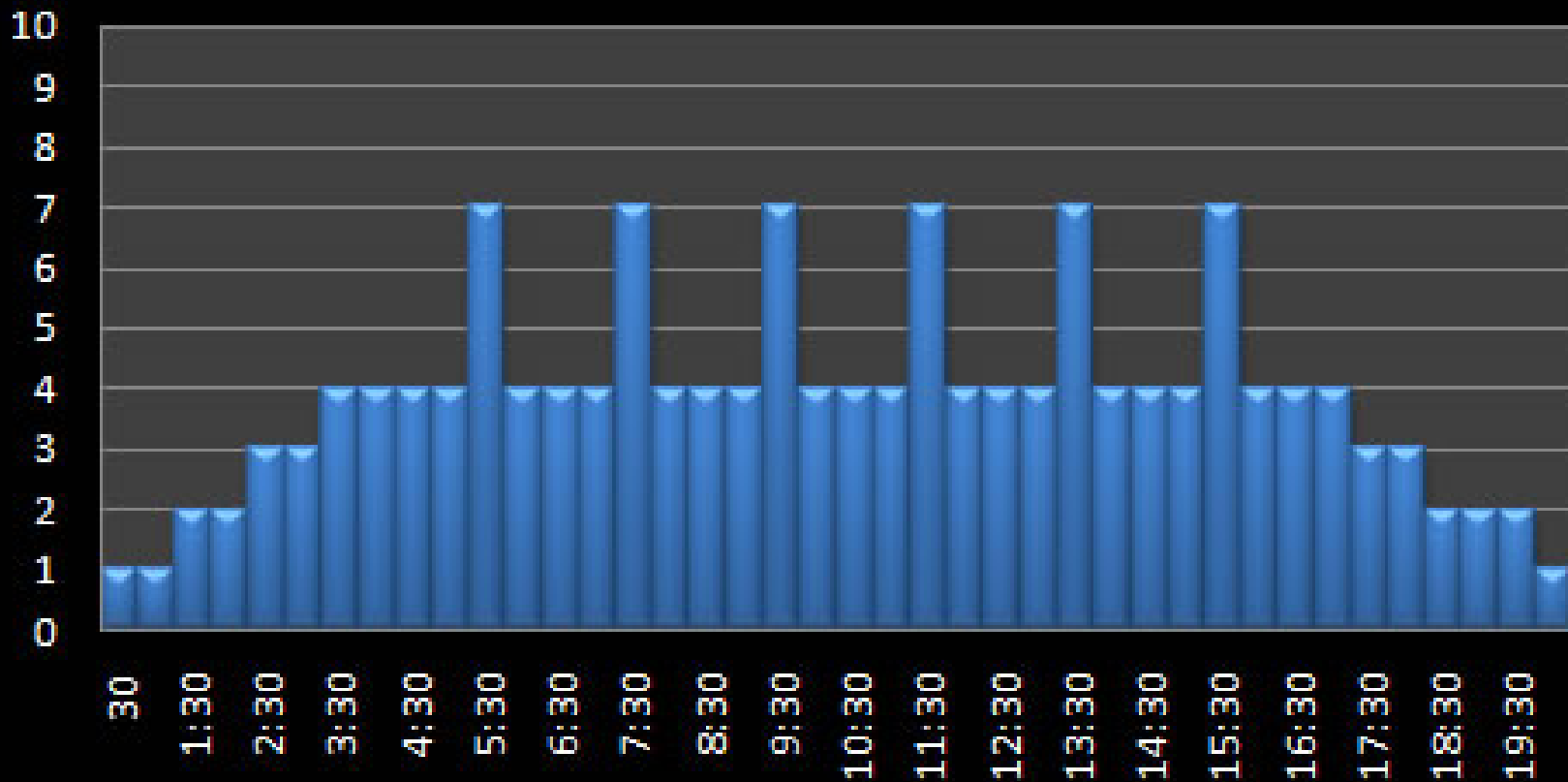
www.LoseBellyFatWorkout.com

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Intervals - Week 1

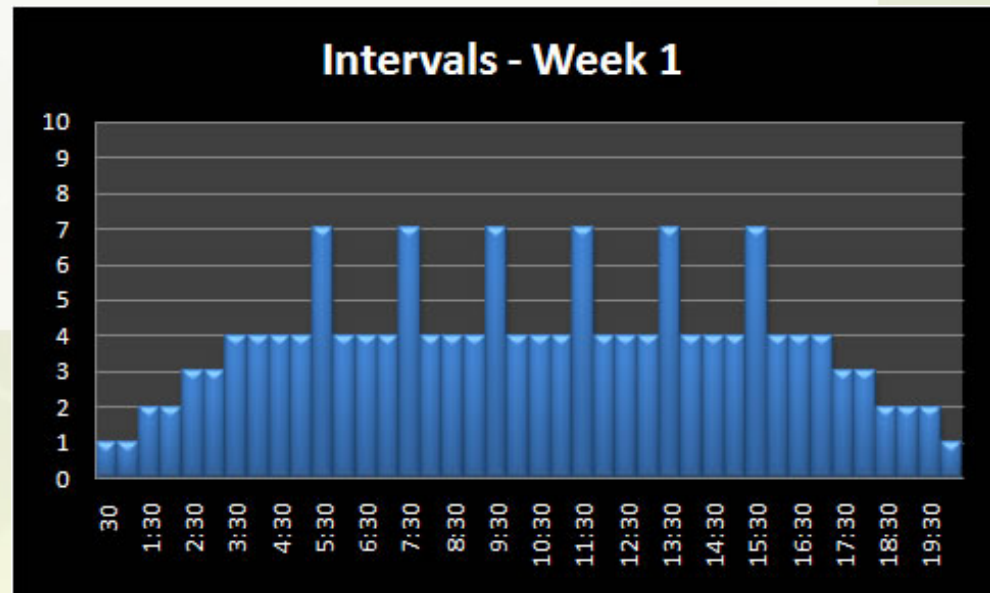


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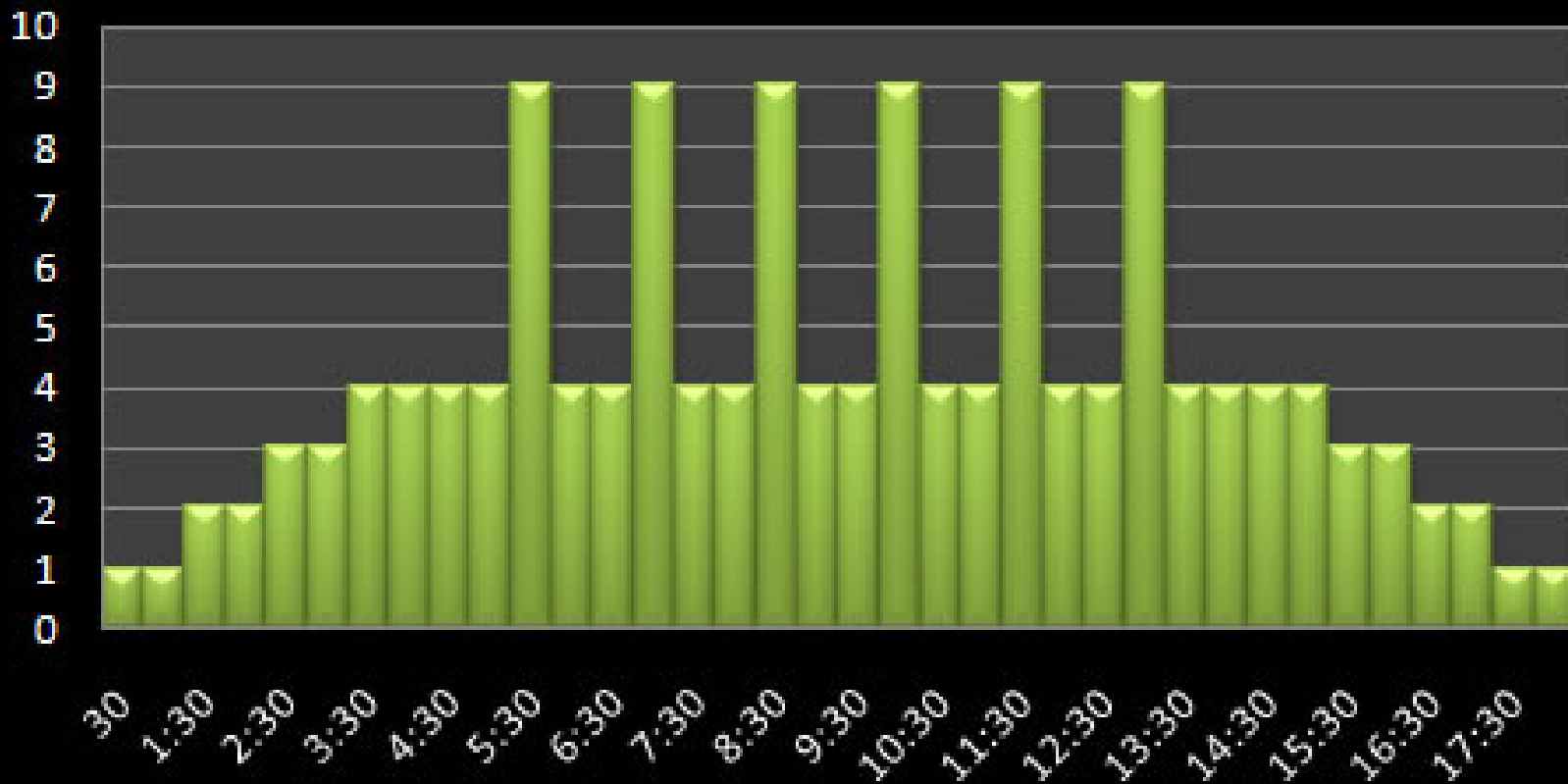
Week 1 Interval Training Program

- 5 Min Warm up
- 6 Sprint Intervals - 30 Seconds each
- 6 Rest Intervals - 90 Seconds each
- 5 Min Warm Down
- Do 3 times in the week with a rest day in between



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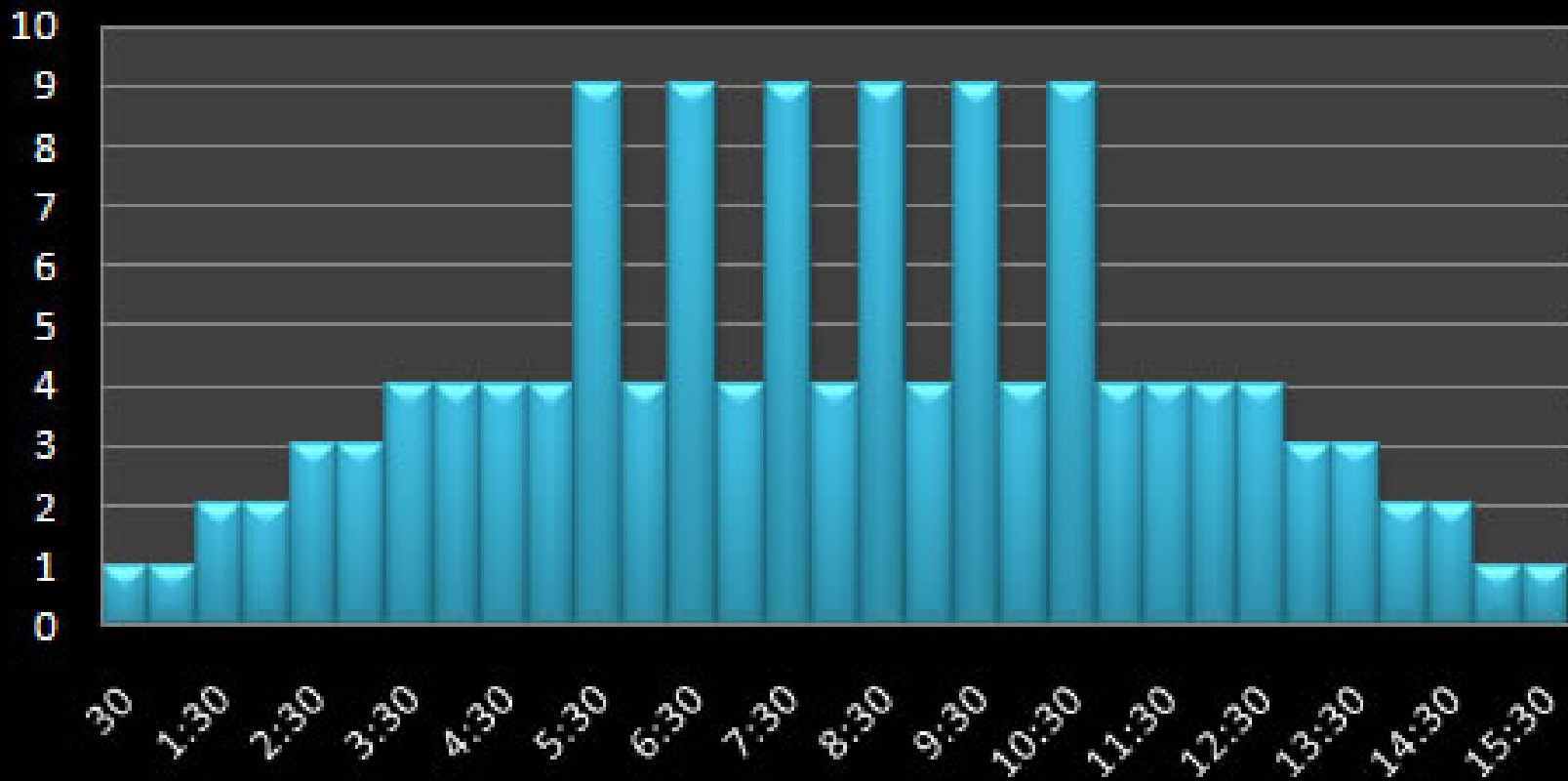
Intervals - Week 2



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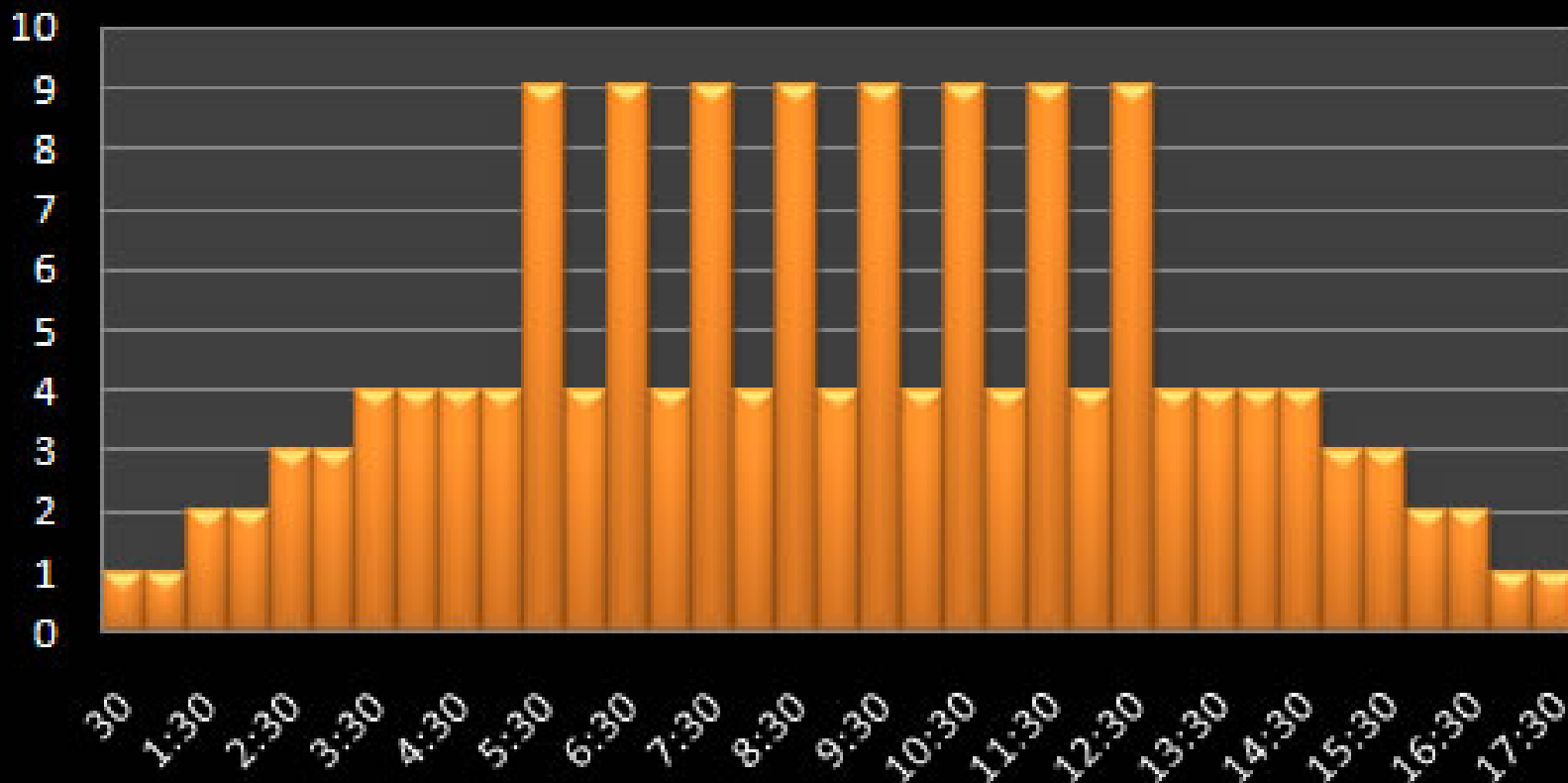
Intervals - Week 3



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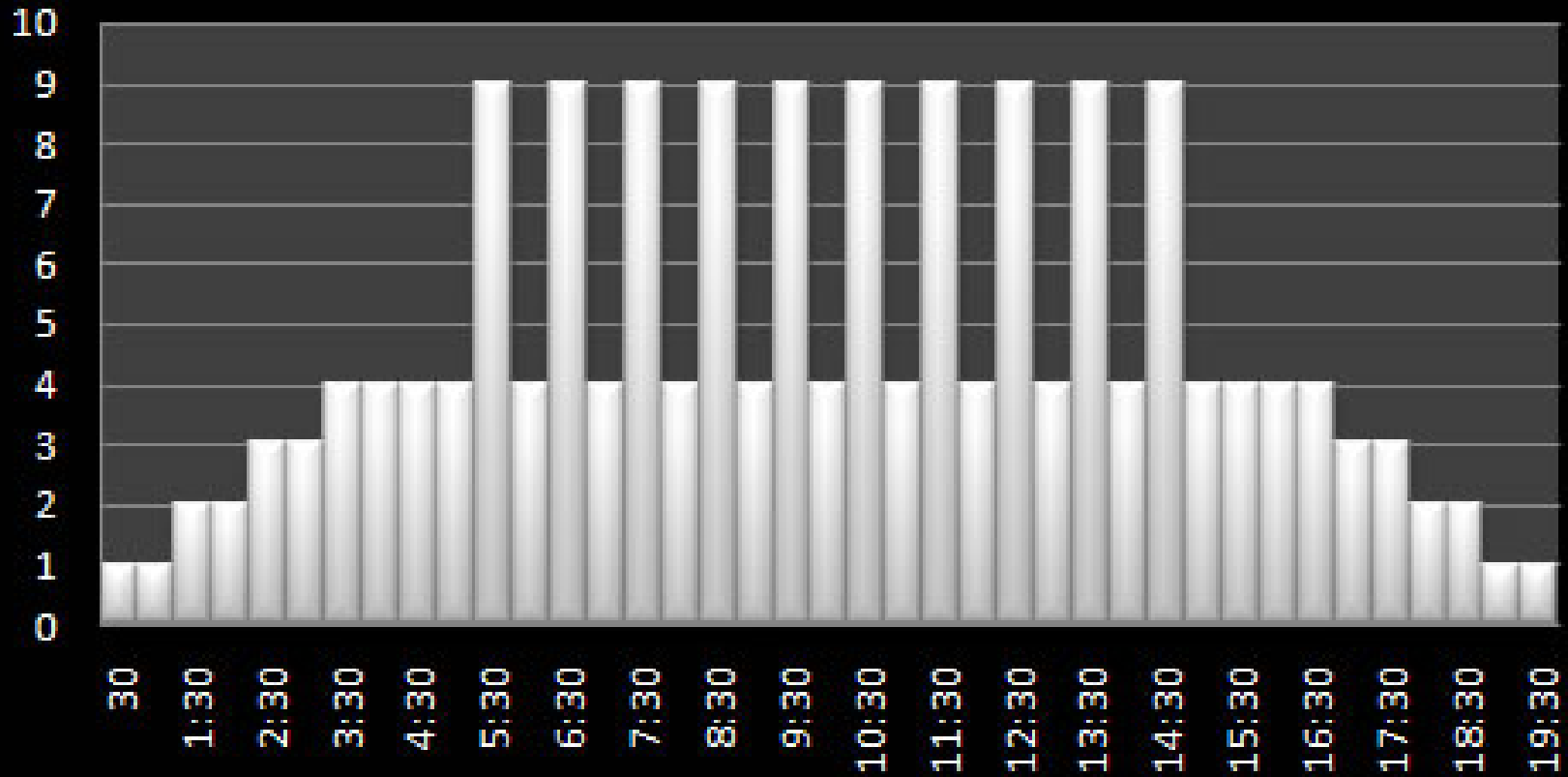
Intervals - Week 4



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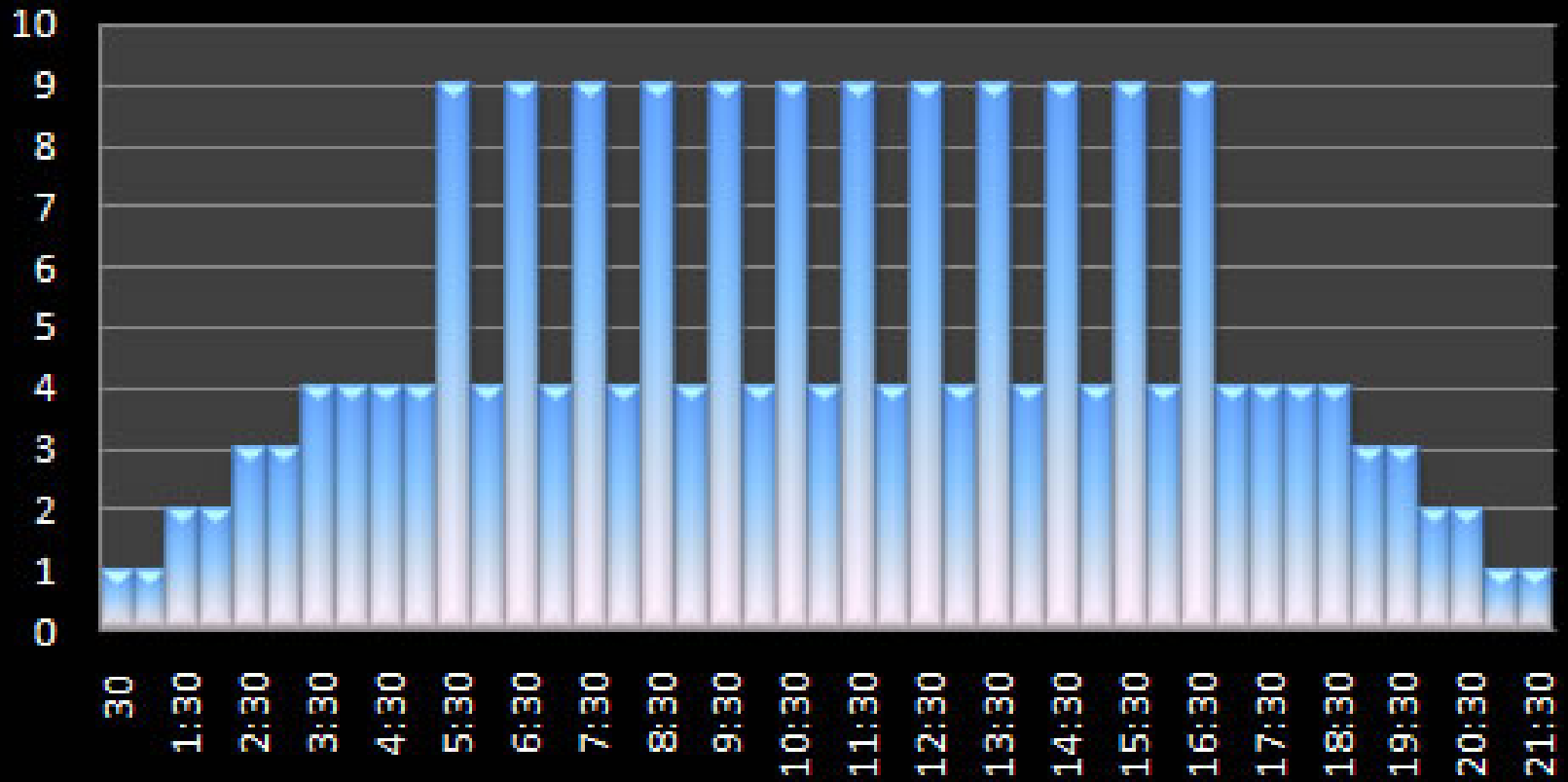
Intervals - Week 5



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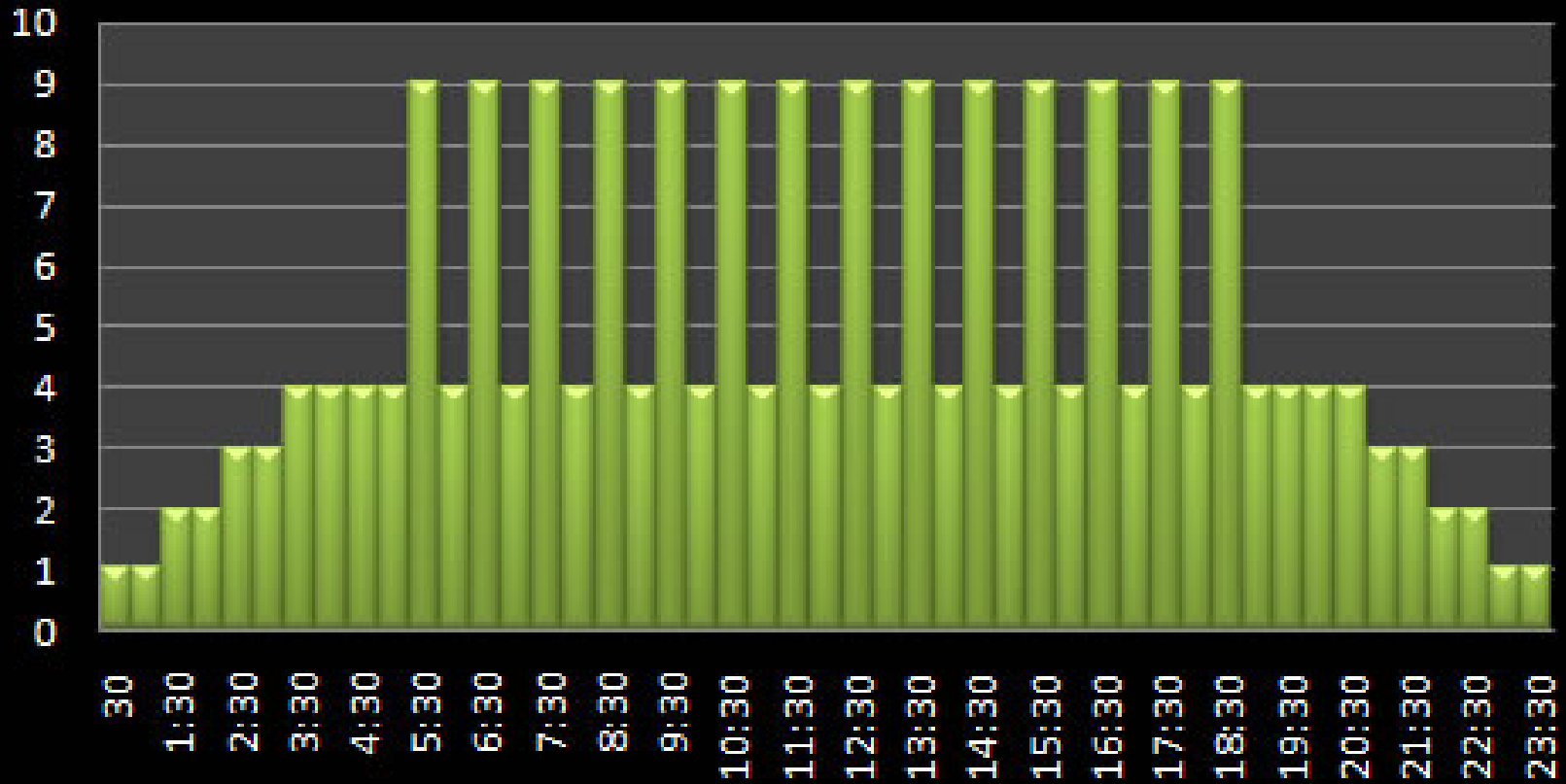
Intervals - Week 6



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Intervals - Week 7



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Intervals - Week 8



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Interval Tools

The GYMBOSS timer



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www.MaximizedHealth.net
(books and products)

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Kaizen Fitness

Secret Ingredient # 3

“Timed Workouts”



- Black Jack
- Sweet 16's

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Kaizen 30-Day Challenge



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Kaizen Challenge

Step 1



Create a list of exercises that you can choose from.

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Pushups

Pull ups

Dips

Curls

Shoulder Press

Sit-ups

Mountain Climbers

Burpees

Squats

Wall Squats (time)

Wall Squats (alternating leg)

Lunge Jumps

Swimmers



Step ups (front)

Step ups (side)

Jump Ups

Thrusters

Front Lunge

Reverse Lunge

Side Lunge

Step up with Lunge

Air Squats

In and outs

Bicycle

Mason Twists

Back Extensions

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Kaizen Challenge

Step 2



- Create workouts (3,4,5,6)
- Track completion times
- Repeat for 4 weeks
- Better time = Better Body

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Kaizen Workouts

Demo Time!



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Tom (low to medium, core and lower body split, 2 exercises)

Pushups

Pull ups

Dips

Curls

Shoulder Press

Sit-ups

Mountain Climbers

Burpees

Squats

Wall Squats (time)

Wall Squats (alternating leg)

Lunge Jumps

Swimmers



Step ups (front)

Step ups (side)

Jump Ups

Thrusters

Front Lunge

Reverse Lunge

Side Lunge

Step up with Lunge

Air Squats

In and outs

Bicycle

Mason Twists

Back Extensions

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April (medium to high, upper and lower body split, 3 exercises)

Pushups

Pull ups

Dips

Curls

Shoulder Press

Sit-ups

Mountain Climbers

Burpees

Squats

Wall Squats (time)

Wall Squats (alternating leg)

Lunge Jumps

Swimmers



Step ups (front)

Step ups (side)

Jump Ups

Thrusters

Front Lunge

Reverse Lunge

Side Lunge

Step up with Lunge

Air Squats

In and outs

Bicycle

Mason Twists

Back Extensions

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Craig (high, core and lower body split, 2 exercises)

Pushups

Pull ups

Dips

Curls

Shoulder Press

Sit-ups

Mountain Climbers

Burpees

Squats

Wall Squats (time)

Wall Squats (alternating leg)

Lunge Jumps

Swimmers



Step ups (front)

Step ups (side)

Jump Ups

Thrusters

Front Lunge

Reverse Lunge

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Step up with Lunge

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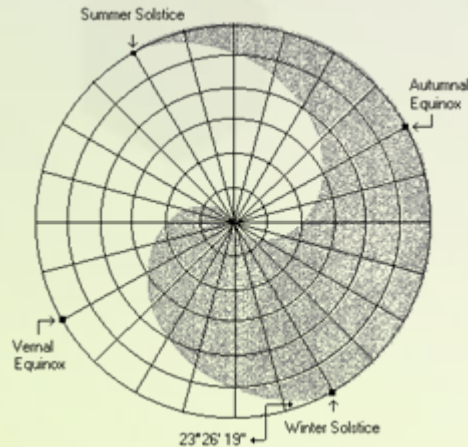
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Kaizen For Life

The Kaizen “Seasonal Fitness” Model



- Strength
- Flexibility
- Endurance
- Balance/Symmetry

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Kaizen Tools



Video Archive

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Kaizen



*“Where do we go
from here?”*

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