

# Terry's Plan to **STAY FIT!**



I have personally experienced the benefits of intense, short burst exercise. In my 12-20 minute exercise program, I primarily use a series of kettlebell swings and a stationary recumbent bike.

I use either a 44# or 53# kettlebell and do a kettlebell swing 30-35 times which takes about 60 seconds and is like running 200 meters as fast as you can. I then do a two-minute rest (active) following the intense burst of activity. My two-minutes of rest is usually at the lowest level on a recumbent bike.

I call this active rest. This is to provide continued circulation of the blood and to remove lactic acid from the muscles. Depending on your level of fitness, you can start with a 5-pound kettlebell or whatever is most suitable. Women will find the 5- or 10-pound kettlebell more than enough. Men may want to do 20 or 30 pounds for a good exercise regimen.

- 1 **KETTLEBELL SWINGS: 60 seconds to full exertion**
- 2 **ACTIVE REST: 2 minutes**
- 3 **REPEAT SEQUENCE of exertion and active rest for 12-20 minutes**

---

Even if you can only begin exercising and doing kettlebell swings using a 5-pound weight, that would be a good place to start and progressively increase your intensity. You want to continue doing the swing until you run out of breath and then take a two-minute rest. Repeat this sequence five or six times or as long as it takes to do in a period of 12-20 minutes. Some people do the kettlebell swing for 30-35 swings, and then for their rest period they jump rope for two minutes. I can't for the life of me jump rope so I use the recumbent bike as an active rest period. It is never a good idea to sit down for your rest period. You want to continue moving. You can even just walk around or bounce on your feet.

When the kettlebell swing is done correctly and over a sufficient period of time, every muscle in the body is working. (See the resources listed below for instructions.) **The whole idea is to exercise for 20-30 seconds at your highest level of intensity.**

## **A Workout for Everyone**

I think everyone can find 12-20 minutes two or three times a week. In one of Dr. Sears' most severe cases, he worked with a lady who started off walking for 45 seconds and then rested two minutes and walked an additional 45 seconds and continued this process. Altogether, she lost over 60 pounds with nice muscle tone and was in much better health.

Remember, you are only competing against yourself, so work as hard as you can at some form of exercise for 20-30 seconds. For me it's the kettlebells. For others it may be sprinting or swimming 100 yards as fast as you can with a two-minute rest. Repeat until you have your 12-20 minutes in. I believe everyone can do this. I challenge you to use my menu plan and this exercise program for a minimum of six months and watch the unbelievable results you'll achieve.

Here are a few websites you should explore so you can learn more about high intensity interval training and kettlebell workouts:

- Al Sears, M.D. [www.alsearsmd.com](http://www.alsearsmd.com)
- Kettlebell Movement [www.kettlebellmovement.com](http://www.kettlebellmovement.com)
- Dragon Door [www.dragondoor.com](http://www.dragondoor.com)
- Beginner Kettlebell Routine [www.fitnessblender.com/videos/beginner-kettlebell-workout-kells-kettlebells-routine](http://www.fitnessblender.com/videos/beginner-kettlebell-workout-kells-kettlebells-routine)

