

The HGH Producer

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What You Need to Know

There are many different types of “working out” in the exercise marketplace today, each designed to give you a different benefit or result. The goals of various types of exercise may be to increase muscle mass, increase strength, build cardiovascular conditioning, and cause weight loss. Today we want to expose you to a new concept in exercise called “**The HGH Producer**”.

“**The HGH Producer**” is the name of a particular type of workout that provides similar health benefits to that of cardio workouts, but offers some unique benefits not provided by any other form of exercise available. The purpose of the HGH producer is to boost your natural growth hormone levels to give you the leaning, muscle building and metabolism boosting benefits of growth hormone, a powerful anti-aging hormone that keeps us young, lean and healthy. When done correctly, this program will provide you with maximum health and esthetic benefits in the shortest amount of time spent exercising. Instead of hours upon hours of exercise, The HGH Producer can be completed in **20** minutes and it falls under the category of high intensity training or high intensity interval training.

The HGH producer is different from Cardiovascular (cardio for short) exercise- the popular form of exercise designed to improve endurance and stimulate fat loss while exercising. Cardio exercises include anything from long distance running, skipping, biking or even power walking. All of these forms of exercise fall under the category of moderate intensity training because they typically last anywhere from a half hour to more than an hour going at a constant pace (after a warm-up and followed by a cool down). While cardio exercise may burn calories while exercising and create some aerobic conditioning, The HGH Producer is much more powerful at creating long term health benefits because it-

1. Burns calories for the 24 hours following its completion. Not just while exercising.
2. Builds lean body mass unlike aerobic exercise.
3. Provides both aerobic and anaerobic conditioning.
4. Increases metabolic rate to create a better metabolism.
5. Provides anti aging benefits because of its ability to support healthy growth hormone levels.

No other form of exercise has such profound and life changing effects!

The Clinical Studies

The benefits of high intensity interval training were discovered when a study compared this form of exercise to moderate intensity training (aerobic exercise).

Tests were conducted on 2 groups of athletes; one of the groups used the moderate intensity interval training and the other using high intensity interval training.

The athletes training with moderate intensity workouts (70% intensity) were performing five workouts a week for a total of six weeks with each training session lasting an hour.

The high intensity group worked out for 4 days a week for a total of 6 weeks with each session lasting 4 minutes, at 20 seconds of intense training (170% intensity) and 10 seconds of rest.

What were the results of the tests?

Group one had a significant increase in the aerobic system (cardiovascular system). However, the anaerobic system (muscles) gained little or no results at all. Calories were burned during the exercise session only.

Group 2 showed much improvement in all their athletes. Their aerobic systems increased much more than group one, and their anaerobic systems increased by 28%. They gained muscle, increased their metabolic rate and burned calories for 24 hours following the exercise session resulting in greater leaning and fat loss!

Conclusion? Not only did high intensity interval training have more of an impact on the aerobic systems; it had an impact on the anaerobic systems, metabolic, and fat burning systems as well.

Why is anaerobic exercise important?

Your body has 2 fuel systems, an aerobic and an anaerobic system.

The aerobic system uses oxygen to burn fuel, and the anaerobic system doesn't. But one does not replace the other! What happens with exercise is you start out by burning fuel with your aerobic energy system, and once you go past the point where there is enough oxygen in your system to provide aerobic energy to your muscles, your anaerobic system kicks in. Think of this as your SUPRA-AEROBIC zone.

The goal of the HGH producer is to create an oxygen debt. You will know you are here when you are panting heavily during exercise. This signals your body has burned off all of the blood sugar (glycogen) and you are creating an energy deficit. This deficit is filled by burning fat. Many people erroneously believe that they want to try and burn fat/calories WHILE exercising. This is incorrect. You want to burn off CARBS as fuel when you are exercising so you cause your body to replace this fuel with fat/calorie burning after your exercise session.

To make this happen, you need to get your heart rate up past what is typically referred to as the 'Target Heart Rate Zone' using common aerobics lingo. You should use a Heart Rate Monitor to measure yourself while doing this program.

You will need to build up your endurance gradually. Therefore, you will start your HGH Producer program slowly and build it up over time.

The long term benefit will be lower rates of cardiovascular disease, Type 2 diabetes, and cancer in addition to getting lean, muscular and increasing your metabolism. When done correctly, the stimulation of HGH through exercise provides benefits that far outweigh the calorie burning or cardiovascular benefits of other forms of exercise- such as aerobic exercise.

The HGH Producer Workout

So let's get started. The following instructions teach you how to help boost HGH production through anaerobic exercise, which includes small bursts of intense exercise interspersed with periods of rest. ***You will exercise for 20 minutes only—that's right short and sweet and to the point—three times a week.*** Each session which will include 8 kick-your butt 30-second sprints with 90 seconds of recovery in between (you will ease into this, do not do all 8 the first week)!

1. Get a heart rate monitor. Your maximum heart rate is $220 - (\text{age}) = \underline{\hspace{2cm}}$
(if you are 30 years old, your Max. HR would be $220-30=190$ BPM- Beats Per Minute).
2. Take 2 grams of glutamine prior to this regimen.
3. Warm up for 5 minutes to get your body temperature up (walk on the treadmill, elliptical, bike etc.).
4. To start the 20 minute session jog, bike, run or elliptical at a comfortable pace for 2 minutes, then start your first sprint. All sprints are 30 seconds.
 - 1st sprint –your goal is to achieve **50%** max heart rate,
 - 2nd sprint **60%** max heart rate,
 - 3rd sprint **70%** max heart rate
 - 4th sprint **80%** max heart rate
 - 5th sprint **90%** max heart rate
 - 6th-8th sprint **95%** max heart rate

Achieve this through biking, running, jump roping, elliptical, whatever exercise you choose to do.

- 5 After each sprint recover by doing your exercise of choice at a slower rate for 90 seconds. What it looks like is...
 - Warm up for 5 minutes
 - jog (or bike or elliptical or exercise of choice) for 2 minutes,
 - sprint for 30 seconds
 - walk or jog or slowly elliptical for 90 seconds,
 - sprint for 30 seconds,
 - walk or jog or slowly elliptical for 90 seconds

You will do 8 sprints (when maximally fit) with 90 seconds of slower/rest exercise in between. If you are exercising right, you SHOULD see your Heart Rate go UP a little AFTER each sprint. This is because of the Oxygen Debt you created, and it signals that your body is trying to get more oxygen to your energy system. You will notice yourself panting - this is your signal that your body is trying to get more oxygen to your lungs to fuel your energy system. The first week do only 4 sprints. You will quickly develop exercise tolerance and have to work harder and harder

to reach your max heart rate (this will happen faster than you think). When you notice at the end of your workout that your Recovery Heart Rate went down, add another sprint (bringing it to 5 per workout). The next time you notice your Recovery Heart Rate goes down after the workout from its previous number, increase the tension or your intensity on your equipment to make it more intense. Gradually build up your fitness level by first adding an interval, then increasing the tension. You will see your fitness level has improved from one workout to the next.

When you become conditioned you will move closer and closer to doing your first sprint at 70% and the majority of them at 95%. At 95% you should feel fatigued at 15 seconds into your sprint and not be able to make it much beyond 30 seconds. Record your maximum heart rate with each session.

Cool down for 2 minutes and then completely rest (just sit or stand there) for 1 minute before resuming your post exercise daily activities. Record your heart rate again at this point. This is your Post Exercise Recovery heart rate.

Drink water after each exercise session.

Do not eat carbs for 2 hours after each exercise session because it will turn off HGH production.

You will know you are successful at producing HGH if you are sweaty and warm afterward and your muscles are slightly achy from lactic acid build-up. Do this workout 3 times per week to start. Allow yourself at least one full day of recovery between workouts. Your body needs to heal itself, and to increase the strength of your heart and lungs.

This work out is demanding, but is the most efficient form of exercise for those who want maximum results with minimum time. It is not meant to be fun—it is meant to work and change your body in three 20-minute work out sessions per week. We will be checking your HGH levels pre and post HGH Production training after you have been doing it for approximately 3 months. Get ready for some amazing results in very little daily exercise time!

Online Videos to View:

Phys Ed: The 20 Minute Workout Video

<http://well.blogs.nytimes.com/2012/05/10/the-20-minute-workout-video/>

Aerobic Fat burning zone myth and true fat burning exercise

<http://www.youtube.com/watch?v=mlupxbukUgY>

Medical Disclaimer

See your primary care physician (not Dr. Harper) before starting any kind of exercise routine to ensure that your physician does not find any contraindications to your ability to exercise safely without health risks.