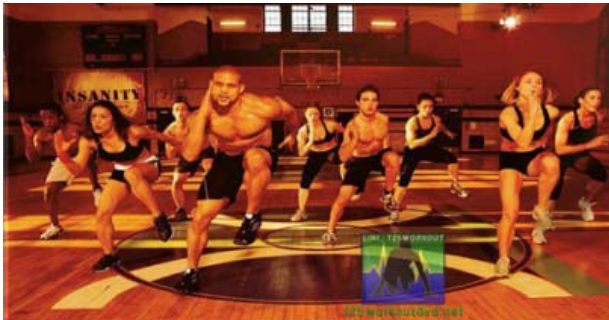


Scientific Evidence behind T25

นฤมล ลีลาวัฒน์

ภาควิชาสรีรวิทยา คณะแพทยศาสตร์ มหาวิทยาลัยขอนแก่น



<http://www.t25workoutdvd.net/product>

ความเห็นบน web

- Total Body เราถือว่าเป็นการปราบเซียนราบคาบ
- เล่นจบแล้วแทบจะลงไปนอนกองกับพื้น ระหว่างเล่นเหงื่อไหลเข้าตา เข้าจมูก ปาก ได้ละทะไปหมด
- เล่นจบแล้วไม่แปลกถ้ามือไม่จะสั่น ขาจะสั่น หัวใจเต้นเร็วและเหนื่อยมาก มีหลายคนสงสัยเรื่องนี้ถามว่า “มันปกติไหม?”



<http://www.manager.co.th/Home/>

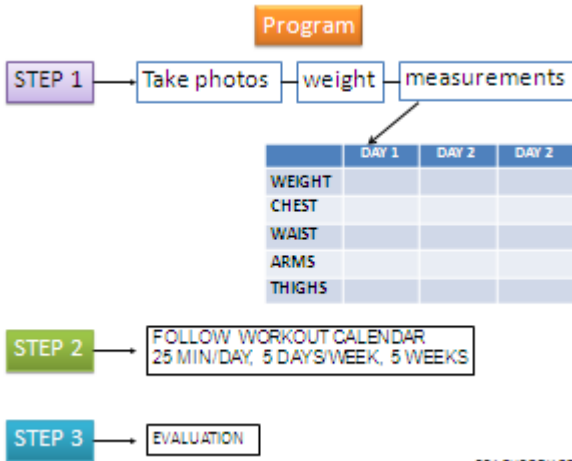
[ViewNews.aspx?NewsID=9570000085312](http://www.manager.co.th/Home/ViewNews.aspx?NewsID=9570000085312)



http://www.youtube.com/watch?v=y5mPEpBT_TQ



<http://tjlynchfitness.com/t25>



STEP 2

	ALPHA	BETA	GAMMA
MONDAY	CARDIO	CORE CARDIO	SPEED 3
TUESDAY	SPEED 1	SPEED 2	RIP'T UP
WEDNESDAY	TOTAL BODY CIRCUIT	RIP'T CIRCUIT	EXTREME CIRCUIT
THURSDAY	AB INTERVALS	DYNAMIC CORE	THE PYRAMID
FRIDAY	LOWER FOCUS	UPPER FOCUS/ CORE CARDIO	SPEED 3

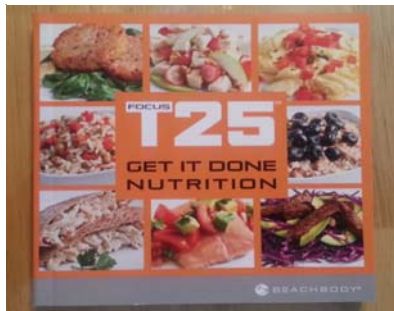
SATURDAY → MEASUREMENTS
SUNDAY → STRETCH

BEACHBODY.COM

BEACHBODY.COM

Key

- High-intensity 25 min (aerobic)
- 5 days/week
- 30 days effect
- All muscles
- Quickly, full range of motion
- Body weight & elastic band/ dumbbell
- Diet
- Encourage
- Advertisement, reward
- Independently at home
- Discipline



<http://www.getfitneverquit.com/focus-t25-vs-insanity/>

FOCUS T25 BETA

DOUBLE DAY: TO GET THE MOST INSANE RESULTS POSSIBLE...REALLY PUSH YOURSELF ON FRIDAY. DON'T JUST DO 2 WORKOUTS...DO ONE BACK TO BACK!

SATURDAY! TRACKING YOUR PROGRESS IS VITAL TO YOUR SUCCESS! IF YOU HAVE QUESTIONS, CONTACT YOUR COACH!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	DOUBLE DAY FRIDAY	SATURDAY	SUNDAY
Week 1	CORE CARDIO NAILED IT BARELY MADE IT	SPEED 2.0 NAILED IT BARELY MADE IT	RIP'T CIRCUIT NAILED IT BARELY MADE IT	DYNAMIC CORE NAILED IT BARELY MADE IT	UPPER FOCUS & CORE CARDIO NAILED IT BARELY MADE IT	Weight Chest Waist Arm Thigh	STRETCH
Week 2	DYNAMIC CORE NAILED IT BARELY MADE IT	CORE CARDIO NAILED IT BARELY MADE IT	RIP'T CIRCUIT NAILED IT BARELY MADE IT	UPPER FOCUS NAILED IT BARELY MADE IT	RIP'T CIRCUIT & SPEED 2.0 NAILED IT BARELY MADE IT	Weight Chest Waist Arm Thigh	STRETCH
Week 3	CORE CARDIO NAILED IT BARELY MADE IT	UPPER FOCUS NAILED IT BARELY MADE IT	SPEED 2.0 NAILED IT BARELY MADE IT	RIP'T CIRCUIT NAILED IT BARELY MADE IT	DYNAMIC CORE & SPEED 2.0 NAILED IT BARELY MADE IT	Weight Chest Waist Arm Thigh	STRETCH
Week 4	RIP'T CIRCUIT NAILED IT BARELY MADE IT	DYNAMIC CORE NAILED IT BARELY MADE IT	CORE CARDIO NAILED IT BARELY MADE IT	DYNAMIC CORE NAILED IT BARELY MADE IT	SPEED 2.0* & UPPER FOCUS* NAILED IT BARELY MADE IT	Weight Chest Waist Arm Thigh	STRETCH
Week 5	RIP'T CIRCUIT NAILED IT BARELY MADE IT	CORE CARDIO NAILED IT BARELY MADE IT	RIP'T CIRCUIT NAILED IT BARELY MADE IT	DYNAMIC CORE NAILED IT BARELY MADE IT	RIP'T CIRCUIT* & SPEED 2.0* NAILED IT BARELY MADE IT	Weight Chest Waist Arm Thigh	STRETCH

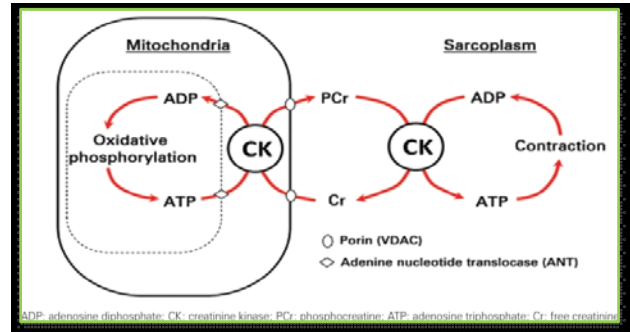
if you have the CORE SPEED workout, you can use it in place fo SPEED 2.0 anywhere on the calendar



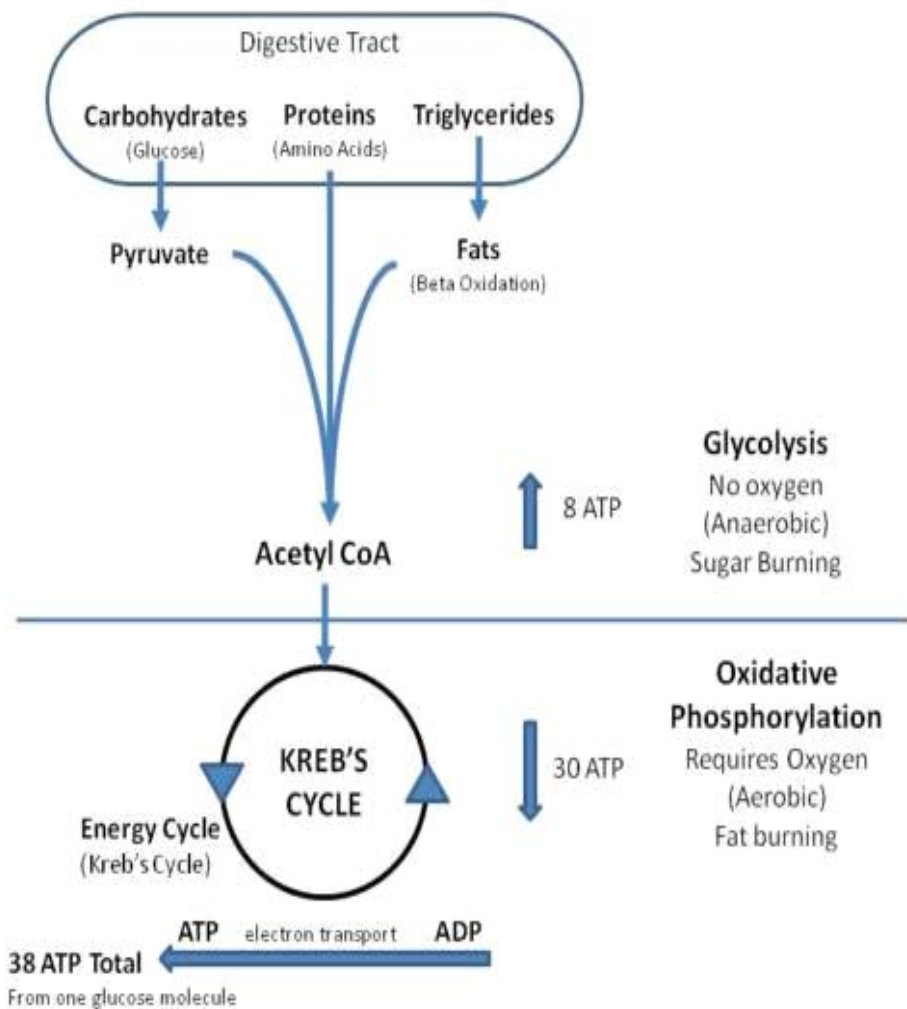
Beneficial effects

- Speed
- Muscular strength
- Power
- Muscular endurance
- Cardiorespiratory endurance
- Balance (core)
- Whole body
- Range of motion

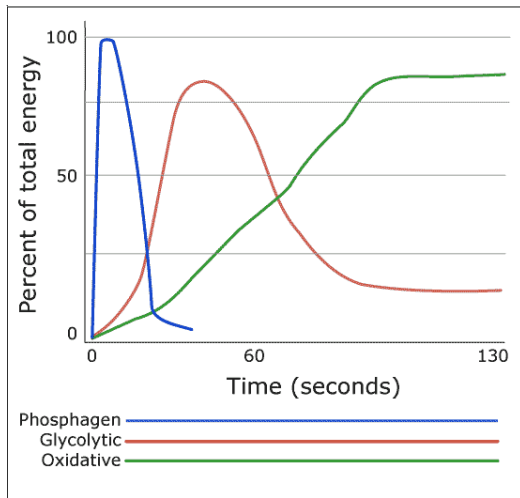
Energy Pathways



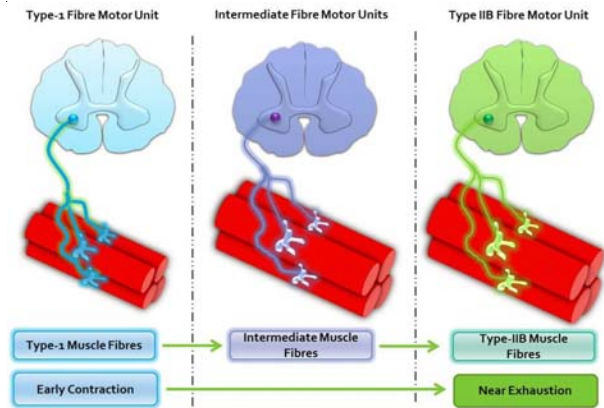
บทความวิชาการ



http://www.choosehealth.net/HealthSavingArticles/EnergyToBurn_PartI.html



<http://www.stemlerfit.com/>



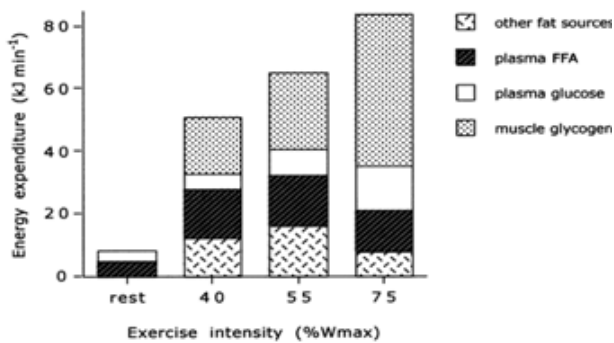
<http://mariogodiva.blogspot.com/2013/11/twitchin-maximize-your-muscle-potential.html>

Differences In Skeletal Muscle Fiber Types

	Type I fibers	Type II a fibers	Type II x fibers	Type II b fibers
Contraction time	Slow	Moderately Fast	Fast	Very fast
Resistance to fatigue	High	Fairly high	Moderate	Low
Activity Used for	Aerobic activity	Long-term anaerobic activity	Short-term anaerobic activity	Short-term anaerobic activity
Maximum duration of use	Hours	Less than 30 minutes	Less than 5 minutes	Less than 1 minute
Power produced	Low	Medium	High	Very high
Mitochondrial density	Very High	High	Medium	Low
Capillary density	High	Intermediate	Low	Low
Oxidative capacity	High	High	Moderate	Low
Major storage fuel	Triglycerides	Creatine phosphate, glycogen	ATP, Creatine phosphate, glycogen (little)	ATP, Creatine phosphate
Properties	Consumes lactic acid	Produce lactic acid and Creatine phosphate	Consume Creatine phosphate	Consume Creatine phosphate

<http://www.naturallyintense.net/blog/exercise/aerobic-exercise-strength-training-does-it-help-or-hurt/>

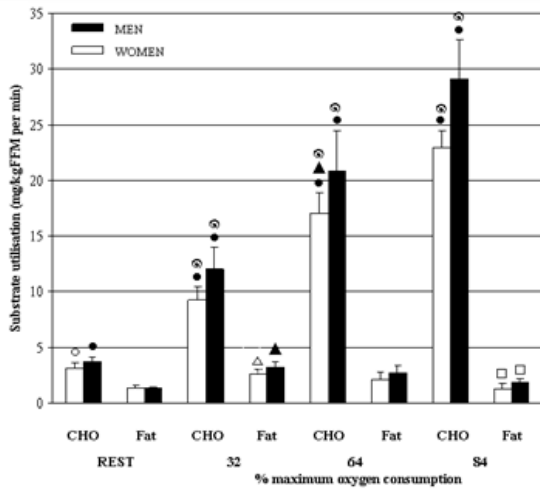
Substrate utilization in White population



vanLoon et al, 2001

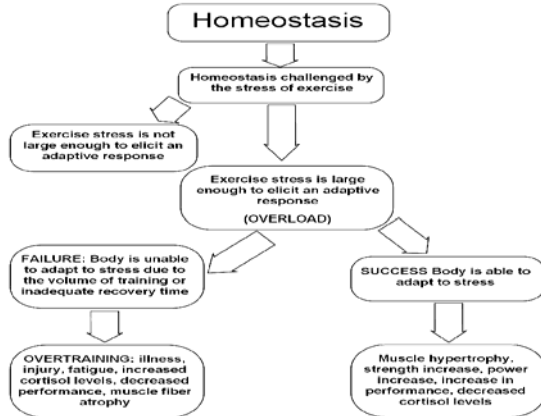


Substrate utilization in untrained Thai

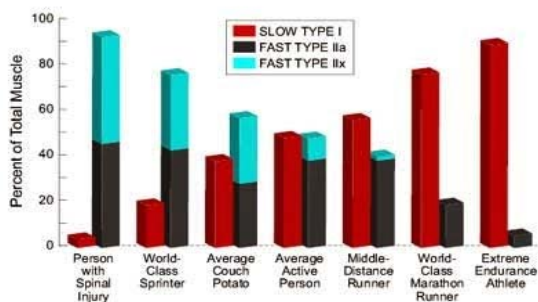


Janyacharoen et al, 2009

OVERTRAINING OVERVIEW



<http://www.naturallyintense.net/blog/exercise/aerobic-exercise-strength-training-does-it-help-or-hurt>



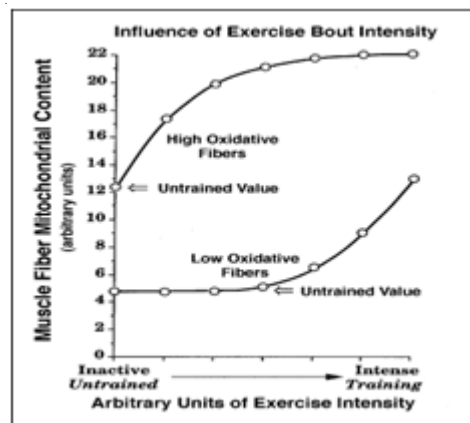
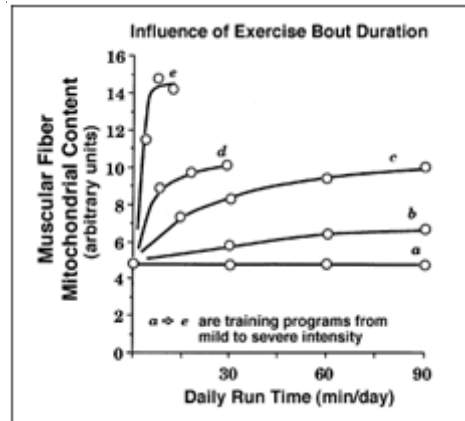
<http://mariogodiva.blogspot.com/2013/11/twitchin-maximize-your-muscle-potential.html>

ADAPTATIONS TO HIGH-INTENSITY

AEROBIC TRAINING



Joyner and Coyle 2008; Pavlik et al. 2010.



Dudley, G.A., W.M. Abraham, and R.L. Terjung (1982).

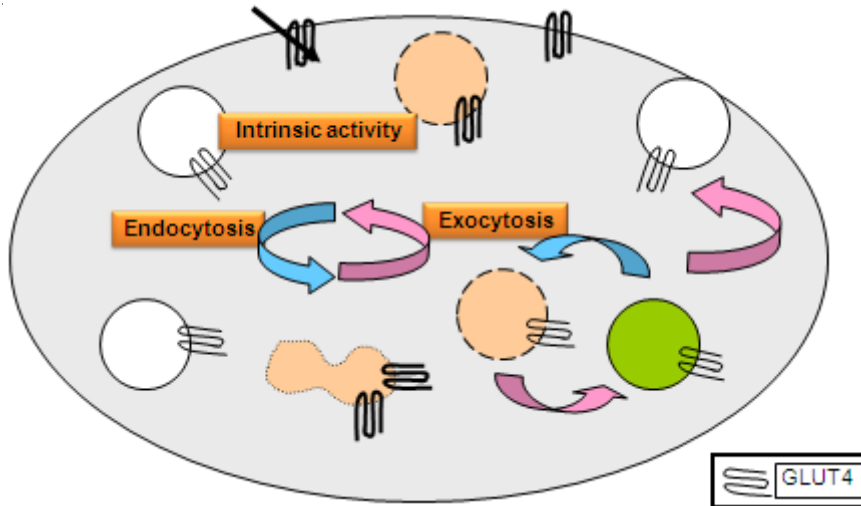
Influence of exercise intensity and duration on biochemical adaptations in skeletal muscle. *J. Appl. Physiol.* 53: 844-850.



<http://chocolate-broccoli.com/wp-content/uploads/2012/04/montenegro-hiit.jpg>



Three modalities of GLUT4 regulation leading to increased glucose uptake: stimulation of GLUT4 vesicle exocytosis, stimulation of GLUT4 intrinsic activity, and inhibition of GLUT4 endocytosis.



Amira Klip. The many ways to regulate glucose transporter 4. Appl. Physiol. Nutr. Metab. 34: 841-487 (2009).

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