***Growth Hormone Restoration Training***

* **These are done in 2 minute cycles never exceeding 8 cycles/16 minutes.**
* **The first 90 seconds is done at a slow recovery pace.**
* **This is followed by an intense 30 second sprint.**
* **This is a total of 2 minutes.**
* **Immediately transition into your next cycle starting with a slow 90 second recovery.**
* **These workout require a full 48 hours of recovery and should not exceed 3 days per week.**
* **You can use any equipment to this: bike, elliptical, treadmill, UBE, ropes, plyometrics, ect…**
* **You must determine your fitness level before starting this so you know where to start.**
* **Low fitness levels should start at 3 cycles the first week and add 1 cycle per week thereafter.**
* **Moderate fitness levels should start at 5 cycles the first week adding 1 cycle per week thereafter.**
* **High fitness levels can start at the max of 8 cycles per workout.**
* **You should change up the equipment every 4 to 8 weeks to avoid plateaus and boredom.**
* **NO STARCHY FOODS OR FRUITS 2 HOURS AFTER WORKOUT BECAUSE IT WILL STOP GH RELEASE!**
* **Reference Book: Ready, Set, Go! By: Phil Campbell**
* **Monday-Wednesday-Friday 16 minutes per workout!**