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re you:

a) Busy?

b) On a budget?

c) Wishing you could have a better body?

Then micro-training could be for you! These

“concentrated” training sessions save you time and money, which means no more excuses when it comes to getting fit.

Sydney personal trainer Lisa Brown, director of Innervate (innervate.net.au) offers 20-minute micro-training sessions to clients at Fitness First in the Sydney CBD (at the George St Platinum branch). For an affordable fee of \$50 for a one-on-one “micro” session or \$35 each if you’re training with a friend, Brown says micro-training is a way for time-poor people to make the most of their workouts and budget-conscious young women to access specialist trainers they could otherwise never afford.

So, how does micro-training work?

Well, before you get too excited about the prospect of looking like Miranda Kerr in the time it usually takes to get your gym pants on, here’s the thing: while a micro-training

session itself takes 20 minutes, you’ll still be required to spend at least 35-40 minutes in the gym. “I ask clients to arrive and take care of their own warm up, which will be done on a piece of cardio equipment and generally takes between five and 10 minutes before they get a sweat up, then they’ll need to give themselves a good stretch at the end,” says Brown. If you want to be really economical about your time you could run to the gym as a warm up, she adds.

Brown then takes over for the next 20 minutes. “We do the big bang exercises, using more than one muscle group at once,” she says. “Interval training, resistance training or boxing – anything to get your heart rate up – it’s about training smarter rather than longer.”

Who will benefit from micro-training?

It’s not for rehab clients, endurance athletes or hypertrophy clients – people who want to build muscle, says Brown – but it is perfect for anyone who’d like to lose fat and increase muscle tone, and needs the accountability of seeing a trainer on a regular basis to help them achieve those goals.



Can you *really* get fit in 20 minutes?

Cosmo features director CAELIA CORSE *finds out...*

Micro-train YOURSELF!

Got a spare 20 minutes? Lisa Brown has devised an interval training workout you can do in the gym, on a piece of cardio equipment or running/walking/cycling in the great outdoors.

STEP 1: Work out your PRE (perceived rate of exertion) levels; see below:

» **LEVEL 1:** At home on the couch watching a DVD!

» **LEVEL 5:** This is a moderately comfortable level of cardiovascular exercise that can be maintained for a long period of time.

» **LEVEL 6:** A higher intensity level that starts to get your heart pumping a bit faster.

» **LEVEL 9:** A high-intensity level that leaves you with just a little bit left in the tank.

» **LEVEL 10:** 100 per cent "flat out" physical effort, leaving you puffed afterwards.

STEP 2: Start working out for two minutes at your Level 5 (see chart on left), then take it up to your level 6 for one minute, then raise the intensity to your level 9 and repeat. Finish off with a Level 10 on the 19th minute before cooling down for the last minute of the workout. To maintain your results, you should try and increase the intensity of your levels each week. **COSMO**

Micro-training SEQUENCE

Minutes	PRE level
1	5
2	5
3	6
4	9
5	6
6	9
7	6
8	9
9	6
10	9
11	6
12	9
13	6
14	9
15	6
16	9
17	6
18	9
19	10
20	Cool down