

**SPRINT** 8

TRAINING GUIDE



**go!**

THE KEY TO MORE  
MUSCLE, LESS FAT AND  
A HEALTHY NEW BODY



# I. A NEW YOU!

To change your body, you have to trim fat and build muscle. That is never an easy task, and it gets harder as we get older. Muscle mass naturally decreases and body fat increases as part of the aging process. Fortunately, you can slow down, stop or even reverse that trend when you use the same training tools that athletes employ. When you train like athletes do, you will not only transform your body, but you will also grow much healthier in the process. Plus, you can accomplish this radical change in your body at any age, and you can do it in as little as 20 minutes a day, 3 days per week.

## **SLOW IS . . . SLOW**

This kind of radical transformation takes more than exercise. It takes the right exercise. And it can't be slow.

One of the main reasons that people fail to reduce fat and build muscle is that they take a slow approach. They don't purposely set out to take a drawn-out route, but they end up doing just that by following a conventional exercise program. For example, the average person turns to jogging or some other moderately paced exercise to lose weight. That can work, but it takes quite a while. When the weight-loss process is long and slow, people typically become discouraged and quit after just a few months. That's not enough time to really change your body, and you will likely – and quickly – gain back any weight you lost.

## **A DIFFERENT APPROACH**

It is possible to accomplish more. The Sprint 8® program delivers better results in less time and with fewer workouts than you would expect. It is the exclusive, science-based regimen that uses intensity to optimize the effort you put in.

Everyone can improve their results by adding intensity to workout regimes because intense training triggers a response in the body that melts fat and encourages muscle growth. Intense exercise is not easy, but it is incredibly efficient. It allows you to pack the most productivity into the least amount of time. The trick, of course, is doing it right so that you get the most from the effort you put in.

The Sprint 8 workout is an optimized intensity-based training program that allows you to build muscle and burn fat quickly and effectively. When you follow the Sprint 8 program, you will see a big change in a small amount of time regardless of your age. This approach is nothing short of radical. It will not only transform your body; it will also improve your health.

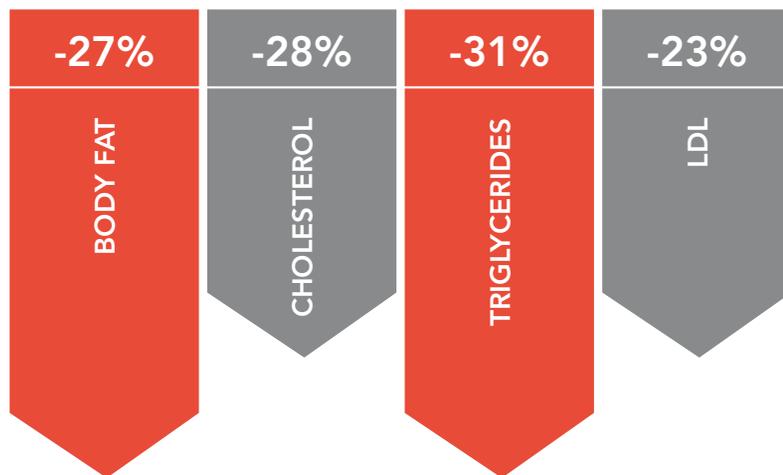
## 20 MINUTES!

As unlikely as it may seem, it is possible to realize significant benefits in a 20-minute workout. If you have 20 minutes, you can perform the Sprint 8 workout and spark the change in your body that you want to see. Virtually everyone can find 20 minutes in a day to do something – especially if that something is improving your health, fighting aging, trimming fat and building a leaner, meaner and better-looking body.

## WHY IT WORKS

Unlike slow and moderate training, intense training stimulates the natural release of human growth hormone (HGH)<sup>1</sup>. That is what makes it so effective. While intensity offers many benefits, including a higher caloric burn rate, it is this natural stimulation of human growth hormone that is most significant. Elevated levels of human growth hormone are associated with increased lean muscle mass, decreased body fat and higher energy<sup>2,3</sup>.

The Sprint 8 training routine is scientifically proven to stimulate the release of natural growth hormone and trigger dramatic physical transformations in average people. When compared to a pre-Sprint 8 level, the results are astonishing. One study indicated a 814% increase in growth-hormone levels from a pre-Sprint 8 baseline to post-Sprint 8 levels<sup>4</sup>. In practical terms, this means that after 8 weeks of completing the Sprint 8 workout 3 times per week, the same participants had significantly reduced their body fat and lowered their “bad” cholesterol (LDL) and triglycerides. You can do it, too!



**Sprint 8 results after 8 weeks with no dietary changes<sup>4</sup>.**

## MEASURING PROGRESS

The Sweat Score rating exclusive to the Sprint 8 program on many of the Matrix products helps you easily track progress. The rating is based on joules, a quantifiable measure of the amount of energy being generated by a given action. This is ideal for Sprint 8, because it tells you exactly how much energy is being generated by each sprint. Knowing your Sweat Score rating can help you maintain a high level of exertion throughout your workout by making it easy to compare performance between sprints. The Sweat Score rating can also help you track progress — if your Sweat Score rating increases over time, it is a good indication that your body is getting stronger.

## ALL EXERCISE IS NOT CREATED EQUAL

All exercise is beneficial for the body, but not all exercise has a significant impact on growth hormone release. In order to strongly stimulate growth hormone response, a workout has to be intense. The flip side is that intense training, by its very nature, is very short. You get your workouts over with quickly and you also get to the reward (more muscle, less fat) more quickly. In our busy society, those are huge advantages.

Traditional exercise, such as going out for a jog or taking a long walk, will burn calories but won't generate significant growth hormone production. Neither will pumping a few moderate dumbbells. That's why people who just rely on jogging or a similar activity often fall short of reaching their full potential. The type of training required to trigger the natural release of growth hormone is a specific formula of intensity and rest. Don't worry, you don't have to do any calculations to make sure you're maximizing your results. It is all pre-programmed for you and available at the touch of a button in the Sprint 8 workout.

<sup>1</sup> Pritzlaff, Wideman, Weltman JY, Abbott, Gutgesell, Hartman, Veldhuis, Weltman A. (1999). "Impact of acute exercise intensity on pulsatile growth hormone release in men." *Journal of Applied Physiology*. Aug;87(2):498-504.

<sup>2</sup> Godfrey, Madgwick, Whyte. (2003). "The exercise-induced growth hormone response in athletes." *Sports Medicine*. 33(8):599-613.

<sup>3</sup> Savine, Sonksen. (2000). "Growth Hormone—hormone replacement for the somatopause." *Hormone Research*. 53 Suppl 3:37-41.

<sup>4</sup> Braden, Ross, Gray, Walker, Hoover, Burt. (2012). "Targeting exercise-induced growth hormone release: A novel approach to fighting obesity by substantially increasing endogenous GH serum levels naturally." King's Daughters Medical Center, Brookhaven, MS, USA.



### POST-WORKOUT EFFECT

Firing up your natural growth hormone level through intense exercise has the extra benefit of causing the HGH release to continue after your training ends. This continuation is important because you want that growth hormone targeting fat for as long as possible. Fortunately, when you get in 20 minutes of intense exercise, the growth hormone continues making its positive impact long after the workout is over. If you are only focused on burning calories, the process of calorie burning ends after the workout is over when your body temperature comes down. On the other hand, when you exercise intensely, researchers have found that the growth hormone your body releases will continue to target body fat during the recovery period<sup>5</sup>. This post-workout effect is exactly what you want to occur to maximize the results of the effort you put into your training.

### SHORTER, MORE INTENSE EXERCISE

- Stimulates greater growth hormone activity during exercise
- Continues to stimulate growth hormone activity after exercise
- Overall, targets body fat for longer periods of time when compared to moderate exercise

## MATRIX

Matrix Fitness is the exclusive commercial cardio equipment partner of Sprint 8. You can find the Sprint 8 workout preprogrammed on all 7xi treadmills, Ascent Trainers<sup>®</sup>, ellipticals and cycles.

<sup>5</sup> Pritzlaff, Wideman, Blumer, Jensen, Abbott, Gaesser, Veldhuis, Weltman. (2000). "Catecholamine release, growth hormone secretion, and energy expenditure during exercise vs. recovery in men." Journal of Applied Physiology. Sep;89(3):937-46.

## II. THE SPRINT 8 WORKOUT



When you use the Sprint 8 training program you can literally hit the ground running from the start. The Sprint 8 workout is a user-friendly program, proven to spark growth hormone activity and build a healthy and fit physique in a surprisingly short period of time. The steps are simple to understand, and its effectiveness is proven.

### THE WARM UP

The first step in the Sprint 8 workout is to gradually increase your heart rate. Your heart rate lets you know specifically how hard you are training. The Sprint 8 workout features a three-minute warm-up period where you move at a moderate rate to start to elevate your heart rate. You don't want to take your heart rate from resting to all-out exertion in one fell swoop. A mid-up period is needed, and the warm-up period provides this opportunity.

### THE SPRINTS

After a warm-up you move on to the actual sprints. Each sprint is 30 seconds long and must be performed with all-out intensity. If you could go longer than 30 seconds, you're not working hard enough.

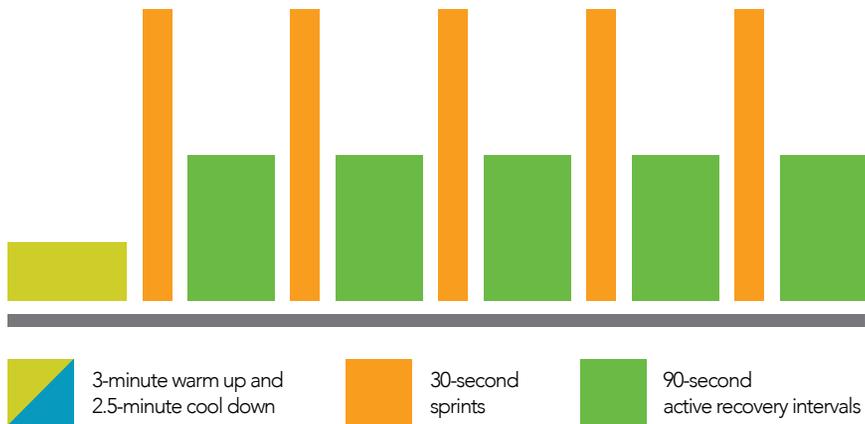
Most people experience some fatigue as they progress further into the workouts. Don't let that keep you from making the most of each sprint. In order to fire up your natural growth hormone production you need that intensity from each and every sprint. Initially you may start with just a few sprints, but over a period of time you can work up to the full eight sprints necessary for maximum results.

### ACTIVE RECOVERY INTERVALS

After each sprint is a period of active recovery. You don't stop moving – you simply lower your intensity level to an easy to moderate exercise pace and let your heart rate come down. This active recovery interval is 90 seconds long, which is the ideal amount of time needed to recuperate before the next sprint. If you feel recovered in less time, you did not work hard enough during the sprint and you will not realize the full impact of the Sprint 8 program. The balance of 30 seconds of intensity and 90 seconds of recovery is the ideal ratio and delivers the best weight-loss results.

### COOL DOWN

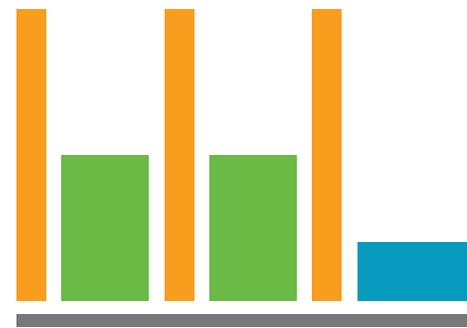
Just as your body needs a warm-up period, it also needs a cool-down period. For the Sprint 8 cool down, reduce your effort dramatically and move to a slow exercise pace for 2.5 minutes prior to finishing your workout. In effect, this slow down will let your heart rate come down from its high by a slope instead of dropping off a cliff. A cool-down period is a much safer way to bring your workout to end than simply stopping.



### RAMP UP

Sprint 8 is a tough workout, and most people have to ramp up their efforts in order to do all eight sprints at full intensity. You really should not try to max out the workout your first time out. Going too hard too soon can leave you susceptible to injury, which will sideline your efforts and delay your goals. Ramping up allows your body to become accustomed to your new exercise routine. All but the most elite athletes will have to gradually build up their training.

The good news is that the ramp-up period doesn't take all that long, and you can begin to realize the benefits of Sprint 8 even before working out at full capacity. Ramping up will be different for everyone. It may mean staying at four sprints for a few weeks or longer. Or you may burst through several sprint levels as your conditioning level elevates. Your recovery will be the best indicator of when you can move up – bouncing back quickly after a workout suggests you are ready to add another sprint. Listen to your body and keep pushing ahead at your own best pace to finally hit eight sprints.



### THE PERFECT PACKAGE

Sprint 8 is an efficient, unique training program that allows you to get in a full workout, including a warm up and cool down, within 20 minutes. This program stimulates a strong positive response in the body. You can't beat Sprint 8 for a short and effective way to maximize your health and physique.

- **Sprint 8 is simple:** It is all pre-programmed and ready for you at the touch of a button.
- **Sprint 8 is effective:** It sparks growth hormone activity to burn fat and build lean muscle faster than traditional exercise.
- **Sprint 8 is quick:** All it takes is 20 minutes, 3 days per week.



SIMPLE, EFFECTIVE AND QUICK,  
SPRINT 8 IS EASY TO INTEGRATE  
INTO A BUSY LIFE.

# III. MAXIMIZING YOUR RESULTS

The Sprint 8 workout stands by itself; it can and will produce incredible results for your body and health. However, there are a number of things you can do to get even more from your training.

## NUTRITION

What you eat affects your general health. It also plays a big role in how your body responds to exercise. In this instance, the old saying “garbage in, garbage out” is very true. Bad eating habits will affect your workouts and the results you see. Conversely, eating quality food will build up your body, keep you healthy and help you stay trim and muscular. Ultimately, eating smart supports your training. There are, however, a few unique elements for maximizing the results from Sprint 8 training.

## BEFORE THE WORKOUT

Before your Sprint 8 workout you want to be careful about what you eat. You should avoid high-fat meals for one hour prior to the workout because researchers report that a high-fat meal before training will stop the release of HGH<sup>6</sup>. Alternately, consuming some easy-to-digest carbohydrates before exercise will help fuel workout intensity. Bananas, old-fashioned oatmeal or low-fat plain yogurt are great options.

## DRINK WATER – LOTS OF IT!

You need to stay hydrated during your workout. You won't achieve the maximum benefit from your workout otherwise. There is also a chance you could become injured. You also need to drink a lot of water after your workout, too, because your muscles will need full re-hydration. Failure to do that can hamper your body's attempt to recover and, therefore, limit the effectiveness of the workout. The bottom line is that you need to have water handy and drink lots of it.

## AFTER THE WORKOUT

The post-workout time frame is also important for enhancing your Sprint 8 results. The goal here is to consume 20 to 25 grams of high quality protein during the two-hour post-workout window when the body most rapidly absorbs nutrients to rebuild itself from the tearing-down effect of the workout. This is equivalent to one scoop of protein supplement, four ounces of fish or chicken, or three eggs. You can still make gains without getting the full amount of protein or by eating it later, but having that protein in that first two hours after training will maximize the effects of your efforts.



25 GRAMS OF PROTEIN IS EQUIVALENT TO 1 SCOOP OF PROTEIN SUPPLEMENT, 4 OUNCES OF FISH OR CHICKEN, OR 3 EGGS.

## SKIP THE SUGAR

One other key factor is to limit high-glycemic sugars during the two-hour time frame directly after a Sprint 8 session. Sugar interferes with growth hormone activity. You don't want to undermine your training effort with what you eat afterwards. Some carb intake is fine during this window, but make sure it is not refined sugar.

Remember these nutritional strategies for the best results:

- Don't eat a high-fat meal before exercise
- Eat some carbohydrates to fuel intensity
- Drink lots of water
- Consume 25 grams of protein after training
- Limit sugar for two hours

<sup>6</sup> Acute effects of high fat and high glucose meals on the growth hormone response to exercise, 1993, Cappon.

## REST AND RECUPERATION

You don't need to train with Sprint 8 every day. In fact, you could overload your body if you do. Ideally you should train with Sprint 8 every other day. Three hard-core Sprint 8 sessions per week is really all you need.

It is important to remember that the Sprint 8 program is about more than just intense training. Rest and recovery are just critical to your success as your workouts; their importance cannot be overstated.

Rest is not often a priority in our busy culture, but the Sprint 8 program will not produce optimal results if you do not dedicate sufficient time to recovery. You need to balance the intensity of your workouts with adequate recuperation or your progress will plateau.

## THE POWER OF SLEEP

Sleep is important to health. In addition to allowing time off to recover, sleep plays a key role in building up between Sprint 8 workouts. Unfortunately, many people undervalue this key element.

Anything less than six hours of sleep per night is considered sleep deprivation for an average person. People who are working out need even more rest due to the demands that intense training puts on the body.

It is smart to sleep more on the nights after a workout. You may not have time to sleep long all of the time, but getting more hours on the night after a workout can enhance the effects of that workout.

# IV. SUMMARY

Sprint 8 is a training tool you can use for the long run. It is not a fad approach. It is a real, science-based athletic training strategy that you can use all year long for as long as you like. It is a carefully crafted formula that delivers the greatest return for your efforts.

Simply put, Sprint 8 is the best workout you can do to rapidly and radically change your body for the better. Effective and efficient, the Sprint 8 program strikes the perfect balance of intensity and recovery. It is this exclusive workout formula that triggers growth hormone release, which can help you lose 27% of your body fat by exercising just 20 minutes a day, three times a week.

# V. ABOUT THE AUTHOR



**PHIL CAMPBELL**

M.S., M.A., C-PT,  
AMERICAN COLLEGE OF SPORTS MEDICINE

A certified personal trainer with the American College of Sports Medicine, Phil Campbell works with athletes to improve speed and agility. He created the Sprint 8 program to bring the science of intensity training to cardio workouts. His regimen has been heralded in numerous publications, including *Outside*, *Self* and Oprah's *O Magazine*, which calls it the fastest-working workout. He details his findings – and the science behind them – in his book *Ready, Set, Go! Synergy Fitness for Time-Crunched Adults*. It is a comprehensive resource for anyone looking for more background on the Sprint 8 approach.

Campbell also spent two decades of his career as a senior hospital administrator. His familiarity with the healthcare system and his access to renown researchers and scientists enabled him to infuse his Sprint 8 training system with hard data. That, in turn, enabled him to optimize the program to achieve maximum results.

Campbell is also a USA Track and Field Masters title holder who won his age group in the 100-meter sprint at the 2000 Southeastern U.S. Championships. At the 2003 Masters Track & Field Tennessee Championships he took the top prize in the 200-meter sprint and discus throw, placed second in the 100-meter sprint and set the meet record in the javelin. He holds a black belt in Isshinryu Karate, and he competes in martial arts and weightlifting competitions.

*Note: This booklet is designed to provide information for healthy adults. It is provided with the understanding that the publisher, author and advisors are not rendering medical advice or other professional services. It is highly recommended that individuals get an examination by a physician before attempting any fitness-training program outlined in this book.*

**MATRIX**

1600 Landmark Drive • Cottage Grove, WI 53527 USA  
[www.matrixfitness.com](http://www.matrixfitness.com)

Sprint 8<sup>®</sup> is a trademark of Johnson Health Tech.  
©2015 Johnson Health Tech. All Rights Reserved.