Sprint 8 = Results

“Sprint 8 is great. I had to start eating desserts to keep from losing too much weight.” – Jodi Guthrie
Research Driven

Published research by the National Institutes of Health in 2003, Dr. Richard Godfrey states:

“Higher intensity exercise is effective in eliciting beneficial health, well-being and training outcomes…

…The impact of some of the negative effects of aging could be reduced if exercise focused on promoting exercise produced growth hormone”
“I have been using the **Sprint 8 Workout** three times a week (usually on an exercise bike but sometimes running) and I have lost about 7 pounds in weight.

I have noticed my recovery after almost every activity (even walking up two flights of stairs) has improved dramatically.

I have also been able to use the **energy boost** this type of training has given me to get back into some ‘proper’ sports training.” - Richard Godfrey
Mimics Growth Hormone Injections

“Our findings suggest that exercise training is a feasible intervention in GH-deficient adults...”

“The beneficial effects of exercise can mimic... effects of GH treatment.”

(Exercise training benefits growth hormone (GH)-deficient adults in the absence or presence of GH treatment. Thomas SG, J Clin Endocrinol Metab. 2003 Dec;88(12):5734-8)
Sprint 8 targets Growth Hormone

Stats in a 1990 University of Wisconsin HGH study in the *New England Journal of Medicine*:

- 14.4% body fat reduction
- 8.8% lean muscle gain
- Skin thickens 7.1%
- Bone density improves 1.1%

Sprint 8 Creator Phil Campbell says, *Sprint 8 is listening to the body tell us exactly how to exercise. Sprint 8 is not body by Phil. The body is screaming at us in the research, if I exercise like this, I will release this wonderful hormone that improves the body even better than actually injecting growth hormone.*
Effective for all ages
- especially middle age adults

Root Cause of the Somatopause
(middle-age spread gets a name)

“The term "somatopause" indicates the potential link between the age-related decline in GH and changes in body composition, structural functions and metabolism, which characterize aging.”

Study: Aging, growth hormone and physical performance, 2003, Lanfranco, J Endocrinol Invest, 26(9):861-72
Sprint 8 Research

Sprint 8: 3x per week / 8 weeks
No Dieting: Sprint 8 only variable
Avg Age: 46
HGH Increase: 814%
Body fat loss: 27%

making Sprint 8 almost twice as effective as injecting growth hormone

“Targeting exercise-induced growth hormone release: a novel approach to obesity intervention by naturally increasing endogenous GH levels” Braden, David M.D, August 2011, KDMC
Exercise Program Proves Successful

BROOKHAVEN, MS — A group of rural Mississippi doctors and hospital leaders at a Brookhaven hospital have funded research to fight obesity through an exercise program called Sprint 8 Cardio Protocol.

The research subjects—12 hospital employees with an average age of 46—spent 20-minutes, three-days-a-week doing the regimen. They saw a significant percentage drop in body fat in eight weeks without dieting.
Elizabeth Smith
Before & After
18 months of Sprint 8
20 mins / 3 days wk:

*90 lbs lighter

*Body fat
44% to 26%

*HDL up 55 pts
LDL 102 to 72

*Triglycerides
130 to 35
Sprint 8 = Results

"The only way to get better results in body-fat loss is surgery."

-Dr. Jeff Ross
What Is Sprint 8?

Sprint 8 is the *highest* level of Intensity
Dr. Coyle concludes; “In fact, the **low-intensity aerobic exercise that is typically prescribed for endurance training or health is not very effective** at increasing aerobic enzyme activity in type II muscle fibers, which comprise approximately one-half of the fibers within the thigh (vastus) and calf (gastrocnemius) muscle in most people.

Thus **low-intensity aerobic training is not a very effective or efficient** method for maximizing aerobic adaptations in skeletal muscle **because it generally does not recruit type II muscle fibers.**”

**Start with 2 quality reps.** Slowly build to 8

**30 seconds or less rule**
- Whatever method of sprinting you choose, you should **not** be able to exceed 30 seconds.
- If you could’ve gone for 35 seconds... the intensity is not great enough!

**90 seconds active recovery rule**
90 seconds of active recovery is necessary to replenish ATP stores in order to achieve necessary intensity on the following cardio sprint for superior results.
Phil Campbell tested 30, 60, 90 seconds. 90 is more demanding because fast fiber is recovered.
Sprint 8 Science

Sprint 8 Cardio Protocol

• Cardio Sprints propelled by all three muscle fiber types; Slow, Type IIa fast-muscle fiber & IIx super-fast muscle fiber

• Anaerobic & aerobic processes of heart muscle conditioned

• All three metabolic energy systems conditioned

• **Benefits:** Mimic taking growth hormone injections

• **Results:** Step out of a calorie-counting world into a hormone-injecting world of results – except it’s totally NATURAL
HEART TRANSPLANT Patients

HIIT is well tolerated and leads to a greater improvement in VO$_{2peak}$ compared with moderate Intensity exercise in Heart Transplant recipients. HIIT modulated the circulatory system resulting in a higher maximal HR and a shorter reaction time of the sinus node, creating a faster HR recovery. The study documents the rapid loss of training-induced improvements in exercise capacity, emphasizing the need for continued or repeated exercise rehabilitation programs in long-term Heart Transplant recipients.

Growth Hormone is Your “Fitness Hormone”

concludes Dr. T C Welbourne, LSU Medical Center

For middle-age adults, Exercise Induced Growth Hormone is the key to:

• Reduce body fat
• Tone and build muscle
• Stop the signs of aging
• Increase energy and sex drive
Before & After Sprint 8:

Todd McFarland

• Gold’s Gym Winner Over 50
Before & After Sprint 8:
Dr. Mercola’s Experience
Dr. Mercola Reports Results of a personal 8 week test

- Lowered my overall body fat from 17.4% down to 9.5%
- Lost 16 lbs. while gaining 6 lbs. of muscle
- Lost 3 1/2 inches off my waist
- Gained 1 inch on my arms
- Gained 11 inch on my legs
- Gained 3 inches on my chest
Case Studies

Before & After Sprint 8:
Martha Bejarano

Cholesterol:

• Bad LDL dropped 31 pts
• (23% drop)
• Good HDL increased 10 pts in 8 weeks

One year later, HDL up 19 points to 93

Reduced body fat % by 11%
Before & After Sprint 8:
Martha Bejarano

- Before muscle weight 57.3 lbs
- After muscle weight 57.5 lbs

- Before trunk body fat 24 lbs
- After trunk body fat 21 lbs

- Total body fat loss 44 lbs to 38 lbs
Sprint 8 in Fit Population

Fit population = weight loss not a priority.
Wanting to lose less than 10 pounds

13 % Avg body fat loss in 8 weeks

In body fat loss, You can do Sprint 8 (20 minutes) OR 3 hours of 75% intensity cardio

In Endocalorie terms, multiply calories burned with cardio Unit x 10 to see the synergistic benefits of exercise-induced growth hormone
Step out of a calorie counting world with Sprint 8

*General population* of normal adults wanting to lose more than 10 pounds:

Sprint 8 (20 minutes x 3 week) = in Endocalorie burning terms, multiply calories burned as much as x 21

Circulating exercise-induced growth hormone creates synergistic calorie-burning bonus (Endocalories)
A Comparison of the Sprint 8 Trial with Statin Drugs on Lipid Level %, Gains and Losses

<table>
<thead>
<tr>
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<th>Percentage (%)</th>
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<tr>
<td><strong>Sprint 8</strong></td>
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<tr>
<td>%HDL Gain</td>
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<td>%LDL loss</td>
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<td>%Cholesterol Loss</td>
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<td>%Triglycerides Loss</td>
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Sprint 8 better reducing triglycerides than statin drugs in hospital-based study.
Sprint 8 Impact on Heart Muscle

Maria’s heart muscle is 9.375 percent stronger

Reversed the 220 minus age standard by 15 yrs

Cardio fitness recovery has improved by 130 percent in six months
Heart Muscle Improvement

160 Max Heart Rate

165

147 Recovery HR

13 BPM

Recovery HR per sprint

175 Max HR

180

145 Recovery HR

30 BPM

Recovery HR per sprint
Exercise-induced Adrenal Response Attacks Cancer Tumors

Exercise-induced adrenal response moves cancer-killing immune cells to tumor sites implanted into mice that sprinted. Reduced tumor size by 50%


... That was actually a big surprise to us. As someone working in the field of exercise and oncology, one of the main questions that cancer patients always ask is: how should I exercise? Can we do anything?” While it has previously been difficult to advise people about the intensity at which they should exercise, our data suggest that it might be beneficial to exercise at high intensity in order to provoke a good adrenaline surge and hence recruitment of NK cells.

NK Cells the body’s natural way to kill cancer cells
Examples

how NOT to do Sprint 8
&
how TO DO Sprint 8
Sprint 8 Zone
Why do people go to coffee shops?

A. They like to spend money on coffee
B. They naturally like the taste of coffee
C. They want more energy
Want More Energy? Go to the source

Increase mitochondria number & output with Sprint 8
Sprint 8 Advantages at the Cellular Level
Training Fast = Double Mitochondria Number & Output

Research shows fast-twitch muscle training at close to 100% intensity was enough to roughly triple mitochondria output in 8 weeks.

- Dr. Gary Dudley, State University of New York at Syracuse (output measured by cytochrome c)

“We conclude that short sprint interval training (approximately 15 minutes of intense exercise over 2 weeks) increased muscle oxidative potential and doubled endurance capacity during intense aerobic cycling in recreationally active individuals.”

Qualifying for Cross Country Nationals

Bethuel Boinett    Peter Kiplagat    Nelphat Bor
Sprint 8 is Great for Chromosomes by preserving Telomere length
Telomeres are like caps on the ends of shoe laces to protect our DNA.
Telomeres are Cellular Timekeepers

- LONG telomeres = health & longevity
- SHORT telomeres = disease & aging

Telomere Length is Preserved in Healthy Older Adults who Perform Vigorous Aerobic Exercise

“Our results indicate that Telomere length is preserved in healthy older adults who perform vigorous aerobic exercise and is positively related to maximal aerobic exercise capacity. This may represent a novel molecular mechanism underlying the "anti-aging" effects of maintaining high aerobic fitness."

Intense Exercise Keeps Telomeres Long

• Researchers in Homburg, Germany show 50-year-old men who exercise intensely have telomeres almost the same length as those of 20-year-old runners on the National Team, and more than 40 percent longer than those or inactive men of the same age (Circulation, December 2009).

• King's College in London reports; 2,400 sets of twins that exercise regularly have telomeres that are longer than those of the non-exercising twin. (Archives of Internal Medicine, January 28, 2008).
Telomeres & Natural Growth-Hormone Release

Albert Einstein College of Medicine compared Centenarians concluded:

• Telomere length is associated with exceptional longevity

• Telomere-shortening and decline in IGF levels are features of aging

• **Telomere length is modulated by the Insulin-like Growth Factor (IGF, or Growth Hormone) system**
Mac McClenny,
Age 96,
Phil Campbell’s step dad doing
Sprint 8
Researchers conclude **high-intensity interval training** caused cells to make more proteins for their energy-producing mitochondria and their protein-building ribosomes, effectively “**stopping aging at the cellular level.**”

"**Based on everything we know, there's no substitute for these exercise programs when it comes to delaying the aging process,**" study senior author Sreekumaran Nair, M.D., diabetes researcher at Mayo Clinic in Rochester, Minnesota. "**These things we are seeing cannot be done by any medicine.**"


DOI: [10.1016/j.cmet.2017.02.009](https://doi.org/10.1016/j.cmet.2017.02.009)
SPRINT 8 Works for All Ages

Meet Bill & Jeanne Deprano
Bill & Jeanne Deprano
“Sedentary individuals have 50% stiffer hearts than those of athletes, and the hearts of senior athletes are indistinguishable from those of healthy younger athletes.”

“Lifelong exercise training completely prevents the stiffening of the heart muscle, which has been thought to be an inevitable consequence of aging.”
Jeanne Daprano became the first woman EVER over age 70 to break a 7-minute mile
More Sprint 8 benefits

- Doubles the feel-good, runners high hormone, Dopamine
- Suppresses the hunger hormone, Ghrelin
PRE & POST Sprint 8
Nutritional Strategy to Maximize Circulating Growth Hormone
(from Phil Campbell’s books)

PRE
L-glutamine, 2 grams (30 mins to 1hr prior),
Banana (half to 1 banana),
Epicatechin, 30 grams (100% Cocoa, dark chocolate half square or 85% cocoa full square = 30 grams epicatechin)

DURING - Don’t get dehydrated. Drink water!

POST
20-25 grams of protein, limit high-glycemic sugar for 2 hours during the 2-Hour Circulating Growth Hormone Synergy Window
Why low-glycemic carbs after?
Depends of where you are on the Metabolic Syndrome X Scale

“Muscular strength and cardiorespiratory fitness have independent and joint inverse associations with metabolic syndrome prevalence.”


Lean & mean
Normal glucose metab

Metabolic Syndrome

Losing muscle & gaining body fat
»»» Increasing resistance to insulin »»»

Pre-Diabetes
Problems with glucose

Diabetes
Body can’t effectively clear glucose

»»» Difficulty in processing glucose (blood sugar) »»»

»»» Ratio body fat to muscle declines »»»

Metabolic Syndrome X was first defined on May 15, 2001 by the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults.
Questions
E-Lifts for strength – at any age
High Intensity is BEST for All Ages

“Using heavy loads during explosive resistance training may be the most effective strategy to achieve simultaneous improvements in muscle strength, power, and endurance in older adults.”

E-Lifts for Strength

Progressive resistance training that incorporates rapid rate-of-force development movements may be safely undertaken in healthy older adults and results in significant gains in muscle strength, muscle power, and physical performance. Such improvements could prolong functional independence and improve the quality of life.

A salient finding is that mortality risk was 50% lower for men who achieved an exercise capacity of 7 to 10 METs compared with those who achieved less than 5 METs regardless of CVD (cardiovascular disease) status.

Oprah’s O Magazine calls Sprint 8

The fastest-working workout
Similar to Michelle in the *O Magazine* article, I jogged and worked out but still managed to weigh 210 at age 43. Now at age 50, I weigh 180 (6ft tall) and I am in the best condition of my life.

I started running the Sprint 8 workout and it worked!

I experienced a few hurdles like heart disease, prostate cancer (with surgery) and exercise-induced asthma but I always went back to running the Sprint 8 workout.

My heart doctors could not believe I was not experiencing pain during the sprints. They found 60-70% blockage in a main artery. My family doctor said, "Wow you're that tuned up? Your body must have found other mechanism to satisfy the oxygen need during sprints." He purchased Phil Campbell's book and uses it for himself and his patients.

My urologist/surgeon said I would recover from surgery easily due to my conditioning. And, I no longer need the Advair asthma medication.

*If I had not found Phil Campbell's book, I would have been either a heart patient or a heart statistic by now.* But I'm stronger and more energized than ever before. Some of my colleagues are astonished at my energy level. Thanks to Phil Campbell! - Brian, NJ