

# Body Pump

A workout consisting of a series of squats, presses and lifts that works the major muscle groups.



By Dan Young



## BODY PUMP

If you like group exercise classes, I can't think of a better way to use all of your muscle groups while maximizing a sustained metabolic rate. Body Pump, invented by Les Mills is a group exercise class using barbells with adjustable weights. It works the major muscle groups via a series of exercises including squats, presses and lifts.

Designed to "tone and condition muscles while raising and metabolic rate for rapid fat-burning," Body Pump is supposed to be proven to be "the world's fastest way to get in shape." Well that is a subject for debate, but one thing I know is the psychological effects on the human body as it relates to Nutrient Delivery.

## NUTRIENT DELIVERY

When you exercise at high repetition, your heart pumps more blood to your muscles flooding the working muscles with the necessary oxygen and nutrients

needed to handle the additional stresses imposed on them. The more powerful pump you have achieved, the more powerful nutrient delivered. Immediately following your Body Pump session, your muscles continue to stay "Pumped" for about 45 minutes. These 45 minutes are critical for the delivery of the nutrients your body needs to maintain your metabolic rate and begin rebuilding.

But nutrients aren't only delivered to your muscles; this heightened metabolic response maximizes delivery of these nutrients to your brain, your heart and your intestines, among other places.

## HOW DOES IT WORK?

When you eat, all the food enters your mouth, falls to your stomach and then enters your digestive tract. During this process, your body is breaking down all the macronutrients of your meal to usable components that your body needs for a variety of metabolic processes. The chicken you just ate is broken down into small proteins and eventually into amino acids and small peptides. The potato and broccoli you had is broken down into small chains of sugars and the fats in your meal are broken down into fatty acids and glycerol. This is the process of digestion. Once the food has been broken down, your intestines are ready to absorb them.

## THE SOLUTION

Because digestion of these foods can take 2-3 hours, it is best to consume a high glycemic liquid meal, one that is replete with nutrients and a 3/1 ratio of carbs versus protein respectively within 45 minutes of your workout. The Recovery Shake is the perfect post workout meal. Make sure that your Recovery Shake is nutrient dense. Calories will help your body recover but it's the Nutrients that will build a better body.

Remember you only have a small window immediately following your Body Pump to maximize delivery of nutrients necessary to keep your metabolic rate high, to rebuild new tissue and to maximize fat burn.



## Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.

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