

225: Intensify Your High-Intensity Training

10 Point Checklist

Ratna Singh &
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Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"We need to break down the barriers to exercise and the best way to do that is by having something that is the minimum time investment but maximum effectiveness."

RATNA SINGH & ULRICH DEMPFLE

10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Include HIIT workouts in my fitness routine. High-intensity Interval Training is a cardio session arranged as short bursts of arduous work.
- Focus on glycogen depletion when working out. This is the holy grail of exercise. The faster I deplete my glycogen, the quicker I get fit.
- Do yoga at least once or twice a week to complement the high-intensity training. It's a great way to reduce stress and relax the muscles.
- Find ways to break a sweat daily. Even using a standing desk while working on my laptop is beneficial to the body.
- Find a workout routine I love doing. Even if something is good for my body, make sure that it is something that I love doing as well.
- Don't just focus on calories when working out. Scientifically, I need to consider my metabolic rate and insulin levels too to see how fast my body can burn fat, otherwise, doing all the work can be fruitless.
- Work out to be energized, not exhausted. If I am dead tired after a workout, then something is not right and must be changed in my routine.
- Incorporate a balanced, healthy diet in my fitness routine. Fitness and weight loss is 80% diet and 20% exercise.
- Avoid sugar at all costs. When there are high levels of insulin, fat will not burn to produce energy.
- Prioritize fitness amidst my busy schedule. Check out [CAR.O.L](#) and get \$150 off with code STEPHAN150.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/intensify-your-high-intensity-training-with-ratna-singh-and-ulrich-dempfle>