

By Rico Connor

## HOW LONG SHOULD I WORK OUT?

Your body becomes less receptive to muscular growth if your workout takes longer than 90-minutes.



The key concept in your workout should be "intensity." Think about this; if you perform 21 sets (12 for major and 9 for minor body parts) in your workout, you are actually only physically working your muscles for a mere 10.5 minutes! (21 sets x 30 seconds per set = 10.5 minutes)

I feel it is best to do something physical everyday. For beginners, I recommend a four-day, weight-training workout, along with three days of cardio workout, mixed in between. Remember, this is not a lot. You can't have the excuse that "I don't have the time." This is only 7 hours total time (six percent of your waking hours) per week. Maybe you just don't have the motivation or determination.

I'm sure all of us know some

it's good to take a week off from training every six weeks or so. When I first tried this, I felt guilty. Guess what? I came back refreshed, focused, excited to be back, and I was stronger. The experts are right. It gives your body a break and lets your connective tissues and micro muscle tears recover and heal.

It's like McDonald's says; "You deserve a break today." The catch is, I took a break from the gym but did not take a break from my healthy diet. I didn't chow down at McDonald's.



### ABOUT RICO CONNOR

Rico Connor is 51-years old and has been training for over 25 years. He is the 2002 Nevada State Bodybuilding Championship Master winner. In addition to writing for *Fun & Fit*, he has been published in *Muscle & Fitness* and *FLEX* and is working on his first book, "Total Health for Life: Mind & Body."

Rico is interviewing for 4 highly motivated people (two males/two females) between the ages of 30 and 50 who want to transform themselves and achieve optimum health through his Total Health Program. It will require total dedication and discipline, along with fees for hands on training, supplements that must be purchased and diet and nutrition and mind-body connection expertise.

Serious participants can email Rico at [vrh1hly1@aol.com](mailto:vrh1hly1@aol.com) and give gender, age, height, weight, current health routine (if any), meals eaten per day, work schedule (days and hours) and attach a full body recent picture along with why you feel you should be chosen.

Most experts will tell you it's good to take a week off from training every six weeks or so...It gives your body a break and lets your connective tissues and micro muscle tears recover and heal.

One thing for sure, you should never work out more than 90 minutes. You don't need more than 90 minutes. If you are training hard and focusing, your body becomes less anabolic (receptive to muscular growth) after one and a half hours in the gym. If you find your workout takes longer than an hour and a half, you are probably either doing too many sets or hanging out, talking to people and daydreaming, rather than focusing on your workout and only taking 45 to 60 second breaks between sets. You shouldn't spend much more than an hour to an hour and fifteen minutes (including your warm up and stretching) in the gym, if you are following my program.

"gym rats" that weight train every day and do cardio every day. You may also notice they aren't seeing noticeable results. Why? They are over-training! Their attitude gets poor and their strength may even decrease. By doing too much training, they actually put their bodies in a catabolic state. Remember, you want your body to be in an anabolic state, which is receptive to muscle growth. When you are in a catabolic state, testosterone levels decrease, cortisol (a muscle wasting hormone) increases, protein synthesis decreases and protein degradation increases. In layman's terms, your hard earned muscle starts to break down.

Most of the experts will tell you