

INCLINE TRAINING

- Perceived exertion much lower
- Deliver results without major joint impact
 - Allows for progression

Heart Rate

- 24% 2mph Heart Rate > 0% 6mph
- The greater the Incline-higher the heart rate
- The best heart rate training with out impact on joints

Fat Utilization

- 21% 2mph fat prime source of energy-----Burn 6.5 kcals per minute
- Burn from fat and not from your breakfast
- FAT TEST STUDY
- o% 6mph 360 cals only 57 were from fat
- 21% 2mph 296 cals and 194 from fat

Muscle Activation

- From 15% to 18% incline there is a 30% greater muscle activation
- Magic happens at 18% and higher
- 27% incline and above: glute 100%, hamstring 73%, calf 90%
- Best glute exercise-especially for people who have a hard time turning on glutes, which is most people.

Decline Training

- Allows specificity of training
- Controlled downhill environment
- Train deceleration-elderly, women athletes

Biomechanics

- The incline forces the user to get away from heel strike
- Forced mid foot strike, under the hip, forward at the ankle
- Higher incline creates faster turnover
- Forces the body to move more efficiently-no wasted energy

Variation

- Allows for creativity, enjoyment, progression, specificity
- Do not go above 24% incline with any lateral movement because of the sheer forces it puts on the knees