

The Effects of Keiser's Ten Week "Express" (Xpress) Training Program on Sedentary Women

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OBJECTIVES:

The purpose of this study was to investigate the effects of Keiser's 10-week "express" (Xpress) training program on sedentary women. Nineteen volunteers aged 30-54 participated in this 30 minute training program, 3 times per week. The training program consisted of 13 minutes of cardiovascular training on a bicycle ergometer (beginning at 50-60% of the subjects target heart rate, adjusted to 60-70% for the final 5 weeks of training). This was followed by 17 minutes of strength & flexibility training. It was a progressive resistance strength training program at 80% of the one repetition maximum. Pre and post measurements included aerobic capacity, 1 Repetition Maximum, flexibility and body composition. Eight of the 19 volunteers had fasting blood draws taken to assess cardiovascular risk profiles relating to cholesterol and triglyceride levels.

RESULTS:

There were significant increases to report, at the end of the 10 week study. Participants experience an increase of 10% in aerobic capacity, 21%-30% in upper body strength, and a 22%-44% increase in lower body strength. No significant changes were recorded in body composition, blood levels of cholesterol or triglycerides.

SUMMARY:

The results indicate that the 30 minute "express" training program can increase cardiovascular fitness, strength, and some measures of flexibility. Changes in body composition and blood parameters were not affected, possibly due to the short time frame of the study. This study provides evidence that fitness participants do not always have to adhere to a 1 hour time slot in order to be effective. This is very valuable for those who have a limited amount of time to squeeze in exercise.

KEISER PIECES USED:

Leg press, chest press, leg curl, lat pull down, upper back, leg extension.