

educogym City FAQ:

How can you guarantee results?

The educogym program is based on a university research study that showed an on average fat loss of 7.5lbs and 3lbs muscle gain in just 12 days, exercising only 15 minutes per day.

The human body is designed to function in a particular way and if you understand the key variables that control your shape, then you can get amazing results consistently.

At educogym we pay attention to all the key variables:

1. The Mind – The research showed when a person has a clear mental blueprint of their ideal shape, they trained with a greater level of intensity.

“The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you believe 100%.”

- Arnold Schwarzenegger

2. High intensity training: educogym has designed a revolutionary new exercise machine that allows you to train with maximum intensity with next to no rest periods, one of the keys to the results.
3. Nutrition: Low GI nutrition is key. The hormone insulin is responsible for fat accumulation. Having only low GI foods keeps your insulin levels steady which then gets your body burning fat for fuel.

The trainers at educogym will guide and coach you through your journey with us.

Why only 15 minutes?

educogym sessions are all based on high intensity; this would not be possible in a normal gym as research shows you'll lose 10 minutes out of every 20 moving around, setting up equipment etc.

Training at high intensity stimulates your natural fat burning, rejuvenating hormones, which has a fantastic effect on your body. If you are training at 80% plus of your maximum intensity, you shouldn't be able to last much longer than 15 minutes. If you can, then you're probably not training hard enough.

What does low GI mean?

Low GI is very easy to understand once you know the basics. GI stands for the glycaemic index which measures the effect of food on your blood sugar levels. Pure white sugar has a score of 100 which means when you consume white sugar your blood sugar levels sky rocket up. Having your blood sugar this high is toxic to the body, so it then has to get it down immediately. The hormone insulin is then secreted which brings the blood sugar levels back down.

This then in turn means the GI (glycaemic index) also measures insulin secretion. That is high GI food and drink cause more insulin to be secreted as they cause the blood sugar to rise very high. This is the most important part to understand; it's the insulin that is the problem. Insulin is responsible for fat accumulation. More insulin equals more fat accumulation. Constant high GI foods drives the insulin up. Hopefully from this you can see the pattern of why someone is likely to accumulate fat if they are always eating high GI foods.

Do I need to take the supplements?

At educogym we recommend hi-tech food based supplements. They can really help with the results as they help to fill in the gaps in a person's nutrition. They will help you burn more fat and put on more muscle. The supplements are optional but we do highly recommend them.

Is there any cardio involved?

There's a big misconception with cardio.

Cardio just means working the heart. Latest research shows that your fitness levels and overall health will improve much more with short sharp burst of very high intensity exercise, which is much better for you than traditional cardio. At educogym you will get this high intensity workout.

In the past I've always yo-yo'ed with my weight; why is educogym any different when it comes to weight loss?

To understand what is actually happening with your body when you lose weight you need to take your body composition into account. This will enable you to monitor fat loss as opposed to just weight loss.

Only going by the scales as your main feedback for weight loss is very dangerous, as it doesn't give you any indication of what is happening with the muscle.

With traditional weight loss programs (low calorie, starvation style diets with hours of aerobics) most people will lose a good amount of weight. But most of the time 50% of the weight loss is muscle and in some very extreme cases the weight loss can be up to 90% muscle. This is a major problem and will lead to yo-yo'ing.

Why?

Each pound of muscle on your body burns 50- 100 calories per day, muscle is your fat burning furnace which keeps you youthful. The ageing process is losing muscle; research showed on average that after the age of 30 we lose half a pound of muscle a year. If you lose even more muscle through exercise and diet then you are simply increasing the ageing process which also reduces your metabolism.

This method of weight loss requires a great deal of will power and eventually when the whole thing becomes too much the person stops and just goes back to a normal style of eating. Then, not only do they put on the lost fat but more besides; this is due to the lowered metabolism.

Then the person panics and repeats the whole sorry process.

At educogym we measure your body composition to ensure you are putting on firm muscle tissue which will increase your metabolism whilst you lose fat. This leads to long term healthy results.