



INDOOR ANABOLIC RUNNING

JOE LOGALBO

DISCLAIMER

No part of this publication may be reproduced in any form or by any means, including printing, scanning, photocopying, or otherwise without the prior written permission of the copyright holder.

The author has attempted to present information that is as accurate and concrete as possible. The author is not a medical doctor and does not write in any medical capacity. All medical decisions should be made under the guidance and care of your primary physician. The author will not be held liable for any injury or loss that is incurred to the reader through the application of any of the information herein contained in this book.

The author makes it clear that the medical field is fast evolving with newer studies being done continuously, therefore the information in this book is only a researched collaboration of accurate information at the time of writing. With the ever-changing nature of the subjects included, the author hopes that the reader will be able to appreciate the content that has been covered in this book.

While all attempts have been made to verify each piece of information provided in this publication, the author assumes no responsibility for any error, omission, or contrary interpretation of the subject matter present in this book.

Please note that any help or advice given hereof is not a substitution for licensed medical advice. The reader accepts responsibility in the use of any information and takes advice given in this book at their own risk. If the reader is under medication supervision or has had complications with health related risks, consult your primary care physician as soon as possible before taking any advice given in this book.

Introduction

Welcome to the Indoor Anabolic Running guide. This manual will help you unleash the power of Anabolic Running from anywhere and at anytime. With cold months on the calendar, rainy days most weeks, and extreme heat in the Summer, this tool will help you take your workouts to the gym or perform them right in your own living room. You can also perform these workouts in any hotel or vacation spot.

Don't let a little weather keep you from experiencing the anabolic powers of this program, year-round. Enjoy!

Your friend and coach,

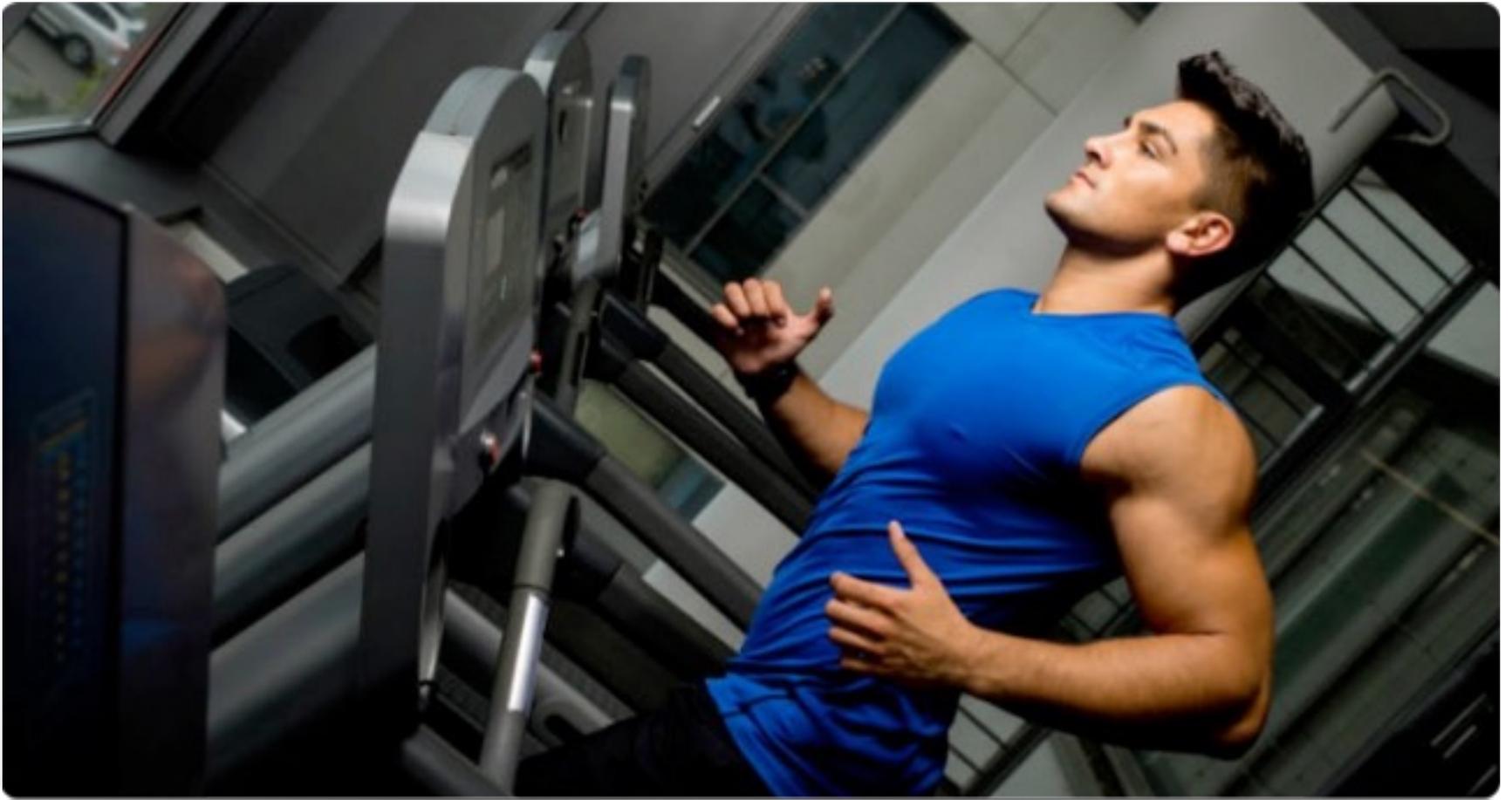
Joe LoGalbo

Joe LoGalbo



PLEASE READ FIRST

This manual will give you several effective options for performing your anabolic running workouts indoors. This will especially come in handy during the winter season, rainy days, and the Summer when the weather is extremely hot. You will use the workout protocol listed in the Anabolic Running Workout Manual you received with your purchase of the program. And you can couple any of those workouts with the indoor strategies used in this text. Let's get started!



INCLINE TREADMILL SPRINTS

How to perform Anabolic Running on an incline treadmill:

After warming up on the treadmill for 5 minutes with a slight jog or walk, you are now ready to begin your anabolic running sprint sessions. To do so, increase the treadmill incline anywhere from a 5 degree to 15 degree incline. Then, turn the speed of the treadmill up to a sprint-like pace. On an incline, this will typically be around 5 mph and 10 mph depending on your fitness level.

After completing your 20 second or 30 second anabolic running interval, slow the treadmill to a 2.0-2.5 mph speed, followed by lowering the treadmill down to a ZERO incline. Walk for roughly 3-5 minutes, or longer if need be before performing the next anabolic sprint.

Complete as many rounds as you need to complete your level of the Anabolic Running workouts (beginner, intermediate, advanced - please see your Anabolic Running workout guide if you are unsure).



GYMNASIUM SPRINTS

How to perform Anabolic Running in a gymnasium:

After warming up in the gymnasium for 5-10 minutes, using the Anabolic Running warm up video library, you are now ready to begin your anabolic running sprint sessions. To do so, line up at one side of the gymnasium and time yourself for your very first sprint. Again, this should be a 20-30 second anabolic running interval depending on your current level of the program.

After timing your very first sprint, you will now have an idea of how many “laps” it will take for you to complete a 20-30 second sprint. Remember that number of laps for your remaining sets. For example: If it takes you 5 “down and back” laps in the gymnasium to complete 30 seconds of all out sprinting, your remaining sets will be 5 down and back laps. Take 3-5 minutes or longer to rest between each set.

Complete as many rounds as you need to complete your level of the Anabolic Running workouts (beginner, intermediate, advanced - please see your Anabolic Running workout guide if you are unsure).



SPRINTING IN PLACE

How to perform Anabolic Running in your home:

After warming up in your home, hotel room, or small fitness center, by jogging in place for 5-10 minutes, or using the Anabolic Running warm up video library, you are now ready to begin your anabolic running “living room” sprint sessions. To do so, stand in place and sprint as hard as you can. Lifting your legs high in the air and going non-stop with maximal effort for 20-30 seconds. Please watch the beginning of **THIS VIDEO if you are still unsure of how to sprint in place at home (start at 1:08)**. Take 3-5 minutes or longer to rest between each set.

You can also use exercises like burpees or mountain-climbers. However, simply sprinting in place is the most effective indoor option for completing your Anabolic Running workouts indoors.

Complete as many rounds as you need to complete your level of the Anabolic Running workouts (beginner, intermediate, advanced - please see your Anabolic Running workout guide if you are unsure).



ANABOLIC CYCLING

How to perform Anabolic Running on a stationary bike:

After warming up on the stationary bike for 5 minutes with light pedaling and deep breathing, you are now ready to begin your anabolic running sprint sessions. To do so, increase the resistance on the stationary bike anywhere from a 10-20 resistance. Then, quickly begin to pedal as fast as you can for the 20-30 second anabolic sprint session.

After completing your 20 second or 30 second anabolic running interval on the stationary bike, reduce the resistance back down to level 0-2 and lightly continue pedaling. Maintain a slow pedal for roughly 3-5 minutes, or longer if need be before performing the next anabolic stationary bike sprint.

Complete as many rounds as you need to complete your level of the Anabolic Running workouts (beginner, intermediate, advanced - please see your Anabolic Running workout guide if you are unsure).



ANABOLIC ERGOMETER

How to perform Anabolic Running on an ergometer:

After warming up on the ergometer for 5 minutes with light, upper-body pedaling and deep breathing, you are now ready to begin your anabolic running sprint sessions. The ergometer does not need you to increase the level of the resistance manually. Instead, once you start your “all-out” upper-body pedaling, the machine will instantly resist you, adding the necessary resistance you need automatically. No level adjusting needed.

After warming up, begin your anabolic sprint interval. After completing your 20 second or 30 second anabolic running interval on the ergometer, slow down your pedaling to an easy and smooth pace. Maintain a slow pedal for roughly 3-5 minutes, or longer if need be before performing the next anabolic ergometer, upper body sprint. This is a great exercise for developing upper body mass.

Complete as many rounds as you need to complete your level of the Anabolic Running workouts (beginner, intermediate, advanced - please see your Anabolic Running workout guide if you are unsure).

WHAT ABOUT OTHER FORMS OF CARDIO?

Other forms of cardio (for example, rowing, jump roping, boxing) can all be effective. However, these exercises are limited in providing “all-out” effort. The row, for instance, is strenuous when pulling back on the machine, yet you get a small break as you come forward from the machine. This small break allows your body to recover for a short period of time, just enough to reduce lactic acid, which we want to avoid in our Anabolic Running workouts.

Jumping rope may also present a problem if you are not experienced with the exercise. One “trip” over the rope and your sprint interval session will be interrupted as you reset your body and begin jumping rope again. Likewise for boxing if you have to reset the punching bag or your positioning.

Although these are effective cardiovascular workouts, they may not provide the complete anabolic effect you are here for. However, you have plenty of indoor selections as laid-out in the previous pages.

I want to personally thank you and say congratulations for being a part of the Anabolic Tribe. Your results are my priority so if you have any questions at all, please email me personally [HERE](#).

Train HARD and with NO REGRETS!

Joe