

Method-Behind-The-Madness Bootcamp: Metabolism
November 2011
PART I

DENSITY TRAINING

Get ready for **Escalating Density Training!**

The **Escalating Density Training** concept introduced by Charles Staley has taken the fitness world by storm. Even though it is a relatively new concept, its increasing popularity is mostly due to the fact that it actually works! And has given terrific results to fitness enthusiasts all over the world.

So what is Escalating Density Training?

Density training is a really simple method of muscle-gain and fat loss. In fact it is so simple I would classify it as idiot proof!

I've found in training clients and running bootcamps that Simple is good, and the simpler a system the less chance it has of going wrong. With density training you can forget about complicated sets and reps schemes, forget about timing your rest periods to the nearest second, forget about T.U.T. (Time Under Tension) and everything else that can make metabolic workouts a bit of a chore. Instead all you need to focus on is this;

'Accomplishing more work in a set time'



Your muscles are a biological system and like any biological system they seek to adapt to the demands placed upon them. The more work your muscles are made to do, the greater the stimulus will be for them to grow bigger and stronger. In the science world, 'work' is calculated using the following equation;

Work = Force x Distance

So to increase the amount of work done in a given time period you must either increase the force being produced or increase the distance travelled. That is all there is to it!

Force can be increased by increasing the load or weight of an exercise or by altering the tempo of an exercise.

Distance can be increased by performing more repetitions.

There are various versions of density training popularised today. However, for me the pick of the bunch is **Escalating Density Training**. Brilliantly simple and brilliantly effective.

Escalating Density Training (EDT) is the creation of expert strength coach Charles Staley and has become a standard in a lot of my personal training programs. Now it's time to bring it Bootcamp!

Lose 1/2 % of Body Fat Per Week With NO Dietary Changes!

One of the great innovators in **Escalating Density Training** is Alwyn Cosgrove. He and his wife have nearly perfected the art of changing individuals body composition through this type of training.

In fact, Alwyn claims an average loss of 2% bodyfat per month with no dietary changes at all. However, there is a price to be paid for quick results, and this program does exact a heavy toll.

Cosgrove joking refers to it as "*Rambo training*", and it's not for wimps LOL. I agree, but at the same time, this is about as fun as hard work can be.

We'll look at specifics to what we'll be doing in Part II of **The Method-Behind-The-Madness of Escalating Density Training!**

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Bootcamp: Metabolism
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