

**EPISODE 41**

**“JB:** Not even. Because you can really get away with just strength training and not doing cardio and still getting cardiovascular training.”

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[INTRODUCTION]

**[0:00:43.9] AS:** You know battling food and your body doesn’t work. You want to love and accept yourself. And because you’re insatiable, you want results too. And wouldn’t you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that’s your prime time to thrive. We’re here to say “YES!” to the hunger of wanting it all. I’m your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting and find a truce with food.

**[0:01:24.6] JB:** And I’m Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRO]

**[0:01:33.3] AS:** Welcome everybody to episode 41 of the insatiable podcast, *Reboot Your Workout With Weightlifting*. Today, I grill Juliet on one, what is weightlifting? Do those weights at soul cycle or bar method count? Two, why weightlifting is integral to keeping weight off and losing it. Lastly, how do we get started? How much is too much? How much is enough? Juliet gives us all these answers and more.

[INTERVIEW]

**[0:02:00.3] AS:** All right everyone, I am here and I'm about to grill Juliet today on lifting. She is a pro, check her out on Instagram and you will see her guns. I'm always surprised, I know you're fit Juliet, I see you when we record this, but you got the guns.

**[0:02:19.0] JB:** I got a little bit of muscle going on.

**[0:02:22.3] AS:** Have you ever done that joke, "Got tickets to the gun show?" I'm just kidding.

**[0:02:26.9] JB:** No, I'm more of like a "sun's out, gun's out" type of person.

**[0:02:30.8] AS:** Oh, I've never heard of that one. Probably because I've never had guns. I really wanted to do this episode because I started lifting about three months ago and I found that it has helped me to really increase my energy. I lost a couple of pounds once I started doing it consistently with Carlos. I wasn't trying to lose weight, it was always nice if you can you know, we all have our higher weight or lower weight but my clothes just started fitting better and again it was over a couple of months. But what made me think about this was, I thought I was lifting when I was doing a kettle bell class.

So I have been doing kettle bell and then Carlos was like, "That's not lifting," and I'm like, "What do you mean?" So I felt so much better when I started lifting with him and it made me wonder, "What is lifting?" Especially with all this boutique workouts on the market. Some do kettlebells like the class I was taking, some do three to five pound weights and then there is Unite where Juliet works out where you guys go hard core. I love your weightlifting. Then, I came across the research of Dr. Westcott who he came to — there was an article on him recently in reaction to the Biggest Loser article, which we did our own podcast on.

**[0:03:39.8] JB:** We can't get enough of this article apparently.

**[0:03:42.1] AS:** I know. Well you know what I realized it is based on what gets traffic on our own podcast is that people know the Biggest Loser name. I think that's just a peg that, whenever I

mention Biggest Loser on my newsletters like the open rate is like ridiculous, not that anyone really believes in the Biggest Loser but it's just a familiar name.

They interviewed him and he's been doing exercise science research for decades and he said that you can lose weight but that the key is to lose one pound a week or less and you have to build up muscle mass. You talked about this on the episode, Juliet, about weight loss being more about fat loss. He recommended, twice a week of strength training but again, it's to preserve your muscle mass. But again, what are we calling strength training and it's two days enough for everyone? What if you want to do more? I do about four times a week because I don't love cardio. So we have our workout swami here to break it down for us. Juliet, how do we define...

**[0:04:38.2] JB:** That's a lot of pressure! I was thinking when you were like, "I'm going to interview you, I'm going to grill you," and I'm like, "I'm a little nervous." I've been doing this for almost 10 years and I constantly am educating myself and continuously learning because science is changing as you know with nutrition, it changes with exercise science. So the things that I learned in school years ago, a lot has changed so you really do have to keep up.

Someone actually, this is a side note, but someone approached me the other day and they were asking me about helping them to find a trainer and they said that they've been with their trainer for 25 years and I was like, "Holy shit, I hope your trainer has been continuously learning because things ain't the same from 25 years ago," and she's like, "I haven't seen results, I see this person three times a week." So it's very important that you and I make sure that who you're working with, they are kind of like up to date with what's going on.

**[0:05:32.2] AS:** That's such a great point. You know, one thing, I think when I first started out on my health journey, I wanted someone who said they knew all the answers, right? Like they had this formulas, "They do this plan." And as I've learned more and become comfortable with uncertainty myself, I look for the people who are like, "Look, I'm always learning, I'm always curious," and tell me that they don't have all the answers because that's how I know that they know a lot because.

**[0:05:58.5] JB:** Yeah. You can't have all the answers. There's always more to be discovered.

**[0:06:01.9] AS:** Right, but that's only when you learn a lot then you just become humble and be like, "I know nothing. There's so much." But I think this is so important because I think — I don't even think, maybe some people still think women can get big from lifting. But I think a lot of us, what I'm looking, what I think will benefit listeners today is just how to get started and how to incorporate it. I don't think most people are looking to shred for a competition, but just "how do I incorporate this?"

Because I thought what was really interesting that Westcott said in his article is that the average person loses five to 10 pounds of muscle per decade. Now that's average. I never want to be the average American health wise, the statistics are pretty grim with that, but that is really important. If you're losing that much muscle mass — so I want to eventually ask you about the benefits of lifting but this is for those of us who are trying to be healthy internally, reduce inflammation and build muscle. So how do we define lifting? Let's get our terms straight first.

**[0:07:03.2] JB:** Yes, that's great because that's exactly where I want to start because you use the word lifting and lifting is actually describing Olympic lifting, powerlifting, more competitive measurable weight training. So we throw this time around like, "I'm going to go," — even myself, "I got to go lift, I got to go to the gym and lift," you know? Lifting is a very specific kind of sport and being able to take a heavy barbell from the ground to your shoulders or ground overhead, there's very specific movements. The Olympics is on, is it still on? How long is it? Two or three weeks?

**[0:07:41.9] AS:** Too long.

**[0:07:42.7] JB:** I should know these things. But anyways, there's Olympic lifting, right? That term "lifting" really stems from that more competitive aspect of things. I think that we need to say the word "strength training", right? Creating stronger muscles and you said, you know, most of us, we want to think about the reason why we want to lift and it's for stronger muscles and health, wellness and longevity and increasing your bone density and we know that the more muscle mass you have on your body, the higher your metabolic rate is. So you are going to burn more calories throughout the day, it's going to be easier for you to maintain a healthy weight and not put on weight if you have more muscle on your body.

This gets tricky though and I think I've mentioned this before that if you think about somebody who is morbidly obese, they are a big weight. Your weight, your body weight is weight. So the more weight you have on your body, the more strength training you're kind of doing just by being in your body because you're walking around with weights on your legs and moving your arms through space and that's actually, that's not necessarily like weight training but you're working with weight on your body and that is more calorie burning than somebody who is smaller.

**[0:09:03.1] AS:** I remember I had a client who is like, "I wish someone would have told me that as I lose weight, exercise got easier." She's like, "Because that's a huge incentive," and I was like, "Oh, I never would have phrased it that way but, it's true." She's like, "When I run now, it's just easier."

**[0:09:17.9] JB:** Yeah, often times, depending on the client that I'm working with, but somebody who is larger, I don't need to necessarily load them up with a ton of weights. We can be using their bodyweight for resistance and that is plenty to get their heart rate up, them sweating, them building stronger muscles. So there's many types of ways that you can strength train, right? You talked about all this boutique fitness concepts out there.

There is barre method and all the more dance classes with the lighter weights and that is working your slow twitch muscles, which is more endurance training and working more isometrically and that will burn calories, right? That will burn the muscles and let them work harder under tension. That's very different than when we talked about heavy weight training, let's just take like a CrossFit type workout for example where you're taking a heavy barbell from ground to overhead for three to five reps.

That's more power training, that's more fast twitch muscles, that is going to increase something called your HGH, your human growth hormone which is going to build muscle much quicker than something like a bar class. So it really depends on your goals and you have to define what you're looking for out of weight training to figure out — and what you like. A lot of people are scared of getting big, women in particular. I have guys too, they're like, "I don't want to get bigger." So it depends on what kind of workout you're doing.

**[0:10:52.3] AS:** Are you saying — I love this idea of thinking about it as strength training because then what you I know that you're doing is trying to build strength rather than just lift to lift. It's a subtle difference but it makes such a world of difference when you think about planning it. I do agree that you have to do what you like but there's also this element of sometimes you have to get into, like try something for a while before you really enjoy it.

It took me a while before I got into lifting and I wouldn't even say I'm so into it but I — or strength training I will call it now. Because I find that it wakes me up and I don't feel exhausted afterwards. Are you saying then that the sole cycle weights that they do or the barre method when they do those small weights, that is still considered strength training because it's working on those faster twitch muscles?

**[0:11:36.7] JB:** Yeah, it's just a lower intensity type of strength training. However, time — so we have this FIT Principle: frequency, intensity, type or time, right? When we think about strength training. For something like a spin class that has just four minutes of weight training, that's not really enough time to increase your strength and help you build muscle. So this two time a week principle, at least 30 minutes at a time, there is something to be said about that. It can't just be a few minutes. It's not enough to make a change.

**[0:12:12.4] AS:** Well that's good to know because I think some people think, "Well oh, I got some strength training in at that class." Or that's interesting too, I wonder what the barre — I know all barre methods are slightly different, have different variations but you don't lift weights that much total for the entire class of those.

**[0:12:29.8] JB:** No, but you're doing pushups, you're doing planking, which those are, well plank is an isometric exercise, holding your bodyweight. Pushups obviously, you're using your own bodyweight for tension and all the lower body exercises that you do like squatting and lunging. So you are getting strength training.

**[0:12:48.3] AS:** Okay.

**[0:12:49.2] JB:** I was just referring to like a spin class that only does a few minutes.

**[0:12:53.7] AS:** Okay, okay. So what are all the different like categories I guess you could say, of ways to strength train, aside from weights?

**[0:13:02.3] JB:** Aside from using weights?

**[0:13:03.3] AS:** Yeah.

**[0:13:03.7] JB:** Well you had mentioned kettlebells and kettlebells is a good one to bring up because kettlebells I would put in a category of “resistance cardio training”, right? You’re using a weight and it’s resistance but it’s really getting your heart rate up. Now, you can use a kettlebell for strength training exercises but something like the kettlebell swing which is used a lot with the kettlebell. A swing is really getting your heart rate up, it’s using a lot of different parts of your body, it’s core training, it’s using the back side of your body, your legs, your glutes. But it’s not necessarily making you stronger versus pressing the kettlebell over your head with one hand, now we’re working on getting your shoulders stronger to press something over your head.

**[0:13:48.2] AS:** Interesting. So would you say strength training, it does get your heart rate up but not in a way that cardio does? That’s a differentiation between...

**[0:13:57.5] JB:** Not even, because you can really get away with just strength training and not doing cardio and still getting cardiovascular training. See cardio vascular training is just getting your heart rate up, right? There’s aerobic training that is just a sustained period where your heart rate is just up for a long period like an elliptical for example, you’re on that thing for 30 minutes, your heart rate stays steady the whole time. It gets up to a certain point but it doesn’t really go down, up down. It’s not interval training, it’s just aerobic training or like going for a jog, at the same pace the whole time.

Your heart rate will find a homeostasis point where it just kind of stays up. That’s not a bad thing, that is cardio, that’s aerobic training. We know that to get your heart stronger, interval training is the fastest way to get your heart rate up and that means doing something really intense, short period, which will increase your heart rate up a lot higher than it would get doing aerobics training and then you drop it down to get a recovery and then you repeat. Those

intervals really help to strengthen and grow the heart muscle. It's a muscle, so you're increasing your strength in that muscle, your heart muscle. So that's cardio.

**[0:15:03.1] AS:** Interesting, if we're looking at it at strength wise, I guess. I mean, the question I meant was like, if I'm doing kettlebell swings, I consider that cardio versus if I'm lifting it, my heart rate isn't getting up but I'm lifting it above my head as a shoulder exercise then it's strength training because it's more focused on the strength than getting my heart rate up.

**[0:15:22.6] JB:** Yes, but you can do, you can just be lifting and you don't have to go for a run, you don't have to go get on the elliptical, you don't have to take a spin class. If you really just like strength training, you can get your heart rate up. Certain exercises strength training like a clean and press. Those kinds of really intense power exercises, get your heart rate up into its 85% or more.

**[0:15:50.1] AS:** So it's like Bogo, buy one get one free?

**[0:15:52.8] JB:** Kind of, yeah. It's really all what you like and what your goal is.

**[0:15:56.3] AS:** Okay, let's plug episode six which is one of the most popular episodes we've ever done on exercise for your body type because that I think really helps then start to create goals. Let's be in alignment with our bodies first.

**[0:16:07.2] JB:** Totally.

**[0:16:07.9] AS:** Before we get to different types of goal, you said there's kettlebells, there's the traditional weight machines, there's free weights but then you're also saying pushups and lunges and squats, and more calisthenic like exercises that are static movements, right?

**[0:16:23.4] JB:** let's just think about kind of overall, whatever human being wants, I think, maybe not everyone but just like generalize. We want longevity which means we live long but we want to live well. You don't want to just live long and be sick, we want to live long and be well. We want to be able to have functional movements. So we want to be able to bend down



and grab something off the floor, we want to be able to be from a seated position and stand up without having to push off the chair. I taught seniors for a long time.

**[0:16:53.6] AS:** Silver sneakers?

**[0:16:55.2] JB:** Yeah, this is really important, right? We want to be able to be in the winter, there's ice and we slip a little and we don't fall down, we catch ourselves because we have the core strength to not fall. These are functional things that strength training is really useful for and helps us get through our life. So I think there is a universal goal here with strength training, which is that.

**[0:17:17.9] AS:** Yeah, and I think it's important to let everyone know is that you can always continue to gain muscle.

**[0:17:23.0] JB:** Yes, also...

**[0:17:23.8] AS:** It's not like, I was going to say, there's this narrative in the American culture of like, especially for women, "once you hit 40, it's all downhill". It's like, no, the body continues to regenerate, just kind of plugging that it's never too late.

**[0:17:37.3] JB:** Oh for sure, I have a woman I just met, she is doing her fourth marathon, she's strength trains all the time and she runs and she did her first marathon at 48 years old and now she's 55 and she's running, she's doing an ultra-marathon at 55. She didn't start until she was 48.

**[0:17:55.2] AS:** That's amazing. I think that's such a testament to what's your biological age rather than your chronological age and how quickly that can change and go upward, it's not just a gradual decline. Okay, just kind of...

**[0:18:09.0] JB:** One more thing though because as I said, the things that we all want, right? the other thing that we all want is we don't want to just a good working body but we want to have a healthy brain and things like dementia are caused by a lot of times a lack of blood flow to the brain and we want to create more neural pathways and strength training, there's scientific

evidence around creating more neural pathways and increasing blood flow in the brain. More so actually than doing something like yoga. Actually doing weight training.

**[0:18:37.2] AS:** That's so interesting. Well and too, if you think about it, well I'm not thinking about it, but the research coming out too is that there's different types of dementia and Alzheimer's and there had been a theory, I think it was in the 80's that Alzheimer's was a type three diabetes because it definitely affects glucose in the brain. And now they realize hey, there's different root causes but diabetes and also they're realizing there's a huge connection between gut health.

So I think what's important to realize, when we're talking about fat loss and muscle building, is that your fat doesn't just sit there idly. It's putting off inflammatory markers. Now we all need some fat and there's different types of fat, but building muscle doesn't send off those inflammatory queues, it prevents type two diabetes and blood sugar issues. So there's a lot to why we want to weight strength training, from long term and short term. But that's so fascinating about the brain and lifting, I never knew that.

**[0:19:33.6] JB:** Genetically speaking because there is a difference between men and women with muscle and I think this is something very scary for women, it's the most common question that I get asked when they start working out at Unite because we do, like you said, when you say "hard core strength training"?

**[0:19:50.0] AS:** You guys are like athletes.

**[0:19:51.9] JB:** Yeah, the question that I get a lot is, "Is this going to make me bulk up? Am I going to get big," and I think especially now with cross fit being so popular, the CrossFit games on ESPN, you see these women and they're brutes. I think they're beautiful. Their muscle, it's like I look at it like someone would look at Picasso. I'm like, "Holy shit, look at all those muscles and you know, the striations," and it's incredible to me. I know that is not for everybody and that's not necessarily the look or how they want to feel because you have that kind of muscle on your body, you feel it. You've got some mass to your body.

But genetically speaking, men versus women, men build muscle easier, they have more testosterone. Testosterone is the building block of building muscle. And men, their essential fat, the fat that they need on their body for survival is really low, like 3%. Really low. Now most men have a lot more than that but they can live with really low body fat. Women, it's 12. Anything less than 12 and 12 is really low, anything less than 12, you lose your period, you get osteopenia, into osteoporosis. So it's very dangerous for women to have really low body fat.

Because we conceive and we protect our organs, we have a lot, especially in more body fat in the abdomen that's something that women have, that's their "trouble area", right? I'm using my fingers right now in quotations, the pooch. It's really hard for women to have a super flat, rock hard stomach six pack. That's some major dedication, it doesn't just come easily from even eating super well and exercising all the time. I don't even have that. If I wanted to have that, I would have to torture myself and it's because my body is meant to have that around all my female parts.

**[0:21:47.6] AS:** Yeah. I'm not a big believer in genetics, I mean I think we all have a genetic Achilles heel, right? But then our lifestyle, the environment triggers what gets presented or not. But do you think some people are just genetically predisposed? It's more genetically easier for them to get, I don't know, what do people want? A six pack? I don't even know like what's trendy now.

**[0:22:08.1] JB:** So here's the thing, if you want to be — I was just talking to my business partner about this and he's like Mr. Muscle guru. He's more so than I am, and he was saying, "If you want to be smoother, have a smooth look to your body, that means that you want less muscle and more fat." Because think about fat. Fat is like butter, it's nice and melty and smooth.

Muscle is like brick. That's where that whole thing of muscle weighs more than fat comes into play, which isn't true. If we put one pound of muscle on a scale of one pound of fat a pound is a pound. But where that came from is the consistency of fat, it is mushy and muscle is hard. That's where it's like, it's more dense.

**[0:23:01.1] AS:** Were they saying one pound is different because it's a different size? It takes more muscle to fill up a pound than fat?

**[0:23:09.8] JB:** Yes.

**[0:23:10.6] AS:** I see. Because when you were saying that I was like, “Oh my god, that makes so much sense, a pound is a pound.”

**[0:23:15.8] JB:** A pound is a pound, yeah. I know people will use that a lot sometimes as an excuse. “Well, muscle weighs more than fat so I weighed myself today and I weigh more and I’ve been working out so it must mean that I’m,” — are you eating more too though? I do want to talk about though, when you start working in weight training and I think everyone should be weight training. Now you don’t have to do it any particular way and we’ll talk about that more.

I know Ali you want to get into how to do it for your body type we’ll kind of reiterate some of that. But when you start weight training, if you’ve never done it before, it does take about three months of lifting for your neural connections to fire and you’re not really building muscle for the first two to three months.

**[0:24:03.0] AS:** That’s so interesting.

**[0:24:04.3] JB:** Because your brain is connecting to what you’re doing and, “Oh, you’re breaking down the muscle tissue?” When you’re doing something like barre, you’re not actually creating muscle tears but when you’re doing something like heavier lifting, you are tearing the muscle. It takes, your body as a kind of adjust to “what are we doing here with your muscles?” So the first couple of months, you’re not even actually getting muscle gain.

**[0:24:26.9] AS:** Well, that was one of my questions for listeners is like, “How do you know when your routine is working?” Because what you just brought it up, that makes so much sense because I felt like, my pattern if, like I said, I have like a weight and plus or minus five pounds, right? Depending on how much I’m working and getting...

**[0:24:44.5] JB:** Which is so normal and I think people need to be, if you are someone who weighs yourself, you gain and lose five pounds in a day. We are not supposed to weigh the same amount when we wake up and the same amount when we go to sleep. Your body retains

water, it's just not the way it is. So you're not being realistic. We also don't want you to be obsessed with the scale, but just be in reality that that's normal.

**[0:25:12.0] AS:** Yeah, but what had happened was, my normal pattern is if I am losing a couple of pounds, it's always from working out because my workout is with slacks. But it will take me — I won't see any results for like a month and then I'll notice something. But with weightlifting, I hadn't — Carlos and started lifting together back in May I believe and then it was like two weeks ago where I'm like, "Oh my god, my clothes just feel so much looser," and I got on the scale and I had lost three pounds from February when I had gotten weighed at the doctors. So that's why I said I think I lost a couple of pounds but it took, I feel like it took three months. Is that what you're saying of you won't start releasing results and not only weight loss but toning and how will you know?

**[0:25:56.0] JB:** Yeah, I'm talking more about like building muscle. I'm not talking necessarily about weight loss. You can see weight loss results before three months is up, and everybody's body is different, right? Because fat loss, weight loss, it's coming from your nutrition really, it doesn't necessarily — the workouts are helpful and they burn more calories, right? And muscle like I said increases your metabolic rate. I'm not talking about weight loss or fat loss, I'm just talking about your strength, your muscles getting stronger.

**[0:26:23.1] AS:** I see. Okay, here is my question then because Carlos and I, we're talking about it and he was like, "I look at lifting like an insurance policy. Kind of like, I'm building for my health but also like to maintain that metabolic burn." Whereas he feels because he lost like 30 pounds since January or something that the cardio is what kind of melted it off. That's what he — but the lifting is what keeps it off, it's like the insurance policy.

**[0:26:47.9] JB:** Yeah, I think it's just that because everybody hears something or they feel something, they think something and they say it, it's not necessarily the scientific rationale. So it really is a lot of nutrition. It's like 90% of what you're eating to lose weight, right? The working out part like cardio is increasing your — it's helping your heart and it does burn calories and you can lose weight. But with losing weight comes losing muscle mass. You don't just lose body fat. You can't just say, "Hey body, if you could do me a favor and just lose the fat? If you could just keep all the muscle, that would be great. All right, thanks."

**[0:27:31.1] AS:** Well, that's what I think he was talking about the insurance policy because one of the, like it's building muscle back up and I'm glad you mentioned that because in the article that this Dr. Westcott was interviewed in, he was saying that your body can only metabolize or energize out two pounds of fat per week at maximum. He said too, "So if you're losing more," like if someone is like, "Oh I lost four pounds," people might say it's just water weight but in that water is your muscle proteins.

**[0:27:56.9] JB:** Yup.

**[0:27:57.5] AS:** I thought that was so interesting. He said that muscle's about 77% water and fat is about 7%.

**[0:28:04.1] JB:** Yeah, so when you lift weights, water gets pulled into the muscle and also carbs pull water into the muscle. So a lot of times that's where the pump is, right? So for example, when you do an Olympic lift like three to five reps of a clean and jerk, you don't get a pump. You're not like in the mirror like, "Oh yeah, look at that, my bicep's pumped up right now." But when you do a bunch of bicep curls like eight to 12 reps, four sets. That you're going to see the pump, that's all the water getting pulled into the muscle. Often times when you first start strength training, the scale goes up and people freak out and they're like, "Oh my god." That's when they say, "Oh, muscle weighs more than fat."

**[0:28:48.7] AS:** To reduce cognizant dissonance.

**[0:28:52.6] JB:** Water is what's — you're pulling water into your body, that's all it is, water is pulling into the muscle, you're hydrated, carbs pull more water into the muscle. Guys who want to look bigger, they take keratin as a supplement, keratin just pulls more water into your muscles.

**[0:29:08.6] AS:** That's a really good, point for everyone listening, if you guys go start lifting and then you gain a couple of pounds and then you want to sue the Insatiable Podcast, that is normal.

**[0:29:17.0] JB:** it totally is, and that is why you cannot go buy the number on the scale and Ali you mentioned in the beginning of the podcast talking about going by body fat loss. And because you're saying, body fat is a marker for having health issues and having metabolic problems. And so you do want to be able to measure your body fat, you don't want to just go by the number on the scale. There are scales out there that can show you your body fat percentage. Nothing's 100% accurate but it's giving you a range of where your body fat is and I think that's a really important number to know.

**[0:29:48.8] AS:** Yeah, what's your favorite tool that's at an accessible price point for people if they care? I know that the gold standard is to like jump in a pool.

**[0:29:56.3] JB:** Yeah, I've never even done that, I never had, until since like college, they have access to that. Just a handheld, it's called an Impedance, it's just you hold it in your hand. I don't know. There's so many out there. Skulpt is actually great. You can get a Skulpt. That's actually what I would recommend, Skulpt. If you just Google Skulpt, it measures your body fat but it also measures your muscle quality, which is awesome to know. Your bicep muscle quality, your abdominal muscle quality, do you have a lot of good muscle on there or do you need a little more?

**[0:30:37.6] AS:** Yeah, or because I'm thrifty and I don't like to buy stuff. You could go to a gym that's offering a back to fall schedule and that includes fat loss of whatever. They'll advertise like, "We'll give you your fat percentage." So go in and do the free test.

**[0:30:51.2] JB:** Yeah, we do that at Unite Fitness. We always offer that because that's the number that we care about the most. If I could throw the scale away, I probably would, however, you do need to know your weight in order to get your body fat number.

**[0:31:05.4] AS:** All right. So I'm assuming many people listening, weight loss is a goal, especially as we come back from fall.

**[0:31:09.7] JB:** Fat loss.

**[0:31:11.5] AS:** Fat loss, yes. Fat loss, strength training. So what would you recommend for people to start with? If that's their goal and also they can cut back on the cardio a little.

**[0:31:22.7] JB:** They can, yeah, I mean it's...

**[0:31:24.1] AS:** I'm back to my own preferences. Where would someone start? Let's say that's their goal, to tone up — let's do two different. Weight loss and maybe they're not mutually exclusive, but fat loss and then toning. Where do you start with both of those goals?

**[0:31:38.8] JB:** Yeah, I think they go hand in hand right? Because — I mean maybe not? Maybe you don't want to look toned like I was talking about, if you don't want to look toned and you don't want to build a lot of muscle, then maybe that is what you're doing the lighter resistance training and you're doing more bodyweight training like yoga, pilates, barre.

**[0:32:00.1] AS:** So those count? Yoga and pilates count as strength training?

**[0:32:03.0] JB:** They do if you're, it depends on the type of class, right? I yin yoga class does not count as strength training. That's just stretching. Something like a power yoga where you're doing a lot of chatarangas and pushups and holding a warrior. The muscle is shaking and burning, that counts as strength training.

**[0:32:21.5] AS:** Okay, and same with pilates?

**[0:32:24.0] JB:** Yeah, again, the type of pilates and I'm not that familiar with all the different kinds of pilates. I don't know how much upper body they do but they, I know they do a lot of, it's a lot more core centric. So just, you got to experiment and see. You want something well rounded right? Where you're getting upper body and lower body.

**[0:32:44.2] AS:** That's good to know, yeah, that's good for everyone to know. Okay, so someone, I guess I was thinking if someone doesn't want to lose weight, they're really happy with their weight, they're just looking to tone up. Because I mean, as much as I would love to believe that everyone our age cares about osteoporosis and balance and that can be something



that we then say, “Oh this is why.” It’s an added incentive, but I think most people get to the gym for energy and for the aesthetics.

**[0:33:10.8] JB:** Yeah, for sure, the aesthetics is huge, I’m not going to lie to you, I love the aesthetic that’s why I keep doing what I do, that’s why I was strength training. I love the V that you get in your shoulder. I love that look. Toning is a bullshit word.

**[0:33:24.2] AB:** Oo, tell me why?

**[0:33:26.7] JB:** Because you can’t tone the muscle. Your muscle is your muscle. You get the muscle stronger, you decrease the body fat and then you could see the visible structure of the muscles. You don’t just tone a muscle. It’s the same thing as, we also refer to that as like spot reduction where you just say, “Okay, I want that V shape in my shoulder so I’m just going to do a bunch of lateral raises and then that’s going to give you that shape.” You can’t just chew a bunch of gum and your cheeks are going to thin out.

**[0:33:56.2] AS:** I never thought of it that way.

**[0:33:58.3] JB:** There’s no such thing as spot reduction. You know, “Oh, I’m going to do a bunch of booty blasters and then my butt’s going to be lifted and I’m going to have the Brazilian butt.” No, it doesn’t work like that. Body fat reduction reduces wherever your body says it’s going to reduce first. Sometimes your face gets thinner and you’re like, “I didn’t want my face to get thinner, I wanted my ass to get thinner.” Well it’s going to take away from where it takes away from. You don’t have a choice in the matter.

**[0:34:22.1] AS:** Yeah, I always lose it in my face first. I can tell and when I eat ice cream, I wake up the next day and have pizza, gluten free, but I don’t always stay away from dairy, my face gets puffy, it’s like instant. So I know what you mean by that. Okay, so if someone wants to lose weight or how would you recommend they — is two days a week for 30 minutes, is that what you’re saying is a great place to start?

**[0:34:46.2] JB:** Okay, that’s a minimum of two days a week for 30 minutes.

**[0:34:50.8] AS:** And do you really need 24 hours, can you lift back to back or do you need to give your body 48 hours?

**[0:34:57.3] JB:** Oh no, you can lift back to back. A lot of times you just, you don't want to fatigue the same muscles over and over again because depending on the type of strength training you're doing, let's put isometric training and lightweights aside but let's talk about doing anywhere from eight to 15 reps of something for two to four sets, that's a different kind of strength training.

But if you're doing that, you are breaking muscle tissue down and you want the tissue to be able to get a recovery and rebuild. So you wouldn't want to do like a bunch of shoulder day and then the next do another shoulder day, and this is where you see splitting the body parts so you can work other parts of your body. Can you do total body workouts? Sure. If you're only going strength training twice a week then you should do total body each time. Do upper and lower.

**[0:35:46.9] AS:** How do you guys divide it at Unite? I know you switch it up all the time, which I love, which is so important.

**[0:35:51.7] JB:** Yeah, there's a reason we switch it up because there's this thing called The Principle of Adaptation, which means that after about four to six weeks of doing the same thing over and over again, your body gets used to it and then it isn't as effective anymore. You're not increasing your strength as much, you're not burning the same amount of calories you were in the beginning, it doesn't have the same metabolic effect.

So at Unite, every four weeks, we change up the program. We have three different phases of training, we have stability and endurance training and this is more working on those slow twitch muscle fibers. So we're doing higher reps, a little bit of lower weights. Not like two to three pound weights, we still use five, 10, 15, 20's, depending on your strength, right? Everybody's different. A high rep, shoulder press for one person could be using 15 and could be using 40's for another. But basically, whatever is going to fatigue you in the amount of reps given is the weight you would use.

And then in our strength, we have our second phase which is strength and conditioning which is all about getting stronger so it's doing more like eight to 12 reps and that's using heavier weights and trying to actually start from one set of weights to then being able to use like the next weight up, the next weight up. You get visibly stronger in that month. And then the third month is our athletic power month, which is more speed, agility, plyometric.

You kind of need this building blocks and this foundations before you get to that. I think that's very important for people to know who go from the couch to doing some sort of really — yeah couch to 5k. From going to the couch to doing something really intense like plyometric and what that means is a lot of jumping, right? Burpees, box jumps, a pushup with a clap in between.

**[0:37:37.6] AS:** Oh my god, can you do one of those?

**[0:37:38.7] JB:** I can, yes.

**[0:37:40.2] AS:** My god. I'm bowing down.

**[0:37:43.5] JB:** A lot of this exercise videos you see, that's what they start people off with. "Let's just do a bunch of high knees, burpees." It's super high intense stuff and then the injury rate is like through the roof.

**[0:37:55.5] AS:** They probably feel like crap afterwards.

**[0:37:56.9] JB:** They want to vomit, they pull something and they're like, "Fuck this exercise, this sucks, this is not enjoyable." So I think that starting from, you know, I studied through the National Academy of Sports Medicine, really highly reputable personal training certificate if anyone's ever thinking about becoming a trainer, I recommend that one, it's amazing. They start with stability training, strength training and power training and you go through the phases.

Four to six weeks of each phase so that you start with a foundation of your neural connection is being built by doing a lot of that stability training. Balancing on one leg, doing a bicep curl versus, "Let's see how heavy we can crawl the weight." That doesn't come until the second month. The third month is, "Let's curl the weight as fast as we can and fire off our muscles."

So I think that doing it in phases like that, it's also not boring, right? You're not doing the same thing, you have the goal, you have something to change up, and it's this exciting thing that really is effective for your body.

**[0:38:59.0] AS:** Well and to your point, if you're going to take, if it's going to take three months till you really start building, you might as well do it right.

**[0:39:04.5] JB:** If you're starting from scratch then you should definitely do it right.

**[0:39:08.5] AS:** By scratch, that means even if you've been working out or doing cardio, this is weights.

**[0:39:14.1] JB:** Yes, weights. And even if, you're not starting from scratch. Let's just say that you haven't lifted in six months to a year. Go back to the basics.

**[0:39:22.9] AS:** Can you talk about too, like you were saying, "Okay, lift as fast as you can." But I see these people at the JCC where I work out, their form is, I'm like, I bet they go to the chiropractor after the gym because their form is horrendous and they're using the momentum of going fast rather than Carlos is always like, "Slow it down and form is more important."

Would you — I'm assuming that's true, but it's just kind of for people to recognize like don't get your ego caught up in the gym or look to other people because I think 90% of the people I see there are not doing their form correctly.

**[0:39:55.1] JB:** Oh yeah, well that's why power month is the last phase, right? Which is all the speed work. You should not be doing any kind of speed work until your form is perfect.

**[0:40:05.0] AS:** But even during speed month, you don't want people sacrificing their form for speed, correct?

**[0:40:09.4] JB:** Not at all. Yeah, I tell people to slow it down all the time, if they're not ready to be going that fast because the neural connection isn't there. You really have to have to have — your brain has to know how to fire that muscle fast with good form.

**[0:40:22.0] AS:** Yeah, this is so more, because then it becomes enjoyable. You start to see results, you feel like you've accomplished something. Rather than kind of walking out of their exhausted, depleted and maybe you have more definition because you're dehydrated but...

**[0:40:38.1] JB:** It's funny you say that because if you're going to do figure body building, you dehydrate yourself before your competition.

**[0:40:45.9] AS:** Oh man.

**[0:40:46.2] JB:** That's why though.

**[0:40:47.3] AS:** It's so crazy what we hold off.

**[0:40:48.8] JB:** Water pulled makes the muscle larger and you're trying to shred. I'm not saying that anybody should ever do that, that is very dangerous and not good, right? The things, if you know the things, the tips and the tricks that people in competition do, I'm not going to even say them out loud because I don't need to, but they're horrendous and really scary.

**[0:41:12.8] AS:** Yeah. I remember meeting some trainers who did that stuff and they would talk about how after the competition, they just like binge ate for 30 days or like 60 days or like they're like, "I don't even know."

**[0:41:23.1] JB:** It's very psychologically damaging and physically damaging. It's damaging to your metabolism and it's damaging to your psyche.

**[0:41:32.1] AS:** The body does not like extremes, it's like slow and steady.

**[0:41:37.1] JB:** Yeah, and with weightlifting, time under tension. So feel the muscle, connect with what you're doing, lift the weight. There's different rep ranges you can do and I think the

simplest one for everybody if you're going to go lift some weights is two counts up, two counts down for whatever you're doing. Two seconds on the way down, two seconds on the way up, whether it's a squat, a curl, a shoulder press, a chest press, that's a good standard to work with.

**[0:42:07.1] AS:** You know, you just reminded me, when I was like really trying to work through my food issues and I was 30 pounds heavier and you're in the mirror and you see that stuff, I would always be in my head kind of beating myself up. But I found that if I went into my body and used that concentration on form of the weights or whatever I was doing and help me get out of my head, it was like meditation.

Meditation, as we said in Dr. Robin Berzines episode, it's just bringing awareness and it's a great way if you're very judgmental of yourself of the mirror of like rather than focusing on the mirror in your reflection, tune inwards to, "Is my core aligned? Can I feel the muscle?" Like Juliet is saying, "Am I connected to that? Let me develop that neural pathways." I think there's lots of benefits to that.

**[0:42:51.5] JB:** Yeah, I think just set goals for yourself that can really be exciting. When I first started strength training, my goal was to be able to do pushup not on my knees. It was because I loved Gwen Stefani so much and when I went to see a no doubt concert way back in the day and she just like busted out like 20 pushups in the middle of her concert and I was like, "That is so awesome, she's so bad ass, I want to be a strong fit chick like her." So I was like, "All right, one of my goals is I want to be able to," and that's a lot of strength, you know? But that makes, that made me want to strength train more. "What do I need to do to get there?"

**[0:43:33.7] AS:** Yeah, I love that.

**[0:43:36.2] JB:** Or, "I want to do a pull-up," you know what I mean? There's some really awesome things that you can set goals for.

**[0:43:41.6] AS:** Those are great ideas, what else have you heard that, I mean to me, a pull-up seems so unattainable. I mean, I'm lifting.

**[0:43:46.9] JB:** It's not. I couldn't do a pull-up until last year. I never worked on it though. I never worked on what it would take to be able to do an unassisted pull-up, which is doing pull-ups with a band under your foot to help you. It gives you assistance and then you take a little assistance off and a little assistance off and before you know it, you can lift your own bodyweight. So it takes time, it's a process. But just doing other exercises isn't going to get you there, you have to be training specifically for what you want.

**[0:44:20.3] AS:** Yeah. So you said two days a week at minimum for weight loss and toning, what about maximum?

**[0:44:26.7] JB:** Yeah, I would say maximum, well again, all goals aside, you could do maybe five. I want to say five but you can do six. You can do six if you're doing those split body parts and you really have it organized, but definitely need one full day if not two and they don't need to be in a row and I think it's better not to have them in a row if you're going to be doing three days of rest in order to reset and have your own muscle build and get stronger. You need to have recovery to do it.

It's funny. A lot of people are just very hung up on, "I need to burn calories, I need to go to the gym today, I can't stop but you know, I can't take a rest day." Then when they actually do take a rest day, they will say, "Oh my god I woke up the next morning and I looked so good. I could see more definition, I felt leaner." I'm like, "Yeah, you think? You were never ever letting your body see the result."

**[0:45:25.6] AS:** Yeah, everyone thinks everything's linear. If I do, health is such a circular nonlinear process. Taking days off is not setting you back, it's part of what you need.

**[0:45:36.2] JB:** I think that if you're someone who can't take a day off, it's in your head. Not saying it's in your head like you think something's going to happen. It's that you're using exercise as a way to escape and you're running away from being slow and if you can't slow down and you can't take a day off from getting that adrenaline rush because I've seen a lot of people, myself included that it become super hooked on that adrenaline that comes from working out really hard, that's something that you need to look into.

**[0:46:04.4] AS:** Yeah, that's a good point, I think a lot of people get stuck in that. I am trying to out exercise what I eat right? Like, "This is punishment."

**[0:46:14.0] JB:** Or, "I'm really stressed and exercise is the only thing that helps me destress," you know? We've talked about this on a lot of episodes that exercise increases cortisol at times and actually creates more stress on the body on top of the stress you already have. That's not really the thing that's helping you destress necessarily.

**[0:46:34.1] AS:** That's one thing I love about lifting, I really focus on that diaphragm breathing that puts your body in rest and repair and I really try to focus on that. Because I don't think I focus on that because I don't think I focus on my breath that much during the day but when I'm lifting, it's like, "Let me make this meditate and let me focus."

**[0:46:49.7] JB:** Yeah, that's actually a really great observation Ali because when you're doing cardio, you're breathing and that is the cardio, intense cardio for long durations like running for 30 plus minutes or indoor cycling or something that does cause that like, you know? That kind of really intense breathing which is that stress response. You're hyper ventilating, what do you sound like? It's the same thing.

But when you're lifting weights, you're inhaling and you exhale when you push the weight out. So you inhale on the easy part, you exhale on the exertion. So always remember that when you're weightlifting. Inhale on the easy part, you exhale on the exertion, on the hard part.

**[0:47:34.3] AS:** It can be your meditation.

**[0:47:34.7] JB:** Think about like a bicep curl, your arm is extended at the bottom, that's your inhale, your exhale is you lift the weight up. Every rep should have, not necessarily every rep but you try to find a rhythm with your breathing.

**[0:47:48.7] AS:** I like that because then you kind of get in the zone.

**[0:47:52.8] JB:** Your breathing is super important with weightlifting.



**[0:47:56.6] AS:** Yeah, that totally is. I would strongly recommend to everyone, usually if you join, if you have a gym or whatever, they have like complimentary first sessions with a trainer. And I'm someone who if I get a routine to start with then I can kind of adapt. But having that routine to get started with makes it less intimidating. Because I think a lot of people think, "Oh everyone on the gym floor knows what they're doing and I don't." Again, check everyone's format and you're like, they don't know what they're doing.

**[0:48:24.1] JB:** Yeah.

**[0:48:24.9] AS:** To get started, I think I want to close episode with how can people get started? They can go to a place like Unite where it's built in, you don't have to think about it. I love the app Progression, I don't have Juliet nearby but it's a free app and they have different routines and Carlos and I are doing Fight Club.

**[0:48:43.1] JB:** Nice.

**[0:48:45.6] AS:** Actually, you mentioned box jumps. I have been so sore after them. I was like, "I can't move," and Carlos was like, "You can't hang in fight club." It's become like this joke. I'm like, "I can't. I'm not a fighter." Something too for the people in the world who I remember when I was in grad school and even now, I feel like, I can't spend money on a trainer every week, even if I could afford it, it just feels, "ugh".

What I would do with my friends who are trainers in Philly is actually just Brandon. You know Brandon mentor. He is a master class teacher in truce with food. I would meet with him every six weeks and get a new routine but I can do then and do at home or on the road and for my clients who want at home routines, I'm like, "Call Brandon, get something for four weeks and then once you need to change it up," so that's also really economical way because weight training is just so important. To leave it out would be really inefficient use of your workout time.

**[0:49:39.1] JB:** Yeah, and I'm happy to do that for anybody as well. I provide that same service, I've done that in the past, do it now, I have trainers that do it.

**[0:43:46.9] AS:** I didn't know that!

**[0:49:50.9] JB:** Yup, I can make people programs, send it to them so that they can do on their own if they have like, you know, even if you don't have access to a gym, I can tell you the things that you can have at home if you want to do things at home, if you have a low budget. You tell me what you have and we'll work with it. There's lots of ways.

**[0:50:04.3] AS:** Okay, how do people contact you?

**[0:50:06.8] JB:** Yeah.

**[0:50:07.1] AS:** Including me! I didn't know who did this.

**[0:50:09.2] JB:** I know, I don't talk about it a lot.

**[0:50:11.1] AS:** Juliet!

**[0:50:12.1] JB:** I have a lot going on. Not saying I don't want to do it but, you know, it's something that I do. It's just [juliet@unitefitness.com](mailto:juliet@unitefitness.com) if you want to reach out to me.

**[0:50:23.5] AS:** I highly recommend it because especially I know a lot of my clients travel. None of their days are the same or your day is unpredictable and you may not be able to go to the gym because of traffic or work. I find having at home workouts to be life savers. Especially because if you go a couple, at least for me, if I go a couple of days without working out, it's like my mood tanks and then I don't want to work out and lifting is such a great way of, even if I'm tired, I'm like, I don't have to gear up, I have to gear up for cardio.

Juliet, what parting words — this has been so helpful, thank you so much. I love this idea of strength training, not lifting because then all of a sudden we have a lot more options, right?

**[0:51:03.8] JB:** Yeah. I think for some parting words, strength training equals stronger muscles, not bigger muscles. Stronger not bigger, right? So I think that's really important and don't have a fear if you go harder or heavier that you're going to get bigger. Often times people don't push themselves and they don't go on a higher intensity and they don't look any different. This is the

thing about doing the same thing over and over again right? That's definition of insanity, you expected to have a result, you've been doing the same routine for how long?

So change it ever four to six weeks, have someone guide you through that or there's lots of apps online and start with some stability training, then move into some heavier strength training and then into the more, the fancy moves you see on Instagram. Don't do those ones yet. Start with the basics first. There's basic lifts that you need to be able to know and do and have those foundations and then you can start to progress.

**[0:52:08.2] AS:** I love that. Check out Juliet on Instagram, she posts the arm gun shots. Or what did you say? Suns and guns?

**[0:52:15.2] JB:** Sun's out, gun's out. You can find me @julietunite on Instagram. I post a lot of workout videos and different ideas that you can get. Yesterday I posted a really great super set on how to work the booty.

**[0:52:33.9] AS:** Wonderful, thank you so much for sharing your expertise with us Juliet.

**[0:52:37.8] JB:** Thank you for grilling me Ali.

**[0:52:39.0] AS:** Yeah.

[END OF INTERVIEW]

**[0:52:40] JB:** Thank you so much for listening to the Insatiable Podcast. We hope you enjoyed today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stand for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us on [ali@alishapiro.com](mailto:ali@alishapiro.com) and [juliet@unitefitness.com](mailto:juliet@unitefitness.com). We'll see you next time.

[END]