

# **Train Your Body's Metabolic Tri-Fuel System**

## **Exercises by Fuel System**

- ATP-CP System (Power):
  - Heavy lifting (3-5 reps)
  - Sprints (5-10 seconds)
  - Kettlebell swings, jump squats
- Glycolytic System (Short-Burst):
  - HIIT (20-60 sec high intensity)
  - Tabata workouts
  - Martial arts drills
- Oxidative System (Endurance):
  - Brisk walking, cycling
  - Swimming, steady martial arts practice
  - Chores like gardening, vacuuming

## **Sample Weekly Training Schedule**

Mon - Resistance training (ATP-CP focus)  
Tue - Brisk walk or swim (Oxidative)  
Wed - HIIT (Glycolytic)  
Thu - Active recovery (light walk or stretch)  
Fri - Power + Glycolytic mix (e.g., kettlebell circuits)  
Sat - Outdoor activity (hike, garden, bike)  
Sun - Rest or light movement (Oxidative)

## **Supplement Cheat Sheet**

- Creatine - Supports ATP-CP energy and strength
- Beta-alanine - Buffers lactic acid (glycolytic support)
- CoQ10, PQQ - Mitochondrial and oxidative support

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- L-carnitine - Helps fat-burning (oxidative system)
- Magnesium - Crucial for all energy systems
- Vitamin D + Protein - Preserves muscle mass

### **Weekly Self-Check**

- ☐ Can I get up from the floor without assistance?
- ☐ Can I walk 30 minutes without fatigue?
- ☐ Can I climb stairs or lift bags without struggle?
- ☐ Do I feel sharper and more energetic this week?
- ☐ Did I train each system at least once?