



Fitman Performance Training, LLC Presents: The Top 3 Benefits Of Sprinting Fitman

About The Author

Fitman is the owner of Fitman Performance Training, LLC.

He is a certified coach through the National Academy of Sports Medicine. He specializes in the areas of athletic performance, physique development, nutrition, and behavior change.

He is a 2x Men's Health Next Top Trainer finalist (2014, 2015), a USATF master's sprinter, a former natural bodybuilder, and has been published on fitness websites such as Muscle and Strength, Black Fitness Today, T-Nation, Breaking Muscle, and Philly Fit as a guest writer and coach.

Fitman opened his first gym, [The Fitman Performance Center](#), on January 7th, 2017 in his hometown of Roslyn, Pa.

Fitman released his first eBook, [Use Speed To Get Lean! The Sprinting Handbook For Lifters](#) on April 9th, 2019.

Intro

For the vast majority of lifters and trainees, a normal “cardio” session probably involves them joining forces with some lame machine for an hour.

Not only is this incredibly boring, but it is also ineffective. Sprinting is the world’s most explosive and effective exercise but like many great things it is misunderstood. You will learn about the top 3 benefits of sprinting below.

Goals

Fat loss is overwhelmingly the most sought after goal in the fitness game. This is evidenced by the vast number of training programs and magazine headlines that focus on losing body fat.

Unnecessary body fat is our enemy and we are trying to destroy it at any cost. Fat loss is an admirable goal but the popular training methodologies to lose fat are fatally flawed.

For starters, wasting all of your time in the "cardio" section of a lame commercial gym will put you on a road that leads to nowhere.

When I trained primarily in commercial gyms and would look back to the "cardio" section, I would see zero evidence of anyone who ever made me think 1-2 hours on the elliptical is a good idea.

Why waste that time doing fruitless work just because everyone else is doing it? Remember that it is stepping outside of the box is what leads to success.

Success Leaves Clues

It is common to see memes that promote the idea that your results from living the fit life are “80 percent diet and 20 percent training” or similar combinations of numbers. This could not be further from the truth.

A lifter who eats great but trains like a minnow is going to have a lackluster physique. Conversely a lifter who trains like Rocky Balboa but eats like Homer Simpson is also going nowhere fast. Real results in training come down to 1/3 training, 1/3 nutrition, and 1/3 recovery.

If a lifter’s nutrition is in order along with their recovery, there is no reason for them to shortchange themselves by utilizing a fake hustle training program with lame “cardio” sprinkled everywhere.

When I look for a physique that is lean, muscular, and athletic I have to look no further than to *sprinters*.

What do sprinters do for the majority of their training? They sprint!

Sprints are so ridiculously effective for fat loss that if all you did right now was add 3 days of sprinting to whatever your current training program is at the moment, you would get considerably leaner over the next few weeks.

When you combine sprinting, a progressive strength training program, and the appropriate diet/recovery, you will be a sight to behold!

There are 3 distinct reasons why sprinting is the apex predator of conditioning and is vastly superior to any form of traditional "cardio." Click the video below to learn those reasons.



1) Time

Do you truly want to stay on a soul-draining device like a deadmill or elliptical for 1-2 hours just to have the machine tell you that you burned 148 calories? Are you kidding me?

Time is the most valuable thing we have in the world. Why not do vastly more effective work in a fraction of the time?

A full sprinting workout for fat loss will average anywhere from 15-25 minutes if you perform it correctly. Add in 10-12 minutes for a proper warm-up and in less than 45 minutes you will have performed a phenomenal full-body workout.

The old adage of quality over quantity applies here.

While you are performing this sprint training you will be decimating body fat, building glutes of steel, and developing thick hamstrings. I have never met anyone in life who could not appreciate glutes that sit high and tight like a military fade haircut.

You cannot achieve this in the "cardio" section. Use your time wisely and get your butt to the track.

2) Building Muscle and Dropping Fat

Sprints are the one move that can achieve this effect.

When a trainee spends hours doing "cardio" at some point you begin to sacrifice muscle mass. Sacrificing muscle is never the goal when it comes to physique building.

When your conditioning is short, intense, and to the point like sprints are, you will build and/or retain your muscle mass while kicking body fat in the rear.

Sprinting is similar to lifting weights in that the contractions of the muscle during the exercise are intense. When you consistently repeat sprinting over time the muscles in your legs will grow and become leaner.

Your glutes and hamstrings will be the main muscles that benefit from sprinting as you will go from a human to a stallion.

3) Develop Mental Toughness



I have done many types of lifting and conditioning workouts.

High volume and low volume.

Rest-pause and German Volume Training.

Supersets and Tri-sets.

The Punisher Workout Vol. 1 and 2.

These are some of the hardest training methods of all time, but I would choose any of those workouts over running repeat 300 meter sprints any day of the week.

Sprint training makes you want to die at times as it can be that dang unbearable.

There is no worse feeling then these things happening simultaneously:

- your heart is beating out of your chest
- your glutes and hamstrings are pumped up beyond belief
- your abdominals are cramping
- your shoulders are getting tight
- your mind wants to quit
- and you still have 100 meters to go on your 3rd of 5 300's for the day

I have trained with many training partners over the years. At some point, we will sprint as it is an essential part of my training program.

While I love to say that people continued to sprint over the years the fact is that the vast majority (99 percent) of these trainees and lifters never returned after 1 sprint session.

I definitely do not say this to brag, but I say this to let you know that you need mental toughness to consistently perform sprint workouts. Depending on what sprint workout you are doing, they can be downright heinous.

I have been involved with sprints competitively and non-competitively since the 4th grade and I know for a fact that my mental toughness is much greater because of those sprinting workouts over the years.

Without mental toughness, you will fold at the first sign of adversity.

Finish Line

Sprints are the most powerful movement you can do. They are Thanos with all of the Infinity Stones.

Sprinting makes you feel youthful and spry. By implementing sprinting into your training program you will see phenomenal changes with your physique and performance.

Do not accept being average. You have to be willing to do what average folks are not willing to do in order to get to the next level.

Get My Groundbreaking eBook To Build A Leaner, Stronger, and Healthier Body

Are you sick and tired of not having the body you want?

What if you had a training program that would allow you to develop a leaner, stronger, and healthier body?

What if you could build your body without useless equipment, “cardio” machines, and gimmick diets?

Imagine how it would feel to be the closest thing in real life to a superhero which is being in phenomenal shape.

If being leaner, fitter, and stronger sounds appealing to you click below to buy my groundbreaking eBook, *Use Speed To Get Lean* and I will show you how you can achieve it.

<https://UseSpeedToGetLean.com/>
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I'll holla at you next time.
The People's Trainer,
Fitman

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