

Les Mills Lab: RPM study



Introduction

Despite growing support for the effectiveness of multi-peak cardio programs, when it comes to improving cardio-metabolic health, there has been a lack of studies employing these protocols outside of the laboratory.

Aim of study

To study the effectiveness of eight weeks of RPM™ on improving the cardio-metabolic health of previously physically inactive, overweight adults.

The research

Eight overweight, physically inactive but otherwise healthy adults completed eight weeks of three RPM classes per week. Glucose tolerance, cholesterol, cardio fitness and body composition were measured before and after the trial.

Results

Cardio fitness improved (11.8% increase in VO₂ and 7% reduction in systolic blood pressure), body composition improved (body fat reduction of 13.6% and waist circumference by 3cm) and total cholesterol reduced by 13%.

The subjects had a compliance rate of 95% during the study which was very high for this type of group.

Conclusion

The results show that eight weeks of RPM led to physiological and metabolic adaptations that are associated with reduced disease risk. The authors felt that the varying levels of intensity within the program was important in maximizing muscle adaptations and producing comprehensive health benefits.

Recommendation

These health improvements, coupled with a high adherence rate, suggest RPM offers an effective exercise vehicle for improving cardio-metabolic health in physically inactive adults.

A link to the published abstract in the Journal of Fitness Research is available [here](#).