

GABRIELE

FITNESS & PERFORMANCE



TWO BAD WAYS TO BURN FAT (Article 1 of 2)

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The most common question I am asked as a Fitness Coach is “What is the best way to lose weight.” The question people should be asking me is “What is the best way to lose body fat and keep as much muscle as possible.” In this two-part article I will to reveal two of the absolute best ways to burn fat through exercise. But first lets weed out some of the ineffective ways before we can reveal the good stuff.

The following are 2 common ways people try to burn fat and they just do not work that well. People can lose weight from these types of exercise but did they lose body fat or just a bunch of muscle? **Losing muscle is the best way to get fatter.**

Bad Way to Burn Fat #1: Long Slow Distance Aerobic Training

I always cringe when I see the guy limping down the street with a knee brace running at a 2.0 mph pace for 4 hours. This is an absolute recipe for injury and very ineffective way to burn fat. You see during long slow distance Aerobic training you will burn calories while you are training but not nearly as many when compared with short duration high intensity bouts of exercise(more about this in the next article) The calorie burning stops soon after you stop exercising not to mention the amount of accumulative stress your body has just gone through. Just watch the Olympics this summer and observe the difference in physique between the sprinters and the marathon runners. I think most of us would rather look like the sprinters. You see, muscle is the only tissue that burns fat. Excessive long slow distance aerobic training can actually decrease your muscle mass and turn your body into a less efficient fat burning machine.

Bad Way to Burn Fat #2-Using very light weights during resistance training.

It amazes me when I see the woman in the gym curling the 5 pound dumbbells when she is probably strong enough to use the 15 pound dumbbells. There is a law in training called the Law of Adaptation. This law says that your muscles must be stressed more then they are accustomed to in order to grow and get stronger. Using very light weights for high repetitions will improve your muscular endurance but will not do much for fat burning. Your metabolism is a function of how much muscle you carry. Your metabolism cannot be raised without an increase in lean muscle tissue. An increase in lean muscle tissue can only occur if the muscles are stressed more

than they are accustomed. This means leave the pink dumbbells on the floor and move to the rack!

Now remember, this article is about bad ways to burn fat. I am not saying that no one should ever run long distance or never lift light weights for high reps, I am simply saying that these are the best ways to turn your body into a less efficient fat burning machine.

Please stay tuned for part 2 of this article which will reveal the two best ways to turn your body into a more efficient fat burning machine.