



2 Awesome Ways to Burn Fat (Article 2 of 2)

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In Article 1 we discussed inefficient (but very popular) ways to burn fat. Long Distance Running and High Rep Light Weight Resistance Training were the culprits. Now for the great news! There are very efficient ways to burn fat: **Metabolic Resistance Training and Interval Training.**

Metabolic Resistance Training

If you have only 30 minutes to work out and your goal is fat loss, here is your winner. **Resistance Training builds muscle, more muscle increases metabolism, and that means more fat loss.** This method not only burns a ton of calories during a 30 minute circuit but keeps your body burning fat *after* the workout. We have had men burn well over 1,000 calories and some women burn around 600 in our Fat Blast workouts. The key though is not the calorie burn *during* training, but *after*. Using a heart rate monitor while training tracks calories burned during and after the workout. We have had clients report they burned 600 calories while sitting down for lunch after a workout, in *addition to* what they burned during the session! They pretty much worked off their lunch while sitting there eating it!

Metabolic Resistance Training uses traditional resistance training exercises but is done with minimal rest in between sets. **2 Keys:** 1. Exercises that use several

muscle groups (more muscles used, more calories burned) 2. Group the exercises strategically, not working the same muscle groups one after another. This allows some of your body to be recovering while the other works. Here is a typical Fat Blast circuit we use:

- Split Squat
- Push-up
- KB Deadlift
- Blast Strap Row
- Plank Variation

Notice the staggering between the upper and lower body. The last station is always a core stability exercise. We might perform this circuit 2-4 times.

Interval Training

The second super-efficient way to burn fat is **Interval Training**. Interval Training is performing a high intensity exercise for 30-120 seconds followed by a short rest period. This allows training at higher intensities and provides a time efficient way to exercise. When it comes to fat loss, interval training is the absolute best cardiovascular choice to burn fat. Why? Just like metabolic resistance training, the amount of calories you will burn *after* your workout. It is like free fat Loss.

Many talk about the fat burning zone, recommending staying at lower intensities to use fat as the main fuel source. While true that you burn a higher percentage of fat at lower intensities, this is very misinterpreted as you are basically burning fat *only while actively exercising*. Think of a car that you turn off after driving and one that you leave running. The running car is still burning gas (fat), while the car that is off has stopped. Interval training will burn more total calories because of the effects on the body *after* training. Interval training is challenging, but the good news is its short duration. Some interval training sessions take less than 10 minutes.

Here is a sample interval training workout using the Air Dyne Bike, which is the best modality for interval training. If your gym does not have them then use another bike or treadmill but be careful. Air Dyne Bikes offer the highest amount of metabolic disturbance (which is very good) with the least amount of joint stress.

- Minute Warm-up
- 30 second sprint
- Rest 2 minutes
- Repeat 3 times
- 3 minute cool down
- Approximate Total Workout time: 15 Minutes

You now have the map to the Fat Loss Goals you have been working so hard to achieve. These simple adjustments in your training will make all the difference. Take action now and you will be very happy with your results.