

Effective Diet: Burn Belly Fat (Preserve Muscles and Blast Fat Book 1)

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Effective Diet

Burn Belly Fat

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muscle mass, which further enhances fat loss. Most people embarking on a dedicated workout for the first time are basically very un-informed not only on what to do, and how to do it, but also on why it will work. It is for this very reason why interval training makes so much sense, because the fuel choices that the body uses are determined on how quickly they are needed. There is a distinct difference between aerobic (with oxygen) and anaerobic (without oxygen) type of exercise. When the energy requirement of the body is such that there is enough time to get oxygen to the cells, more free fatty acids can be used for fuel. The process of breaking down the fat to Free Fatty Acids is quite a complex process, but the exercise resting period (or Interval as in High Intensity Interval Training) is when most of the conversion takes place. This information could mean a few different things to different people, depending on your understanding of how the human body behaves during exercise. In the first instance and in order to burn the most fat possible, you want your Basal Metabolic Rate or BMR to be as high as it could possibly be. In addition, your fat to carb fuel ratio will be more fat at Low to Moderate Intensity Training (LMIT). It does not mean however that you will burn more fat in total with lower intensity exercise, whereas the opposite applies to HIIT. The interval training will typically comprise of 1 min on, with 30-60 second breaks that can be applied to ANY cardio and weight training workouts. In order for this to work effectively, it is important to focus on the amount of reps, sets, and exercises you can do with intervals within a typical 40 minute time frame. A High Intensity Interval Training strategy should not be implemented in isolation, but integrated with correct eating habits that includes a high-protein, low carb diet, as this will ultimately lead to a positive lifestyle change. This is just a small portion of similar topics covered in my book. It's filled with the right diet, exercise, and fitness tips just for you. Pick up your copy today!

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