

Light training sessions are a waste of time

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Training lightly has no effect in our body. It is common for some women to believe that intense training will not make them burn fat. This is a misconception, because it is true that when we raise the intensity of our workout, the calories we burn from fat tissue are less, but in total we burn more calories and therefore more fat whenever we train harder. The secret to effective training is a balance between intensity and duration, and one thing is for sure, training has to be a bit exhausting.