

Burn Fat through SPORT and the right Nutrition!

Written by

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The intensity of an aerobic activity and the number of repetitions of a specific exercise are two factors that can determine whether you burn fat or build muscle during a workout. Another significant factor involves your eating habits. You can do hundreds of sit-ups, but if you eat fast food afterwards you will keep your beer belly.

Here is a simple guide to the number of repetitions for a weight lifting exercise:

To improve the strength of a muscle without making it bigger, you should train with very heavy weights using low reps (1-3 repetitions)

You burn more fat and promote muscle endurance by using light weights with high reps (plus 15 repetitions). Your muscles get more defined, but not bigger.

Your muscles get the best growth stimulus by training with moderate weights and reps (between 4-15 repetitions).

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