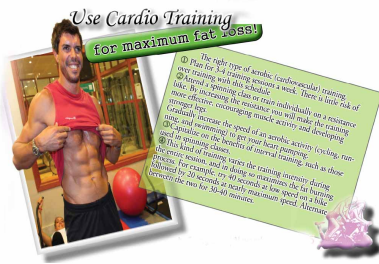


Use Cardio Training for maximum fat loss!

Written by

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Use Cardio Training for maximum fat loss!

The right type of aerobic (cardiovascular) training.

? This kind of training varies the training intensity during the entire session, and in doing so maximizes the fat burning process. For example, try 40 seconds at low speed on a bike followed by 20 seconds at nearly maximum speed. Alternate between the two for 30-40 minutes.

? Plan for 3-4 training sessions a week. There is little risk of overtraining with this schedule

? Attend a spinning class or train individually on a resistance bike. By increasing the resistance you will make the training more effective, encouraging muscle activity and developing stronger legs.

Gradually increase the speed of an aerobic activity (cycling, running, and swimming) to get your heart pumping.

? Capitalize on the benefits of interval training, such as those used in spinning classes.

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