

# Lose more fat using your muscles.....our energy oven

Written by

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And what's best, they're always hungry for fat. In the long run, building stronger muscles, along with cardio exercises, is one of the most important factors in achieving our ideal weight. This is because muscle mass increases the total caloric expenditure of the body; more calories are burnt even while sleeping.

By increasing our muscle mass by only 1.36 kg, we can burn between 120 and

150 extra calories daily.