

How to Burn more Fat than a Marathon Runner (while exercising way less)

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The first thing I must tell you is that this is very possible. In fact once you have your routine set-up you won't believe how fast your body fat will start to disappear.

Why did I choose a Marathon runner? Because running long distances at a relatively light to moderate intensity for your body is apparently the best way to lose weight right?

WRONG!

When doing long distance aerobic exercise at a light to moderate intensity the body uses body fat as its primary source of energy/fuel. This is NOT a good thing it is a very BAD thing if you want to lose unwanted body fat.

The basic elements of this type of training stimulate the body to burn less and less fat for fuel each and every time.

In a recent study the researchers showed that If you run (light to moderate) for 45 mins 3 times a week for a year the next year you will have to run 88 more miles for men and 125 more for women just to burn the same amount of body fat, let alone lose it!

Essentially long distance endurance training makes your body become very efficient at burning body fat. It also tells your body to store fat because it will need it for exercise.

Do you know someone who has tried to lose weight this way?

How about someone who always goes to the gym yet never changes their shape?

I have met countless people who have tried this majorly flawed way of getting in shape and they have failed miserably. Don't get me wrong I have met people who have lost weight this way and I'm not saying this doesn't work it just takes a very, very long time. What I am saying is you do not need to spend hours and hours exercising without getting the results you deserve.

The method of exercising you are about to discover will get you very lean very fast. You will get super fit and feel totally energised. This method will cause your metabolism to sky rocket so much that you can almost feel the fat melting from under your skin. And the best part is it even works when you are not exercising!!

Here's how it works:

When you exercise you burn calories. You also create a disturbance inside your body which

lasts longer than the duration of the workout. This is known as a metabolic disturbance.

When doing light to moderate exercise this only lasts for a few minutes after you stop exercising. When you do high intensity exercise your metabolic disturbance will last for hours after the workout.

What does this mean? It means that your metabolism will still be working (burning more calories) for hours after you have stopped exercising. Get into a consistent routine of this and you will have this effect 24/7.

Want to exercise for just 20 mins a day?

Maybe you don't have the time to go to the gym or are just too tired after a day's work.

You can do this on a bike, in a pool or in your own living room it doesn't matter what method you choose it is the way you are going to do it that counts.

Using an intensity scale from 1-10 (10 being pushing yourself very hard) start off at about a 5 for 5 mins.

So if you were on a bike pedal at a moderate intensity for 5 mins just to get you warmed up.

Then increase your effort to an 8 or a 9 for 30 secs and then drop it back down to a 5 for a 1 min rest.

Bring it back up to an 8/9 for 30secs (you will be starting to breathe heavily now). Rest for 1 min.

Back up to 8/9 for 30s down to 5 for 1 min.

One more time now as hard as you can for 30s then take 3-5 mins to cool down taking in lots of oxygen.

This can be adjusted for any fitness level. Keep in mind a work to rest ratio of 1:2 so if its 30s work then rest for 1 min, 1 min work rest for 2. Beginners should start off with 30s:60s and go for 3-4 rounds 3 times a week when you get used to this go for 5 rounds or, better still, do a 45s:90s interval etc.

Like I said this will be tough but that's what gets results!

Dedicated to Helping You Get Results Fast,

John O'Connell

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