

## **Cardio is a Waste of Time for Fat Loss**

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<http://tinyurl.com/mprfug>

While the mainstream fitness media still insists that aerobic exercise is a great way to lose weight, Turbulence Training users know that interval training is the better way to burn body fat.

Still not convinced?

A recent study published by the North American Association for the Study of Obesity, subjects aged 40 to 75 were instructed to do 60 minutes of aerobic exercise per day for 6 days per week for an entire year.

Given the amount of exercise, you'd expect weight losses of 20, 30 pounds, or more, right?

Well, the surprise findings showed the average fat loss for female subjects was only 4 pounds for the entire year, while men lost 6.6 pounds of fat over the year. That's over 300 hours of aerobic exercise just to lose a measly 6 pounds of blubber. Not time well spent, in my opinion.

So what's the better way? Stick with Turbulence Training, using interval training and strength training to get better bodysculpting results. With intervals, you'll achieve more fat burning results in less workout time.

The next time you are out exercising, perform a session of interval training. If you are walking or running outside, find an incline that can challenge you for 60 seconds, then walk down for 60-120 seconds, and repeat up to 6 times.

If you walk or run on a treadmill, adjust the incline or speed to safely increase the challenge for 60 seconds, then return to the normal pace for 60-120 seconds, and repeat up to 6 times.

You can also use a rowing machine, bicycle or stationary bike, or even an elliptical machine to do intervals.

But whatever you do, stay away from boring, ineffective cardio exercise workouts and stick with Turbulence Training for your fat burning program.

### **About the Author**

Craig Ballantyne is a Certified Strength & Conditioning Specialist and writes for Men's Health, Men's Fitness, Maximum Fitness, Muscle and Fitness Hers, and Oxygen magazines. His trademarked Turbulence Training fat loss workouts have been featured multiple times in Men's Fitness and Maximum Fitness magazines, and have helped thousands of men and women around the world lose fat, gain muscle, and get lean in less than 45 minutes three times per week. For more information on the Turbulence Training workouts that will help you burn fat without long, slow cardio sessions or fancy equipment, visit <http://tinyurl.com/mprfug>