

# LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## USE FASTED CARDIO TO LOSE WEIGHT



If you're trying to lose weight, you may want to consider using fasted cardio as a method. However, you need to understand how to properly train with fasted cardio to get the results you want. Although the concept sounds simple, there's more to it than meets the eye.

Not all cardio on an empty stomach qualifies as fasted cardio. You need to get your body in a fasted state before you do cardio.

When you eat a meal, your body digests and breaks the food down into various molecules like [amino acids](#), [glucose](#), and [fatty acids](#). The small intestine absorbs these nutrients into the blood, where they're met by the hormone [insulin](#). Insulin's job is to shuttle these nutrients into your cells for use. How long this takes—and how long insulin levels remain elevated—[depends on the composition and size of the meal](#).

- ✓ When your body is processing the food you've eaten, you're in a "fed" or "postprandial" state (prandial means "having to do with a meal.")

When you're in a fed state, insulin levels are higher than normal.

- ✓ Once your body has completed the job, it enters a "fasted" or "postabsorptive" state. When you're in a fasted state, insulin levels are at a low, baseline level.

### How do you put yourself in a fasted state?

- ✓ Do cardio exercises when your insulin levels are at a low, baseline level.
- ✓ Your insulin levels are at this level after it processes the food you eat.
- ✓ Just because your stomach feels empty, does not mean that it's "fasted."
- ✗ If your body is still processing food, then your insulin levels are high, which means you are in a "fed" state.

## TOP TWO WAYS TO BURN FAT WITH FASTED CARDIO

### 01. High-Intensity Interval Training

High-intensity interval training or HIIT involves alternating between periods of low-intensity recovery and high intensity. To do this effectively, [push yourself as hard as you can](#) for 15-30 seconds, followed by a 60-90 break, repeat 5-7 times. You can lose weight faster with fasted high-intensity interval training.

### 02. Supplements Can Help

Supplements such as [caffeine](#), [HMB](#), and [Yohimbine](#) can make your fasted cardio workouts more effective. These won't work by themselves. You need to make sure you are following a proper diet and workout regimen with fasted cardio so that supplements can efficiently work. Clinically effective dosages of HMB range between 2 and 3 grams, and that's what you'll find in my pre-workout fat burner [FORGE](#).

## HOW DO SUPPLEMENTS HELP?

If you're on the fence about taking supplements, here are the reasons why they work:

1

You can increase your metabolism.

2

Supplements can help prevent hunger cravings.

3

Your overall fitness experience gets enhanced.

Real science. Real supplements. Real results.  
Get the results you want when you shop our line of bodybuilding,  
pre-workout and weight loss stacks and supplements.

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**YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.**