



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

THE BEGINNER'S GUIDE TO HOW MUCH CARDIO YOU SHOULD DO



The reality is if your goal is to look and feel great, then doing more cardio—and exercise in general—isn't always better. You should do as much cardio as it takes to achieve your goals and no more, and it shouldn't be so much that it impairs your strength training, recovery, or health.

You don't have to do cardio to lose weight—proper dieting alone is enough.

In fact, research shows that just doing cardio guarantees little in the way of fat loss. Ironically, many people wind up even fatter than when they began their exercise routines.

That said, if you want to maximize fat loss, cardio can certainly help. If used correctly (which we'll talk more about soon), cardio will help you drop body fat faster. But, you don't need to do more than an hour or two of cardio per week when you want to lose weight.

You see, there are three reasons that, by itself, cardio isn't as great for weight loss as you've been led to believe.

01. It's too easy to eat the calories you burn.

You might be surprised how much you have to move just to burn a few hundred calories (about 30 minutes of vigorous exercise). And you might be equally surprised at how easy it is to eat all those calories back without even realizing it. A couple handfuls of nuts and a piece of fruit is all it takes.

Now, any energy burned supports your weight loss efforts, of course, but my point is it's not enough to just exercise without also knowing how to regulate your food intake.

If left to its own devices, your body will naturally increase its appetite to negate most of the fat-burning benefits provided by the exercise.

02. Your body adapts to reduce its energy expenditure.

Most people that "can't lose weight" are simply overeating. They may not realize it, but that's the whole story.

What can also get in the way of consistent weight loss, though, is the adaptive element of exercise. Specifically, the more you do a certain type of activity, the more

your body adapts to increase efficiency, and the more this occurs, the less energy it burns.

This leads people to believe they're burning more calories in their workouts than they actually are, which in turn leads to accidental overeating and weight loss plateaus.

03. Cardio doesn't preserve muscle (and can even accelerate muscle loss).

We may say we want to lose weight, but what we really mean is we want to lose fat and not muscle. Starve yourself and do a ton of cardio and you'll lose weight, but a lot of it is going to be muscle, and that's the fast track to skinny fat.

If you want to lose fat faster and preserve—or even build—muscle, then you absolutely must include resistance training in your exercise regimen.

THE BEST TYPE OF CARDIO FOR BURNING FAT, NOT MUSCLE

High-intensity interval training (HIIT) is quite a bit harder than traditional low-intensity steady-state cardio (LISS), but it's also far more rewarding.

Research also shows that high-intensity interval cardio is particularly good for getting rid of stubborn abdominal fat, including visceral fat (which can be particularly dangerous to your health).

Some of the reasons why HIIT beats LISS include...

- ✓ Greater increase in resting metabolic rate following exercise (afterburn effect).
- ✓ Improved insulin sensitivity in the muscles.
- ✓ Higher levels of fat oxidation (burning) in the muscles.
- ✓ Significant spikes in growth hormone and catecholamine levels.
- ✓ More consistent post-exercise appetite suppression.
- ✓ And more...

HIIT's advantages extend beyond fat burning, too.

Generally speaking, the shorter your cardio sessions are (and the less total cardio you do in general), the easier it is to preserve muscle and strength. This is especially true when you're in a calorie deficit to lose weight.

As HIIT involves doing short but intense workouts that burn significant amounts of fat (but not muscle), it's the ideal type of cardio for improving your body composition.

WHAT ABOUT CARDIO AND MUSCLE GROWTH?

Cardio doesn't mystically shrivel your muscle and sap your strength. In fact, it can even help with muscle growth. What is true, however, is that doing too much cardio can hinder muscle gain.

And therein lies yet another advantage of HIIT over LISS, even when bulking: You get to keep your cardio to a minimum while still burning a considerable amount of energy and improving endurance.

SHOULD YOU DO CARDIO OR WEIGHTS FIRST?

I'll keep this short and sweet: Lift first and then do your cardio. This way you'll be freshest for your lifting, which will help you progress faster in your workouts (and thus gain muscle and strength faster).

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