

LEGION®

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

IS WEIGHTLIFTING OR CARDIO BEST FOR WEIGHT LOSS?



You can reach your goals without sacrificing your life to the treadmill.

In fact, you can get as lean as you want without ever doing more than a couple hours of cardio per week. (You can eat foods you actually like, too.)

If that sounds too good to be true, I understand.

WHY YOU DON'T WANT TO JUST LOSE WEIGHT

If someone feels too fat, he'll probably say he needs to lose weight. What he means to say, though, is he needs to lose fat and not muscle. There's a big difference here.

If your goal is simply reducing the number on the scale, you can thoroughly accomplish this...and wind up skinny fat. This is because many popular weight loss regimens restrict food intake too heavily and involve far too much exercise, and the result is considerable loss of both fat and muscle.

If, however, you reduce your body fat percentage while maintaining or gaining muscle, you've done the opposite—you've improved your body composition.

Most people don't realize how much muscle they can lose with a poorly designed weight loss routine and how weak and soft they can look when it's all said and done.

Well, it doesn't have to be this way.

WHY CARDIO ISN'T A GREAT WEIGHT LOSS WORKOUT

What's one of the first things most people think they have to do to lose weight? Exercise, of course.

And when most people start exercising to lose weight, what's their default choice? Yup—some form of cardio, like jogging, swimming, biking, or the like.

This is all well and good but, unfortunately, simply doing cardio guarantees little in the way of weight loss.

There are two primary reasons for this.

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

Guess how much energy 30 minutes of vigorous running burns? For someone that weighs 150 pounds, about 400 calories. And guess how easy it is to eat that right back?

A handful of nuts, a yogurt, and an apple does the trick. Or if you're the more indulgent type, a measly chocolate chip cookie with a cup-and-some of milk.

02. Your body adapts to the exercise to reduce caloric expenditure.

Research shows that when in a calorie deficit, the body strives to increase energy efficiency. This means that, as time goes on, less and less energy is needed to continue doing the same types of workouts.

This also means that you're no longer burning as much energy as you think you are, which increases the likelihood of overeating (which causes the dreaded plateau).

All this is why I generally recommend that people keep cardio to a minimum when dieting to lose fat.

That is, the less cardio you can do while still reaching your weight loss goals, the better.

How does that work, though? What's a workable minimum?

THE BEST TYPE OF CARDIO FOR WEIGHT LOSS

The best type of cardio for weight loss would burn a considerable amount of energy in a relatively short amount of time. That way you could use it to dramatically increase energy expenditure (and thus fat burning) without having to do so much that you burn away muscle as well.

Well, there happens to be a type of cardio that fits this bill perfectly, and it's called high-intensity interval training, or HIIT for short. HIIT is very simple and can be applied to many types of cardio, such as running, biking, swimming, or rowing.

The basic idea is you alternate between periods of (almost) all-out intensity and low-intensity recovery. During your high-intensity bouts, you push yourself almost as hard as you can, and during your low-intensity periods, you catch your breath in preparation for the next sprint. This is true regardless of how fit or fat you might be and how little or much you exercise. It's true whether you're a guy or girl, whether you're 20 or 50, and whether you love "clean eating" or not.

THE TRUTH ABOUT WEIGHTLIFTING AND WEIGHT LOSS

If research clearly shows that weightlifting is an effective way to accelerate fat loss, why is it generally associated with "bulking up" and not "slimming down"?

Well, weightlifting isn't a popular way to lose weight, and for good reason: It's a bad way to lose *weight*...but a fantastic way to speed up fat loss and preserve muscle.

If you want to lose fat faster and preserve or even build muscle, you want to do both weightlifting and cardio.

THE BEST TYPE OF WEIGHTLIFTING FOR WEIGHT LOSS

The best type of weightlifting for weight loss would do two things:

- ✓ Effectively preserve or build muscle.
- ✓ Burn a lot of energy.

And the type of weightlifting program that best meets both targets is one that emphasizes heavy, compound weightlifting. By "heavy," I mean handling weights that are 70%+ of your one-rep max (and ideally closer to 80 to 85%).

This isn't only best for building muscle—it's great for burning fat, too.

And by "compound weightlifting," I mean focusing on the big movements like the squat, deadlift, and bench and overhead press.

We don't really need science to tell us that squatting burns more energy than biceps curling, but research has confirmed that exercises that involve large muscle groups burn more energy—both during and after training—than exercises that involve smaller ones.

So hit the weights and hit them hard if you want to "supercharge your metabolism" and maybe even build muscle and lose fat at the same time.

WHAT ABOUT SUPPLEMENTS?

I saved this for last because, quite frankly, it's far less important than proper diet and training. You see, supplements don't build great physiques—dedication to proper training and nutrition does.

So, while workout supplements don't play a vital role in building muscle and losing fat, and many are a complete waste of money...the right ones can help.

For the purpose of this article, let's just quickly review the supplements that are going to help you get the most out of your bodyweight (and other) workouts.

01. PHOENIX Fat Burner

PHOENIX's caffeine-free formulation helps you burn fat in three different ways:

- ✓ It dramatically increases metabolic speed.
- ✓ It amplifies the power of fat-burning chemicals produced by your body.
- ✓ It increases the feeling of fullness from food.

It accomplishes this through clinically effective dosages of several ingredients, including...

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|--------------|-----------------------------------|
| ✓ Synephrine | ✓ Epigallocatechin gallate (EGCG) |
| ✓ Naringin | ✓ Forskolin |
| ✓ Hesperidin | ✓ And more... |

The bottom line is if you want to lose fat faster without pumping yourself full of stimulants or other potentially harmful chemicals...then you want to try PHOENIX.

02. Yohimbine

Yohimbine is a chemical extracted from a species of African plant, Yohimbe. Studies show that yohimbine can accelerate fat loss by blocking the activity of alpha-receptors in fat cells.

This enables your body to reduce fat stores faster, and it's particularly useful as you get leaner and are battling with stubborn fat holdouts.

There's a slight catch with yohimbine, though: elevated insulin levels negate its weight-loss effects. If you want to reap its fat loss benefits, you want to use it when you're in a fasted state.

Research shows that yohimbine also improves exercise performance, and it's particularly effective at fighting off physical fatigue and increasing time to exhaustion.

These are the reasons why I decided to include yohimbine in my pre-workout fat burner FORGE, which was made specifically for maximizing fat loss with fasted training.

03. Caffeine

Caffeine helps you lose weight by increasing the amount of energy your body burns throughout the day, and it also improves strength, promotes muscle endurance, and enhances anaerobic performance. For best results, research has shown that caffeine is best delivered in a pill or powder format, though you must be careful to avoid building up a tolerance to it.

Personally, I get my caffeine from my pre-workout PULSE, which also contains clinically effective dosages of 4 other ingredients scientifically proven to improve workout performance.

04. Creatine

Supplementation with creatine helps...

- ✓ Build muscle and improve strength
- ✓ Improve anaerobic endurance
- ✓ Reduce muscle damage and soreness

In terms of specific products, I use my own, of course, which is called RECHARGE.

THE BOTTOM LINE ON CARDIO OR WEIGHTLIFTING FOR WEIGHT LOSS

Don't make fat loss more complicated than it has to be.

- ✓ Do a few hours of heavy, compound weightlifting per week.
- ✓ Do an hour or two of HIIT cardio per week.
- ✓ Maintain a moderately aggressive calorie deficit.
- ✓ Supplement properly.

And you'll be able to lose weight easily, healthily, and steadily.

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.