

DARK SIDE OF CARDIO TRAINING FOR FATLOSS

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THE 5 BIGGEST MISTAKES AND MISCONCEPTIONS MOST PEOPLE MAKE TRYING TO LOSE WEIGHT

Cardio training such as walking, running, cycling, swimming and aerobics classes have been the staple lose weight method for 90% of people for the past few decades. The thing we (and I mean even the fitness industry as well as the every day punter) didn't realize was that this type of training could actually detrimental to our weight loss efforts. Now don't get me wrong, I'm not saying that these classes don't work for weightloss. In fact many people have shaved off big amounts of weight with traditional cardio training.

What I want you to understand is that whilst yes you may get results... there are much better, more effective time efficient ways of getting fit and losing weight. You see continuous style aerobic training has a couple of downsides.

Let me explain.

Continuous long duration cardio training sessions of up to an hour, actually cause your body to release a stress hormone called 'Cortisol'. Now this hormone is the enemy when it comes weightloss.

Why? Well to put it simply, it breaks down your bodies own muscle tissue and increases levels of the fat burning inhibiting hormone called insulin.

Basically, less muscle equals less calories burned on a daily basis via your metabolism, decreased muscle size and tone, decreased strength and performance, and an increased risk of injury during aerobic activities and daily life due to less muscular support to the bodies joints.

The other thing is that our bodies adapt very quickly to this type of training and the results slow down quickly.

Read on to learn more....

1. Long Slow To Moderate Paced Cardio – eg treadmills, bikes and ellipticals

Each day, I see the same people doing the same exercise routine as they did yesterday. They go to the same piece of cardio equipment and use the same level and go at that same slow pace as always.

And do you know what I see the next day?

The same old physique on that same person. No change. Next week? No change. Same workout, same body. For months and months and months on end (if not years). I apologize if it sounds like I'm describing your progress, but it is all too common.

Heck, I've received emails from men and women describing the 7 hours of cardio they do each week, and their mounting frustration from the lack of results. So what's the answer? Should they do more cardio? Of course not, that would be insanity!

But the politically correct trainer would say, "Just keep at it. Keep working hard. Doing more cardio in the fat burning zone will help you lose the fat."

Well I'm here to tell you in no uncertain terms, politically incorrect and all, "No it won't. Extra cardio will not help." Doing hours and hours of cardio each week is a great way to get nowhere in your fat loss program.

So stop worrying about exercising in a certain heart rate zone for fat loss. Forget about how many calories the machine says you've burned (they are wrong most of the time anyways).

And stop doing the same classes week in week out.

2. Spinning Classes

I know I'm going to step on some toes with this one, but let me tell you that no matter how great you think your spinning workout is, I guarantee you it is inefficient.

Spinning classes are great for entertainment, and overall not bad for results, but they are too long! They take up a full hour of your time when you could get your strength training and interval training done in the same amount of time.

What good is a spinning class if you really need to build the muscles of your upper body? Why it's no good at all, of course.

Doing a spinning class today just means that you'll have to come to the gym twice as much each week in order to get the same results as you would with FUSION Training.

But with Fusion Training, I've taken what does work in a spinning class and shortened it, improved it, and created the Fusion Training Interval Cardio workouts that are guaranteed to help you blast through stubborn fat while still allowing you enough time to get the benefits of strength training in the same workout.

3. High-Rep, Low-Weight "Toning" Workouts

The old "high reps gets you cut" myth is probably one of the most common misconception about fat loss in the industry. Spot reducing doesn't work. It won't work for your abs, and it won't work for your butt, arms or chest or love handles.

There are two very important reasons to include strength training in a fat loss program, but it's not because high reps get you cut up. Instead, lifting moderately heavy weights for a lower number of repetitions will help you gain muscle at the same time as you lose body fat, and it will also help you burn a lot more calories during training and after.

This goes for both men AND women. A study of women showed that when they used heavier weights and lower reps they burned more calories in the hours after training. And that's the key.

You have to put “**METABOLIC RESISTANCE TRAINING**” which I call “**FUSION TRAINING**” into your workouts so your muscles will increase their metabolism. By doing that, you burn fat and calories all day long, even while you sleep!

And as if the high-reps belief wasn't enough, I can't believe it when I read a fitness article misleading women that they can get “toned triceps” by lifting soup cans or water bottles. This will never happen! It doesn't matter how many photos the magazines show you of your favourite exercise instructor doing triceps kickbacks with water bottles in her hand, you will not get her body by doing that type of program. What a load of baloney.

So let's leave it at this: For men and women looking to get lean and lose fat, you should go for efficient exercises - obviously the more muscles used per exercise the better. By doing pushups for example, you can train your triceps, chest, shoulders and abs all at once - literally cutting your workout in half (or more). And that's what **FUSION TRAINING** is all about – more results in less time.

4. Isolation Exercises

Cable curls, triceps kickbacks, leg extensions, concentration curls, and wrist curls. These are all exercises that belong in the routines of bloated, steroid-using bodybuilders. Leave these time wasters for them, because they don't belong in a time-efficient, fat-burning workout. If you want to build a cover model body in less than 3 hours per week, you don't have time for any inefficient exercises.

Instead, you need to stick with full-body exercises that allow you to train several muscle groups at once. That's the only way that you'll get out of the gym in less than 45 minutes, and still be able to improve your body.

5. Endless Abs

No matter how much you want to believe it, doing thousands of crunches is not going to take off any inches from your waist or fat from your abs.

There are times when I've gone to the gym and completed an entire workout in the same amount of time that others spend on only abdominal exercises. It's ridiculous. None of these people are any further ahead than they would be if they used total body movements and made every exercise an abdominal exercise with the “**FUSION TRAINING MULTI MUSCLE LIFTING TECHNIQUE**”.

The 3 keys to GUARANTEED abs are:

- 1) Fat loss through eating healthy diet that causes you to burn less calories than you consume**
- 2) Fat loss through FUSION TRAINING**
- 3) Ab training through efficient and effective exercises**

And while endless abs are ineffective, I've included the most efficient abdominal-building, back-strengthening workouts in the **FUSION METHOD** so that you'll get razor sharp abs with as little effort as possible.

Now I'm not suggesting that you never do these types of cardio again. No! In fact many of clients do this type of training on regular basis. But, instead of making it the basis or foundation of your exercise program, just make it a part of your exercise program. If you have read my **FUSION REPORT** you will already understand why you must incorporate **FUSION STYLE TRAINING** into your routine for best results.

The best fat loss results will be achieved through a combination of **FUSION TRAINING, INTERVAL TRAINING & FUSION BODYWEIGHT TRAINING**. Traditional cardio training should only be done a maximum of 1-2 times a week. In terms of priority of training.

If you had only 3 hours a week to exercise... you should be only doing one traditional cardio session at most. The other two sessions should be high quality FUSION or FUSION BODYWEIGHT sessions.

What is Interval Training?

Interval training is a type of workout where you do a warm up of any type of traditional cardio exercise followed by several bouts of high intensity exercise for a short period followed by a recovery period. This type of training results in higher levels of aerobic fitness and burns as many calories in a half hour session as traditional cardio burns in an hour. The difference being that, because the session is over so quickly, the body doesn't produce significant amounts of the enemy hormone 'Cortisol'.

It is important to start interval training at a basic level if your fitness levels are low, or you have any cardiovascular or heart issues.

I have included an example of how to structure an interval training session for you below. You could do this type of training session on a rower, bike, elliptical, treadmill, outdoor running/walking or even swimming.

- Warm-up for 5 minutes getting progressively more intense with time.
- Perform an interval by exercising for 30 seconds at a very hard pace (at a subjective 9/10 level of effort).
- Follow that with "active rest" for 90 seconds by exercising at a slow pace (at a subjective 3/10 level of effort).
- Repeat for a total of 6 intervals.
- Finish with 5 minutes of very low intensity (3/10) exercise for a cool-down.

Minute by Minute	Type	Intensity Level
1	Warm up	3 out of 10
2	Warm up	4 out of 10
3	Warm up	4 out of 10
4	Warm up	5 out of 10
5	Warm up	5 out of 10
6 (30 seconds)	Hard	9 out of 10
7 (90 seconds)	Easy	3 out of 10
8 (30 seconds)	Hard	9 out of 10
9 (90 seconds)	Easy	3 out of 10
10 (30 seconds)	Hard	9 out of 10
11 (90 seconds)	Easy	3 out of 10
12 (30 seconds)	Hard	9 out of 10
13 (90 seconds)	Easy	3 out of 10
14 (30 seconds)	Hard	9 out of 10
15 (90 seconds)	Easy	3 out of 10
16 (30 seconds)	Hard	9 out of 10
17	Cool Down	3 out of 10
18	Cool Down	3 out of 10
19	Cool Down	3 out of 10
20	Cool Down	3 out of 10
20 minutes total		

Check out the FUSION VIDEO on my website to see the FUSION CLASSES and training in action.

FUSION TRAINING is a completely unique style of training developed by Urban Energy Personal Trainers. It is training that we have used with hundreds of clients to get unbelievable results.

So if you are serious about results, and want to recreate your body and build fitness through every muscle in your body... I encourage you to experience FUSION FITNESS.

Forget your boring 'old' routine and experience the FUSION difference.

Get twice the results in half the time!

Urban Energy offers **FUSION FITNESS GROUP CLASSES** as well as **FUSION FITNESS PERSONAL TRAINING**.

**For A Limited Time: You Can Get A
Premium
\$331 Personal Training And Group Class
Pack
For Just \$29...**

**You Get 3 Personal Fusion Training Sessions
PLUS 5 Group Classes
Boxingfit, Boot Camp or Fusion Group Classes!**

Apart from FUSION Urban Energy offers two other great classes – **BOOTCAMP** and **BOXINGFIT**.

Many of our clients do a combination of **FUSION TRAINING, BOOTCAMP AND BOXINGFIT**.

The choice is yours. I hope myself or one of my trainers can help you achieve your goals soon.

**Check out our timetable and for more info go to
www.urbanenergyblog.com**

or call me,

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