

## **Burn Fat Build Muscles Fast**

*Source: Thomas*

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*Build Muscle Mass Quickly and Easily! Learn how to build muscle mass quickly and easily with our muscle building tips.*

**Build Muscle Mass Quickly and Easily!**

Learn how to build muscle mass quickly and easily with our muscle building tips.

Despite any lack of results you've had up to this point, you have what it takes to build muscle mass, increase your strength and radically transform your body, no matter what your 'skinny guy' genetics!

Burn fat, lose weight and build lean muscle mass the way the worlds best bodybuilders and fitness models do. It may surprise some people to learn that one of the best way to burn fat and lose weight is actually weight lifting and strength training. Walk into a gym, and take a look around, you'll see several distinct groups – you'll see that there are a group of people that consistently spend their entire workouts on the cardio machines – you know that the main thing on their minds is to burn off extra calories, lose weight, and burn fat. Below are some tips on designing a fat burn workouts program that will turn up your natural furnace, increase your metabolism, and help you lose weight and burn body fat.

While cardio workouts are great for weight loss, there's a world of difference on how your perform those cardio workouts. Long cardio sessions at moderate pace may burn more calories during the workout session, but once you get off the cardio machine, you stop burning those calories. The calories burnt during the long cardio exercise do little to help with your overall weight loss.

On the other hand, short bursts of high intensity cardio for shorter duration may burn less calories during the workout session, but it will work to increase your metabolism, even well after you've finished your fat burn workout. This leads to more overall calories burnt, and makes it a much more effective fat burn workout. So the next time you head out for your cardio fat burn workouts, go for the shorter, but high intensity training sessions. Long duration cardio exercises also tends to generate a higher level of stress hormones such as cortisol – cortisol has been linked to weight gain, and is therefore counter-productive.

Cardio timing during the day also plays a factor on how effective your fat burning workout is. It is widely accepted that performing cardio training sessions first thing in the morning works best to burn body fat. When you wake up, your body has had a 8 to 10 hour fast, and your body glycogen levels are rather low. Performing cardio first thing in the morning will deplete your glycogen quickly and cause your body to mobilize fat due to the lack of glycogen. Performing an intense cardio session in the morning also elevates your metabolism over a long period of – this helps you burn more calories throughout the day. If you're not already performing cardio first thing in the morning, consider making some changes to your schedule to fit in some cardio first thing in the morning.

Don't get stuck at wasting your precious time day-in, day-out on moderate pace cardio sessions that drag on for way too long. Instead, opt for shorter, high intensity cardio session that involves some type of interval training to boost your body's fat burning capabilities. If you are looking for effective ways to help you burn fat, take a look at Burn the Fat Feed the Muscle program, which has been proven to help increase fat burn and lose weight.

Burn the Fat Feed the Muscle is an effective fat burning system that shows you how to burn fat while your

body builds lean muscle. This powerful fat loss system was designed by Tom Venuto, an expert in the field with nearly 2 decades of experience. He's a lifetime natural bodybuilder, nutritionist, success coach and personal trainer. All of this experience has helped him create and formulate a fat burning system that is super easy for anyone to use regardless of their physical fitness level or previous experiences they may have had with unsuccessful fat burning programs.

Burn The Fat Feed The Muscle is an impressively full ebook that gives you a step by step guide to what works and what doesn't in terms of weight loss. This meaty 337-page ebook also helps with advice on muscle toning and fitness, so that after you lose all that excess weight you can have a slim, toned body to be proud of! Written in easy to understand layman's terms, we found this ebook very informative, motivational and a joy to read. Also, you get lots of free bonuses with this one – just check out the Features list above! And ladies, don't let the body-builder on the cover put you off – this book works well for men and women alike. This is currently one of the most popular weight loss and fitness books on the market and is highly recommended for anyone who is serious about losing weight.

Click Here To Download The Burn The Fat,Feed The Muscle System!

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