

## **Burn The Fat With A Cardio Workout That Finally Works!**



Let's face it; most of us do not have the time to spend hours at the gym to try and achieve the body that we want. While some gym exercises are effective, other methods have been proven to burn fat much more effectively. If you are tired of spending hours at the gym and seeing no results, allow yourself to be introduced to one of the most effective cardio workouts. This workout will help you to see results faster than ever before, giving you that body that you want in much less time.

To find Cardio Workouts That Give Maximum Results, you must find one that offers targeted training and that involves High Intensity Interval Training or HIIT, for short. Concisely, this plan requires short bursts of high intensity activity, followed by lower intensity intervals. This staggering of intensity seems to help the body rid itself of fat much faster than the older workouts.

If you have the luxury of a treadmill or elliptical, you can perform these HIIT workouts easily. Cardio equipment is easier on the joints and allows for a therapeutic movement that can truly benefit the body. To get the full benefit of the HIIT workout, you need to follow these steps:

On a treadmill or cardio machine, you will:

Jog for approximately 60 seconds at a power level of 3.0-3.5

Jog for 30 seconds at a higher power level of 7.0

Walk for 60 seconds at a level 3.0-3.5

You will then jog for 30 seconds back at a level 7.0

You will need to keep alternating your speeds and walking and jogging for at least 15 minutes to get the full effect. This type of workout provides the burst of intensity that releases fat from your fat storage cells. The high intensity sessions burn more calories. We all know that having a calorie deficit makes you lose weight.

Once you have finished this 15-minute session, it is very important that you follow up with the correct workout. For a limited time, your bloodstream will be full of roaming fatty acids. Once your system cools down, they will settle back into your fat cells. That is why it is so important to act immediately.

You will need to follow your HIIT workout with a low intensity workout, such as walking. This will allow your body to burn off those free fatty acids that are floating around in your bloodstream. If you work out with a low intensity, steady form of exercise, you will give your body the magic wand that it needs to erase those fats and remove them from your body.

Using the HIIT method is the most effective way to burn fat quickly. If you have the correct diet and use HIIT without any other form of workout, you will lose weight. It has been proven to help you to get leaner, with increased muscle tissue and a loss of excess fat.

This form of workout increases your HGH levels. These higher levels help to boost your metabolism for many hours after your HIIT session. This means that you are continuing to burn fat long after you are done exercising. The effects of HIIT are even more pronounced if they are done while you are fasting; say first thing in the morning.

Many people wonder how they can tell if their HIIT session has been effective. There are signs that will allow you to know that you have reached your target and are ready for your low intensity follow up session. You should look for these signs:

Your skin should have a reddish flush, indicating your HGH levels are higher.

Your skin should also be hot or at least warm to the touch.

You should be slightly out of breath or panting.

These signs show that you are ready for your low intensity workout session and that it will be much more effective than on its own. The important thing to remember is that you can experience this HGH flush with other activities. If you get flushed, out of breath, and hot when you are playing a sport or shopping, you can always follow up any activity with a walking session or other low intensity workout to flush that fat right out of your body.



The best method of low intensity workout can be done on the treadmill. This allows you to use your workout as a therapeutic session. You can take longer strides on a treadmill, allowing each of your leg muscles, lower back, and hip muscles to relax and stretch. This is a great way to end your HIIT session and wind down from the high intensity of your workout.

If you are looking for an effective workout that will truly help you to see changes in your body, then this is the workout for you. People of almost all skill levels and activity levels can participate in HIIT and see fast results. While there is no miracle fat loss solution, the HIIT method truly does give you results.