



The NEW World of Fat Loss

BREAKTHRU Fitness

It seems like every day a new diet or new fat loss scheme comes to the forefront of the fitness world. People are fast to jump on the newest fads in hope that they will finally find the answer to fast and permanent fat loss. In most cases, these new workout fads and diets just don't work.

It is important for the consumer to find real solutions that work and that have been proven to obtain results. It is equally important for the consumer to educate him or herself as to which are the best methods to obtain those wanted results.

The "Old World" of Fat Loss

When most people start a fat loss program, they usually commit to doing days of long-slow cardio on a treadmill, elliptical machine or a stationary bike. These people put in many hours of what is called 'steady-state cardio' work. The idea behind this type of fat loss training is that steady-state cardio will burn more calories and more fat. The idea is, that the longer you perform this type of exercise, the more fat you will burn. Although you will burn calories and some fat, this is not the best and most efficient way to lose fat. Other than being tedious and boring, this type of training can also cause a lot of unnecessary stress to the body (i.e. knees, feet, low back.) After a few months of training this way, the body becomes efficient, and it does not burn calories or fat as well as it once did.

The "New World" of Fat Loss

If traditional long-slow cardio is not the best answer, than what is? The best answer is a combination of full-body, compound resistance exercises, mixed with high intensity interval training. To best accomplish this, it is necessary to perform high intensity circuit training that incorporates resistance exercise. When performed correctly, this kind of training can be incredibly effective in burning large amounts of fat and calories. The body will continue to burn off excess fat even long after you are through with the training session. This type of circuit training has become the 'new world' of fat loss, and is the paramount way to lose weight fast...no more boring, long-slow cardio that cause excess stress on the joints and muscles.

Finding your way to fast fat loss

The best way to approach this new world of fat loss training is to find a training routine, class, or boot camp style of exercise that includes the above mentioned aspects. Most current boot camp or high intensity exercise classes have the essential components of new world fat loss. Extreme cardio circuits, intense resistance work, and carefully timed rest periods are key to success in burning fat fast.

Find a class near you that has these components and prescribes to this kind of training and you will find your way to fast, and permanent fat loss.

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