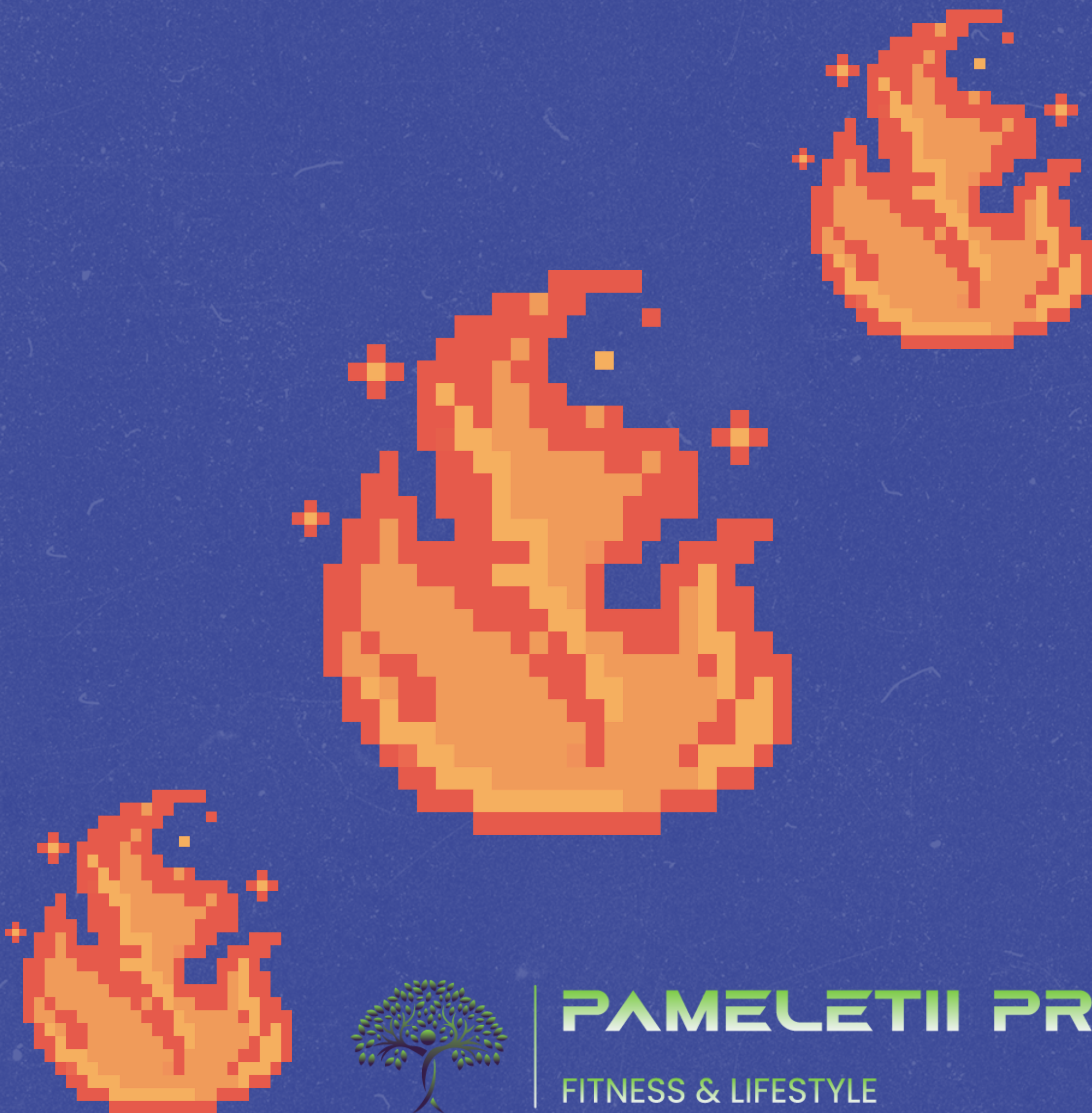


# WHAT'S THE BEST WORKOUT TO BURN FAT?



**PAMELETII PRO**

FITNESS & LIFESTYLE



## THE MYTH OF ENDLESS CARDIO

MANY WOMEN STILL BELIEVE THAT SPENDING AN HOUR ON THE TREADMILL IS THE FASTEST WAY TO BURN FAT.

BUT HERE'S THE TRUTH:

YOUR BODY ADAPTS TO REPETITIVE CARDIO, AND OVER TIME, THOSE LONG SESSIONS BECOME LESS EFFECTIVE.

WORSE WHEN OVERDONE AND NOT COMBINED WITH STRENGTH TRAINING, CARDIO CAN LEAD TO MUSCLE LOSS AND A SLOWER METABOLISM.

WHICH MAKES FAT LOSS EVEN HARDER.

### WHAT ACTUALLY HELPS BURN FAT?

LET'S BREAK IT DOWN INTO 3 KEY ELEMENTS:

#### 1. STRENGTH TRAINING

BUILDS LEAN MUSCLE, WHICH INCREASES YOUR RESTING METABOLISM.

MORE MUSCLE = MORE CALORIES BURNED, EVEN WHILE RESTING.

IT ALSO SHAPES YOUR BODY IN A HEALTHY, FUNCTIONAL WAY.

FACT: LIFTING WEIGHTS WON'T MAKE YOU BULKY IT'LL MAKE YOU STRONG, TONED, AND CONFIDENT.

#### 2. HIIT (HIGH-INTENSITY INTERVAL TRAINING)

SHORT BURSTS OF HIGH EFFORT (LIKE SPRINTS, JUMP SQUATS OR KETTLEBELL SWINGS), FOLLOWED BY REST.

THIS TYPE OF TRAINING BOOSTS FAT BURN AND TRIGGERS THE "AFTERBURN" EFFECT (EPOC), MEANING YOUR BODY KEEPS BURNING CALORIES EVEN AFTER YOUR WORKOUT ENDS.

#### 3. LISS (LOW-INTENSITY STEADY-STATE CARDIO)

THINK WALKING, CYCLING OR LIGHT ELLIPTICAL SESSIONS.

LISS IS LOW IMPACT AND PERFECT FOR RECOVERY DAYS OR FOR STAYING ACTIVE WITHOUT OVERSTRESSING THE BODY.



## **STRENGTH VS. CARDIO: WHAT'S MORE EFFECTIVE?**

IF YOUR GOAL IS FAT LOSS AND BODY SHAPE, STRENGTH TRAINING SHOULD BE YOUR FOUNDATION.

THE BEST COMBINATION:

STRENGTH TRAINING: 3–4X/WEEK.

HIIT: 1–2X/WEEK.

DAILY MOVEMENT: WALKS, STRETCHING, MOBILITY.

THIS APPROACH IMPROVES BODY COMPOSITION REDUCING FAT WHILE PRESERVING OR BUILDING LEAN MUSCLE.



## **BUT WHAT ABOUT NUTRITION?**

EVEN THE BEST WORKOUT CAN'T OVERCOME A POOR DIET.

TO BURN FAT AND FUEL PERFORMANCE:

EAT REAL FOOD.

MAINTAIN A SLIGHT CALORIE DEFICIT.

PRIORITIZE PROTEIN, GOOD FATS, AND SMART CARBS.

BE CONSISTENT, NOT PERFECT.



## **MINDSET MATTERS**

FAT LOSS IS NOT JUST PHYSICAL IT'S EMOTIONAL AND MENTAL TOO.

BREAK FREE FROM THE "ALL OR NOTHING" MENTALITY.

PROGRESS HAPPENS WHEN YOU KEEP SHOWING UP, EVEN IF IT'S NOT PERFECT EVERY DAY.



## **FINAL THOUGHTS**

THERE'S NO "BEST" WORKOUT BUT THERE IS A POWERFUL FORMULA:

TRAIN SMART, EAT WITH INTENTION, MOVE DAILY.

THAT'S HOW TRUE TRANSFORMATION HAPPENS FROM THE INSIDE OUT.