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Why Does Interval Training For Fat Loss Work When Slow Cardio Does Not

Have you seen those people down the gym, maybe you are one yourself, that uses slow cardio to fight the flab? If so, if you are not getting the results you are looking for then you might want to consider **interval training for fat loss** combined with body weight/weight training.



So why might you want to use *interval training for fat loss*? Well due to scientific studies it has been proven that interval training is better for achieving fat loss, compared to 'slow cardio'.

Craig Ballantyne, a fitness expert at the Health and Fitness Academy is so convinced that this is true that he has developed his Turbulence Training fitness program to include this important component.

Why Does Turbulence Training Work For Fat Loss While Slow Cardio Fails

By: Craig Ballantyne, CSCS, MS

www.TurbulenceTraining.com

Turbulence Training works because of intensity and variety. After each workout, you'll burn more calories between workouts than you would between slow (and boring) cardio workouts.

In each Turbulence Training workout, you focus on applying an intense stimulus to the muscles. This creates "turbulence" in the muscles, and requires a lot of energy to repair and replenish the muscles before the next workout. And where does that energy come from? Your fat stores, of course!

The Turbulence Training workouts are based on two ground-breaking research studies. In the first study, performed in the mid 90's, Canadian researchers compared interval training against steady-state cardio for fat loss.

Surprisingly, they found the interval training group lost more fat with less workout time.

The results of the second study were also surprising, and looked at how women respond to strength training. Each subject did two workouts. In one workout, the subjects did a series of strength exercises for 12 repetitions per set. In the other workout, the subjects did the same exercises, but for only 8 repetitions per set. The researchers found the post-exercise calorie burning was greater after the lower rep workout.

So based on these studies, Turbulence Training uses relatively low- repetition strength training exercises followed by interval training. All of this can be done in only 45 minutes, three times per week, cutting hours out of a normal slow cardio fat loss workout program. That's why Turbulence Training is known as a real-world workout – one that fits your lifestyle and gets results fast.

Now let's look at the details of the workouts. The Turbulence Training workouts focus on multi-muscle exercises, even when training the abdominals (with movements such as Stability Ball Jackknives). The more muscles we can work, the more Turbulence we can apply to the body and increase the post-exercise metabolism.

The exercises can also be done at home, using only bodyweight or dumbbells and a bench or an exercise ball. This too is conducive to a busy lifestyle.

So if you only have time to train for 45 minutes, three times per week, you can complete the Turbulence Training workouts in the comfort of your own home.

Each exercise is paired with another exercise in a superset to increase the workout “density” – meaning the amount of exercise performed in a given amount of time. If you stuck with the traditional three straight sets approach, you’d take twice as long to complete the same workout, if not more.

There’s also a unique twist to the Turbulence Training supersets. Each exercise is paired with a “non-competing” exercise, meaning that if you work your pushing muscles with the first exercise in the superset, you’ll work your legs or pulling muscles with the second superset. This allows an increased recovery time despite the increased workout density.

Rest intervals are kept to a minimum. However, the non-competing superset pairings permit built-in recovery, again because you are not working the same muscle groups with each exercise in the superset.

Each Turbulence Training workout also starts with a bodyweight warm-up, rather than the traditional “5-minutes on the treadmill warm-up”. The bodyweight exercises take your body through a variety of movement patterns to help undo the poor posture generated by typical daily living. In addition, this prepares the muscles and joints better for a total body workout.

Following the bodyweight warm-up, the strength training workout begins with specific warm-up sets for the first superset. The first superset is characterized by the most difficult exercises, and often the most intense training effort. The second superset contains more moderate intensity, but higher volume. And the third superset, if there is one, contains the highest volume and lowest intensity, and generally use less complex exercises. By the end of these three supersets, you will have trained the entire body (and muscles you didn’t know you had!) in only 20 minutes.

The workout finishes with interval training, but for only 20 minutes. You don’t have to do any more of those boring 45-minute slow cardio sessions to burn fat. Instead, by using intervals, you increase your post-exercise metabolism and burn fat during the recovery period. If necessary, stretch the tight muscles after training. That completes the 45-minute Turbulence Training session. It’s “go-go-go” from start to finish, but you’ll love it.

About the Author



Craig Ballantyne is a Certified Strength & Conditioning Specialist and writes for Men's Health, Men's Fitness, Maximum Fitness, Muscle and Fitness Hers, and Oxygen magazines. His trademarked Turbulence Training fat loss workouts have been featured multiple times in Men's Fitness and Maximum Fitness magazines, and have helped thousands of men and women around the world lose fat, gain muscle, and get lean in less than 45 minutes three times per week. For more information on the Turbulence Training workouts that will help you burn fat without long, slow cardio sessions or fancy equipment, visit www.TurbulenceTraining.com

Comment From Health and Fitness Academy

As you can see from the information provided by Craig, his Turbulence Training program is pretty comprehensive. As he has developed this program over a number of years he has managed to 'fine tune' the program to ensure

that it will work for anyone that decides to take action.

The program combines the elements of body/weight training to build up the muscles to sculpture and tone the body with *interval training for fat loss*.

Craig has made available a 21 day trial offer on his world renown Turbulence Training For Fat Loss for only \$4.95. You can gain access to it by [Clicking Here](#).

You can also find this article published on [Why Does Interval Training For Fat Loss Work When Slow Cardio Does Not](#), and on the tag pages [Cardio Workouts](#), [craig ballantyne](#), [fitness academy](#), [fitness program](#), [health and fitness](#), [interval training](#), [muscles](#), [repetitions](#), [strength exercises](#), [strength training](#), [training fitness](#), [weight training](#), [workout time](#).