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Thread: [Workout Tips {lose more body fats in less time}](#)

LAPIDATE - January 29, 2019, 11:06 pm

If you are really Interested in losing weight, by now you much have known to do cardio every morning is a good way to start burning those calories. But most of us tend to do cardio in a way that seems it does not work. And I'm gonna teach you a better way to burn more calories in less time.

Cardio is a good thing as I have said, most of us chose to walk, others chose to jump, skipping, running and doing other forms of cardio. While doing cardio in a less effective way for a long time and believe this will work. Yes, I must tell you it will work but unfortunately, it will take more time and as I have said it is not a really effective way to burn fats faster.

We will be talking about walking cardio and using a treadmill as an example since it is the most way people do cardio now and it is a good thing cause you can track and calculate your workouts to get the accurate data of what you are doing. Anyways let get down to business.

Hitting the treadmill will burn calories, and that's the key to weight loss. You'll need to burn 3,500 calories to lose a pound of fat. While your 30-minute treadmill workouts won't approach that, they will help you chip away at the pounds if you perform them regularly.

Instead Of Walking That Way, Walk This Way And You Will Start Seeing A better Result
Walking on the treadmill at a leisurely pace of 3.5 mph, a 125-pound person burns about 120 calories in 30 minutes. A heavier person will burn more calories, however. For instance, a 185-pound person will burn 178 calories doing the same activity. This won't add up to significant weight loss, however; burning 120 calories works out to a loss of about half an ounce of fat, while 178 calories are equal to about 0.8 ounces.

Now let's Step It UP

Walking briskly on the treadmill for 30 minutes, at a speed of 4.5 mph, a 125-pound person will burn around 150 calories. For a 185-pound person, this works out to about 222 calories. While this is an improvement over walking at a leisurely pace, it's still not a major fat burner. This works out to a loss of about 0.6 ounces for the 125-pound person and 1 ounce for the 185-pound person.

Get Running

Running on the treadmill for 30 minutes at an easy pace of 5 mph, a 125-pound person will burn 240 calories while a 185-pound person will burn about 355 calories. A 240-calorie loss adds up to just over an ounce of weight loss. A 355-calorie burn adds up to about 1.6 ounces or 1/10 of a pound.

Picking Up the Pace

A 125-pound person will burn about 495 calories running on the treadmill for half an hour at a fast speed of 10 mph. This works out to weight loss of about 2.25 ounces. For a 185-pound person, the calorie burn is about 733 calories. This adds up to a weight loss in the area of 3.4 ounces.

The Key to Weight Loss

Spending half an hour on the treadmill won't produce any dramatic weight loss results. But using the treadmill regularly can help contribute to weight loss. Create a calorie deficit of 500 to 1,000 calories per day by adding treadmill activities and reducing your calorie intake. This will produce

weight loss in the area of 1 to 2 pounds per week. A weight loss calculator can help you keep better track of the calories burned and calories taken in.

One more thing I should add, this is a tip. If you can go that fast on a treadmill, up to 5mph, you can go on a leisure pace of 3.5mph for like 10mins then increase the speed and sprints for like 5mins. When you do that and just keep interchanging, you walk for 10mins and you run for 5mins, you then change it back again by walking for another 10mins and running for another 5mins with this strategy you will be able to burn more calories than the usual working and if you are serious about it you will eventually lose those fats.

Thanks For Reading.

MYSTERY - January 29, 2019, 11:10 pm

Imfao this guide cracks me up lmao a bloated person can just walk 10,000 steps a day and would lose more fat then that lol

a normal person can focus on HIIT training and can burn x2

Azurio - January 29, 2019, 11:37 pm

(Jan 30, 2019 12:10 AM)Mysteryy Wrote: [\[CITE\]](#) Imfao this guide cracks me up lmao a bloated person can just walk 10,000 steps a day and would lose more fat then that lol

a normal person can focus on HIIT training and can burn x2

If you want to burn fat, dont go for HIIT. A lot of people think that fat burning is easilty and that all the calories you burn is fat. Wel that is wrong, completely wrong. In HIIT your body has to produce energy fast, and the only way for your body to do that is using ur carbs and proteins in ur food> Once you run out of those, you go catabolic. The reason for this is that carbs and proteins are easily convertible to ATP, which is the molecule that gives us the energy conversion. Fat in the other needs to break down and "burn", and out of the laws of mass and energy conversion this way, it is slow. Besides that, the most of our burned fat, we breathe it out.

IBotnet - January 29, 2019, 11:41 pm

Good tutorial.

I followed OP and now I'm at 0% body fat.

SpectrumL - January 30, 2019, 1:07 am

Good guide. Get your fat asses exercising now.

Azurio - January 30, 2019, 5:48 am

(Jan 30, 2019 12:41 AM)IBotnet Wrote: [\[CITE\]](#) Good tutorial.

I followed OP and now I'm at 0% body fat.

I lolled

Maskin - January 30, 2019, 6:52 am

What you eat is just as important, if not more important.