

**CARDIO**



# FEEL THE BURN

## Five sporty exercises that shed fat, from Middle East fitness expert, Corey Oliver

Most people exercise to lose weight, and to lose weight you need to burn fat. But if you are like the majority of the population, you don't have enough hours in the day. Here are the top five fat burning Cardio exercises in order to keep your work out to a minimum but ensure that you are burning as much fat as possible.

### BOXING

People who perform a boxing workout get lean from the intense anaerobic way they train. Their training is generally at a higher intensity and demands you get lean by the way the bags have to be worked.

Boxing workouts are predominantly anaerobic and when people train with numerous of intervals, their metabolic rates increase. Unlike the aerobic way people train where they only burn calories for the duration of the activity, your metabolic rate is increased hours after training is complete.

### CYCLING

Cycling can offer benefits

for both fitness and burning off unwanted body fat. Outdoor cycling is limited in the Middle East. Indoor cycling also offers some exciting opportunities, with "spin" and other cycle classes popular.

### SWIMMING

A great form of cardio, and among the highest calorie-burning activities because of the way the water supports your body. Since your muscles don't have to split attention between keeping your frame upright and moving you forward, they expend more calories moving you through the water.

It uses almost all your major muscle groups, placing a vigorous demand on your heart and lungs. It's popular with people who are overweight, pregnant, or suffering from some kind of injury and really works because water requires more work on your part to push against it.



**i** Corey has recently launched *Original Fitness Co. Providing Abu Dhabi with professional fitness solutions*  
[www.originalfitnessco.com](http://www.originalfitnessco.com)

## GYM SMARTS

### Interval Training

During strenuous exercise, the rate of metabolism rises, reaching roughly 15 times the basal metabolic rate (BMR) and even higher during intense interval work.

By maintaining the high level of training over a five or six week period you would expect a significant increase in the ratio of lean body mass to fat. Over a three month period you would get ripped like you wouldn't believe. Intense interval work utilises a greater percent of the body's muscles – both slow and fast twitch.

Performing high intensity work places added energy demands on the respiratory system, cardiovascular system and nervous system, thus more fat and glycogen are burned to support the expanding energy demands of the body during – and after – intense exercise. What's more, while at rest, trained active muscles burn more fat night and day, contributing to further fat loss. Remember, interval training is very stressful on the body and joints and should not be done more than two times a week.

### Resistance or weight training

What many don't know is that weight training can contribute to fat loss. Muscle tissue burns fat, and the act of increasing muscle, increases the rate at which the body can metabolise energy, and ultimately burn fat.

Obviously just lifting a few weights by themselves will not achieve much – but the combination of the right diet, exercise and weight training will give you the best chance of achieving your weight loss goals. This can be done easily, after buying a few barbells, dumbbells and a bench. It's really that simple. Aim to do your weight training two to three times per week. Any more is not recommended for beginners.