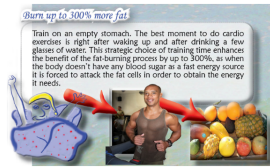


Burn up to 300% more fat

Written by

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Burn up to 300% more fat

Train on an empty stomach. The best moment to train cardio is right after waking up and drinking a few glasses of water. This strategic choice of training time can enhance the benefit of the fat burning process up to 300%, because at this moment the body does not have any blood sugar as a fast energy source and it is forced into attacking the fat cells directly in order to obtain the energy needed.