

Never train too easy!

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Women, in particular, fear burning less fat when they train at a higher intensity – but it's a misconception! It is true that by using higher resistance and intensity, they burn fewer calories from fat cells as a percentage, but because a higher intensity burns far more calories in total, it also burns far more fat. And intensive training also has the advantage of keeping our metabolism high, so that we still burn fat hours after finishing training – this never happens after light training.