

Only light cardio training burns fat

Written by

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Many people believe that they will not burn enough fat when they train intensively during their cardio session. This is a misconception. Too many people are training way too lightly, they even read the newspaper while they are on the treadmill. This misunderstanding is based on the fact that on a light training session, the calories burned come from fat cells; and when they increase the intensity, the percentage of calories burned from fat decreases. That is the reason why some people avoid intensive training. But they ignore the fact that intensive training burns more calories which in turn burns more fat. On the other hand, it is quite obvious that a light training cannot really burn a lot of calories.