Written by
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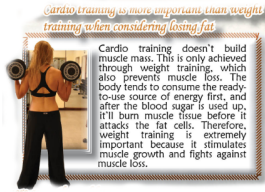
Cardio training is more important than weight training when considering losing fat.

Cardio training does not build muscle mass, this is only achieved through weight training which also prevents muscle loss. The body tends to consume the ready-to-use source of energy first, and after the blood sugar is used up, it will burn muscle tissue before it attacks the fat cells. Therefore weight training is extremely important because it stimulates muscle growth and fights against muscle loss.