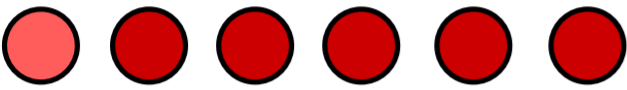
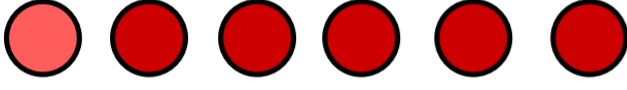
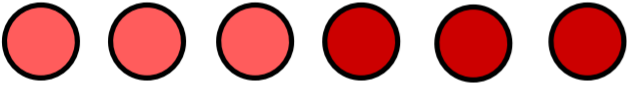
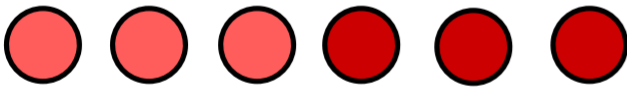
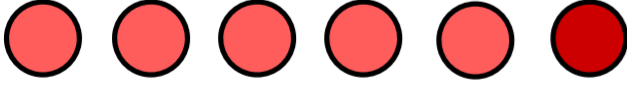
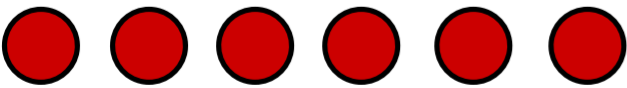


Benefits of Cardio

Outside of the enhancements to your fitness level by being able to go farther & faster, Which cardio style works best for weight loss?

CARDIO STYLE	WHAT IT IS	HOW IT WORKS
Low Intensity 	Low level of intensity that you can sustain for longer periods	By creating an energy deficit
Step Tracking 	Measure of daily activity traversed on foot	By creating an energy deficit
Steady State 	Cardio where you maintain the same pace for a set period of time	By creating an energy deficit
Moderate Intensity 	Cardio where you maintain the same pace for a set period of time	By creating an energy deficit
High Intensity 	Short periods of very intense exercise with less intense recovery periods	By creating an energy deficit
Fasted 	No longer processing food and insulin levels are at a low	By creating an energy deficit

So which one is best?

Well, it's mostly based on personal preference. No matter which form of cardio you choose, the energy you expend doing it is what matters most. Some will argue that epoc is greater, but it's hardly an amount that is going to be the decisive factor in your weight loss efforts. Others will also argue that fasted cardio is better for fat loss, but research just doesn't support it being superior to fed state cardio.

Bottom line, picked the form of cardio you prefer and know that it's not going to outperform any other option. The biggest advantage you will see is enjoyability and getting cardio over within a shorter duration of time.