

Published based on [Programs To Lose Fat And Gain Muscle With Success](#)

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Here's a wake up call for people who still consider cardiovascular exercise as the fastest way in [how to lose fat and gain muscle](#). Regular cardio can't possibly measure up to the latest and more efficient methods of losing your beer belly. Probably the most amazing thing about this new approach is that it enables you to lose body fat gain muscle quickly.

Are you the type of person who spends more hours in a day on the running machine than most people usually do in a fortnight? Top marks for effort but this is an unproductive attempt to shed the pounds off and reveal that six-pack you've always wanted. To get real results you're going to have to change the way you train.

Even if you carried on the treadmill routine for months, you might experience weight loss, but very little muscle growth. Furthermore there's a real chance that you're putting your body in danger of muscle loss and even injury.

Cut down on the cardio exercises and lift weights for a faster way to burn fat and gain muscle. People start [weight lifting workouts](#) for various reasons and it's not always so they can look huge and mean. Without burning fat, you will not see good muscle definition.

Raising your metabolism dramatically increases fat loss and energy consumption. And to do this, you have to include resistance workouts with your cardiovascular exercises. With this combination your body will experience an increased level of fat burn and muscle growth. Mixing up [Weight lifting programs](#) with cardio will get your heart-rate up and your body will continue to burn fat even after workouts.

Though this might sound easy, it's not just a case of adding weights to your training, either. People who train and see no results don't realize the importance of focus and attention to detail when training and simply go through the actions without much thought. When exercising, one of the essential points is to train with intensity and focus. On top of that, exercises should be targeting broad muscle groups.

Repeating an exercise at a moderate intensity for a long duration will not help you build muscles, take for example marathon runners. Muscle growth only occurs when muscles are stressed. If you make a comparison between short distance and long distance runners you'll notice a big difference in physique.

A workout program that pushed the body to its limits is how to lose fat and gain lean muscle. In addition, your whole body should feel worked. After all if you don't finish your workout feeling muscle fatigue, then you probably didn't push yourself hard enough.

To see the results that you want you will have to put in time and a lot of effort. It's easy to start training but it's hard to stick to training and forget about the exhaustion and pain. Reaching your goal takes both mental and physical effort.

You need to motivate and encourage yourself everyday and make training a part of you weekly routine. Start an effective workout plan that incorporates the above and you'll start seeing the body that you've always dreamed of. Stop focusing on cardio and get lifting with intensity today.

You can also find this article published on [Programs To Lose Fat And Gain Muscle With Success](#), and on the tag pages [build muscle](#), [fat loss](#), [gain muscle](#), [lose fat](#), [lose weight](#).