

If you want to accelerate fat loss slightly, here's what I recommend doing.

Monday, Wednesday and Friday, after you finish your strength training session, your body is essentially primed to burn fat. You've done some intense heavy lifting and have depleted a fair amount of muscle glycogen.

Therefore, it can help to add 20 minutes of fat burning cardio. The best style of cardio here would be low intensity. My preferred method is incline walking.

Here's how it would look:

You would walk on the treadmill somewhere between 3.6 and 4 mph. Start with a 1 degree incline. Every minute, increase the incline by 1 degree. Do this for 10 minutes or until it gets very challenging. Then, every minute decrease the incline by 1 degree.

For example (each line represents 1 minute):

4mph and 1 degree

4mph and 2 degree

4pmh and 3 degree

4mph and 4 degree

4mph and 5 degree

4mph and 6 degree

4mph and 7 degree

4mph and 8 degree

4mph and 7 degree

4mph and 6 degree

4mph and 5 degree

4mph and 4 degree

4mph and 3 degree

4mph and 2 degree

4mph and 1 degree

(Finish off the 20 minutes at whatever incline level you are comfortable with.)

Now, by no means is this the only way to do incline walking. You could simply maintain a high incline of 6-12 mph the whole time. Although this is quite a bit more challenging so consider walking a little slower (3.6-3.8mph).

### Benefits of Doing This

By adding 20 minutes of cardio after your three workouts per week, you may start to notice the fat loss sheds off a little bit faster. It should, technically, speed up results 25%. Don't expect to go from dropping 1 lbs of fat to 2 lbs of fat per week. Instead, expect to drop an extra pound of fat per month.

If that's not worth it for you, then by no means do you need to add this in. That said, there's other benefits to adding this type of cardio in. It's good for your heart and incline cardio is great at developing your calves and it teaches you to maintain a strong core and use your core stabilization muscles.