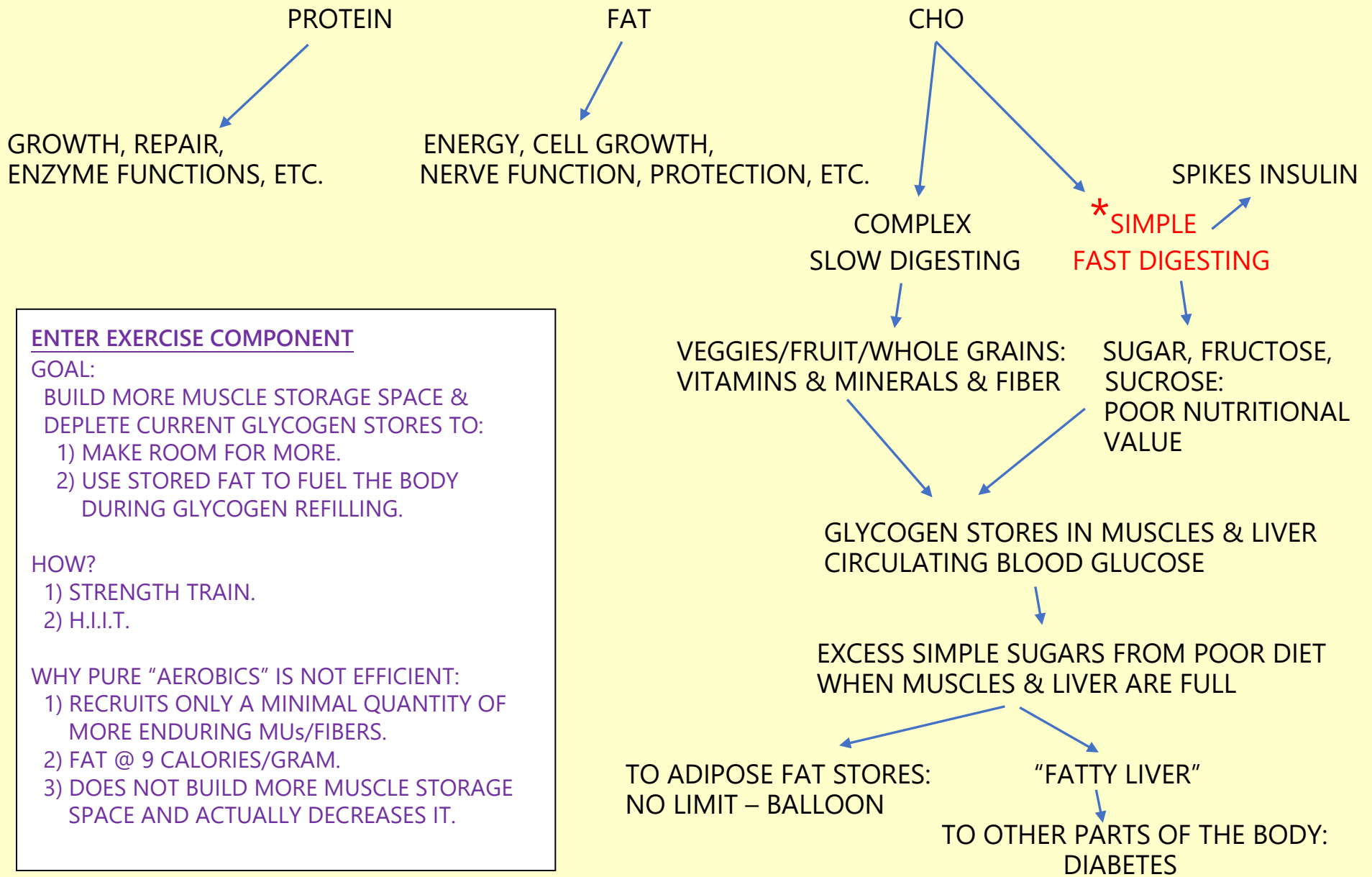


The Hard Facts on Simple Sugars, Storing Fat, & the Need for Strength Training



ENTER EXERCISE COMPONENT

GOAL:

BUILD MORE MUSCLE STORAGE SPACE & DEplete CURRENT GLYCOGEN STORES TO:

- 1) MAKE ROOM FOR MORE.
- 2) USE STORED FAT TO FUEL THE BODY DURING GLYCOGEN REFILLING.

HOW?

- 1) STRENGTH TRAIN.
- 2) H.I.I.T.

WHY PURE "AEROBICS" IS NOT EFFICIENT:

- 1) RECRUITS ONLY A MINIMAL QUANTITY OF MORE ENDURING MUS/FIBERS.
- 2) FAT @ 9 CALORIES/GRAM.
- 3) DOES NOT BUILD MORE MUSCLE STORAGE SPACE AND ACTUALLY DECREASES IT.

Tom Kelso, MS, MSCC-E, CSCS

* BAD CARBS EVERYWHERE – WHY OBESITY RATE IS HIGH