



How Fasted Cardio Can Help You Burn Fat Faster Than You Ever Have

Have you ever felt the urge to workout first thing in the morning? Before eating breakfast? You know, just hop straight into it and get it out the way? If you have and acted on this urge, did you know that you were doing fasted cardio?

Fasted cardio can be defined just by looking at its name. It's performing cardio in a fasted state. I know, it may sound a bit impossible and potentially detrimental to your health, but you may find out that it could work for you and is not all that bad.

According to [BodyBuilding.com](https://www.bodybuilding.com), "some research does actually show that when you do cardio fasted in the morning, you burn up to 20 percent more fat" 20 percent is quite a bit of fat when looked at on a larger scale, and of course, 20 percent is way more 0 percent.

If you're looking to get your fittest body yet and finding it difficult, you may be interested in trying out fasted cardio. Sometimes, we are unable to blast those extra inches away because our bodies hit a plateau.

This means that your body no longer responds to the fitness/diet plan that you've been providing it with.

For example, if you consistently do thirty minutes on the treadmill at a speed of 6mph, you will

slowly begin to not notice any results in your weight loss journey. This means your body needs some revamping.

A sort of, altering your current weight loss program. There is nothing wrong with switching it up in the gym. A new workout program could put your body into shock. This causes your body to burn the fat you've been unable to from your old routine.

How Does It Work

Three times out of the week for one week, try waking up and immediately begin doing exercise. The key here is to listen to your body in order to see what will work for you and what will not work.

Most people say that doing a maximum of one hour of light exercise should be sufficient enough to burn the extra fat. Because your body does not need to break down food right before the workout, it will begin to use the energy already stored in your body and burn the fat from other places.

It has been said, however, that one should not engage in strenuous, high-intensity exercises, as this could cause your body to burn fat and carbohydrates. For your first time trying fasted cardio, maybe consider going on a brisk walk for about twenty to thirty minutes and see how you feel afterward.

Of course, it is said that people who do fasted cardio are hungrier than people who eat before exercise afterward, but this makes a lot of sense. Just make sure you refuel your body [with protein](#) and healthy carbohydrates after you've finished your workout. Don't go looking for the soda and pizza from last night!



If you perform this in the morning, try making a big breakfast afterward that contains, eggs, vegetables, meat, and a bit of fruit. This combination should refuel your body with healthy nutrients that will help replenish and help rebuild the muscle that was broken down during exercise.

Fasted Cardio Isn't For Everyone

I would suggest first that you consult your doctor before beginning any new workout program. Do this to ensure that you are not causing harm to your body.

You should also do as much research on fasted cardio as you possibly can. What's the saying? You do better if you know better. I 100% agree with this and believe that if you are fully knowledgeable on the subject, you will be way better off than someone who knows nothing.

If you decide to begin fasted cardio, make sure you track your results efficiently. Use a tape measure and write down your body measurements so you have a point of reference to refer to.

Take Pictures Of Yourself

I know, we are in the day and age of the selfie, take advantage of it! Stand in front of a mirror and take a picture of yourself from the front and the side.

Compare these pictures with pictures of yourself after two weeks, one month, six weeks, and eight weeks. Literally, watch your body transform in front of your eyes. But no, matter how much you exercise, you'll not see sufficient results if you're not eating a healthy, well-balanced diet. It's time to increase your water intake, right along with your fruit and vegetable intake.

Spending more time in the fresh produce section of the grocery store will make your life a little bit easier. Limit saturated fats, added sugar, soda pop, and processed foods.

It may sound difficult, but with the right mindset and can-do attitude, you'll be ready for your cover on sports illustrated magazine in no time.