



Cardio vs weight training for fat loss - which is the most effective?

The common misconception is that cardiovascular activity takes the crown, hence we bear witness to people pounding the treadmills for sustained periods of time!!!!

The reality is very different. The more muscle tissue you have, the more calories you are capable of burning at any one time. One kg of muscle can burn up to 50 calories per day versus 3 calories per one kg of fat, hence the more muscle you have the more calories you burn.

Also, as the picture illustrates, weight training will give a more 'toned' appearance, whilst cardio vascular exercise can lead to the loss of muscle tissue as well as fat, thereby not only decreasing your metabolism but giving an almost 'saggy' appearance. We should be looking to increase muscle whilst losing fat.

The conclusion? Hands down, weight training is better than cardiovascular training for fat loss.