



By Alex Betts, Personal Trainer

Alex holds a Bachelor of Sports & Exercise Science along with a qualification in nutritional counselling. He is one of the most recognizable faces in the Gym having competed in several international Bodybuilding titles, the culmination of which was winning Mr. North East Britain in 2010.

CARDIO & FAT LOSS: SEVERAL MISTAKES MANY PEOPLE MAKE

Mistake #1: Always performing "steady-state" low intensity cardio

This is a classic among gym goers whereby hours of low intensity cardiovascular work are done on machines such as the treadmill, cross trainer and stationary bike.

With this type of cardiovascular work your body reaches its maximum potential for adaptation within 6 to 8 weeks...for life!

Therefore, logic would dictate that if further results are desired then something needs to change. At this stage I would advise clients to move on to High Intensity Interval Training for more rapid fat loss results. If it isn't working, fix it!

Mistake #2: Performing cardiovascular work before weight training

This is often a bone of contention amongst coaches however I believe it is logical to say that performing cardiovascular work before weight training is not optimal and in fact, I would go as far as to suggest it is outright counter-productive.

By emptying your glycogen stores via weight training you are essentially priming the fat burning process in the cardio program that follows. In addition, performing cardio before strength training actually makes you weaker due to the drop in blood pH, therefore hampering your ability to recruit high threshold fibers.

If in doubt, always question a trainer's methodologies and even if not in doubt, ask yourself: 'Is what I'm doing moving me closer to my goals?' If the answer is no, then something needs to change. It may be the style of training; it may be your diet. More often than not it's a combination of the two! But don't waste time plugging away at something that is not pushing you towards success. Train smart!