

## What shud be the intensity of our cardio workout for maximum fat burn

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"Hey guys, I have one question messing in my head...



**What shud be the intensity of our cardio workout for maximum fat burn, most of the researches says that heart rates between 60 to 70 percent of our maximum heart rate is best for fat lose, what do you say?"**

"Really depends on the diet set up.

For normal individuals just trying to get lean: a great diet doesn't need any cardio and a bad diet doesn't need any cardio either (you are wasting your time doing cardio if you don't know what you are putting in your mouth). However, if you are pressed for time, you might have to include 'some' cardio along with the proper diet.

For stage competition: You might need 'some' cardio if you are getting ready for stage and want to get to single digit body fat. Again, this depends on which weight category you want to compete in, how long you have until your competition, how many years of training you have under your belt, somatotype (whether you are a mesomorph, an ectomorph or an endomorph), and what your weight training workouts and diet look like. Intervals tend to be more effective on carb cycle though.

For the genetically super fat (endomorphics) who want to stay in shape and are on a good diet which looks a little like a good off-season diet I would just stick to 60 to 70% max heart rate. P.S. I don't buy research. I buy results."

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