

As part of your weight loss plan you should incorporate resistance training such as body weight exercises and weightlifting into your weight loss routine. Resistance training builds muscle mass allowing you the ability to burn fat faster as a result of the increased caloric demand from your muscle tissue. Simply said the more muscle mass you build the quicker [Keto Buzz](#) fat loss.⁴ Try HIIT cardio HIIT stand for High Intensity Interval Training and is considered to be far superior to regular cardio the reason being that HIIT cardio increases your EPOC (Excess Post-exercise Oxygen Consumption) after you workout allowing you to burn fat for a whole 24 hours after your exercise session. HIIT is structured in alternating sets of walking and sprinting, for example 60 seconds of walking followed by 30 seconds of sprinting for one set.⁵ Consume complex carbohydrates While many of you believe that carbohydrates are the main culprits to weight loss, one should learn that not all carbohydrates are created equally, In fact as part of your balanced diet around 45-50% of calories should be from complex carbohydrates. Carbohydrates are the main source of energy for the body since they're converted directly into glucose which is your body's preferred choice of fuel.

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