

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 [Maxwell Keto](#) fat loss.4. Try HIIT cardio HIIT stand for Hight 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

# THE EASIEST WAY *to* BURN FAT



### **Burn Fat Faster than Ever!**

Doctors, nutritionists, celebrities all know the fat burning benefits of being in ketosis!



### **BURN FAT for Energy, Not Carbs**

When your body is in Ketosis, It is burning Fat Cells for energy instead of Carbs!



### **Love the Way You Feel!**

Burning fat for energy instead of carbs gives your body 225% more energy!

*Limited Time Only!*

<https://fitose.com/maxwell-keto/>

