

Diabetes Freedom

Fat Burning Blueprint



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Content

How to Burn Fat Faster.....	03
Program User Manual.....	05
Program Summary.....	07

How to Burn Fat Faster

In general, you should be able to lose the weight you want through your home exercise regime, if you stick to doing exercise three times a week.

But what if you want to go even further? What if you need to be able to show off a perfect figure for an important event? If this is the case, then it is possible to improve your results even further, by choosing a type of training which burns calories more rapidly. This is based on the idea of using as many muscle fibers as possible, for a relatively long period of time, in a repetitive way, otherwise known as cardio.

Follow our recommendations to boost fat loss

How can you burn 500g of body fat in 24 hours?

When you run on a treadmill, whether it's in the gym or at home, you can read the number of calories you have burned on the screen in front of you. In general, this is around 700 calories for every hour of training.

But what does 700 calories actually mean, especially in relation to an hour of intense sweating?

After an hour of sweating, and 700 calories burned, you might think you've lost weight, but the scales won't budge.

This is because of the cruel reality: one kilogram/2 pounds of body fat in energetic terms is equivalent to 7,000 calories!

During your exercise session, you burn energy in two ways: your muscles burn fat when they exert effort, and your body also works to remove carbon dioxide when you breathe. This carbon dioxide is one of the by-products of burning sugar and bodily fluids. Breathing also makes you lose weight, but this happens very slowly.

The result is that in order to burn 1kg/2lbs with your muscles, you would have to spend 10 hours in a row doing cardio.

For example, going for a hike for 10 hours, at a fast pace, and on an empty stomach, would be a good way to lose 1kg/2lbs in 24 hours.

However, it's rare that people can actually force themselves to do this amount of exercise.

In reality, with a very reasonable diet and doing one training session per day, you might hope to lose 1kg/2lbs of body fat in 10 days.

Don't let this discourage, though; you just need to understand how your body works, in order to use its fat burning capabilities in the best way possible.

On the other hand, don't forget that the weight you see when you step on the scales is just one benefit of cardio training; it's also hugely beneficial for the cardiovascular system, and for regulating blood sugar levels. It will give you energy which creates a positive momentum for you to persevere with your training.

Program instructions:

Take your time

Increase the volume

Speed things up

Increase the intensity

Here, as in the basic program, you are going to have to follow a sort of progression. It is essential to keep your starting point in mind, and be realistic. Throughout the next few weeks, you will be able to increase the duration and intensity of your sessions bit by bit. This is the only way to progress and make sure that you don't stop improving.

If you don't have any previous sporting ability, start off by walking. If you start running straight away, you're risk injuring yourself, which would bring any progress to a halt.

The same goes for having too much ambition when you're just getting started. If you set the bar too high in terms of difficulty, you are likely to get sick of your training, which is not what we're aiming for here!

Be realistic from the start, to ensure that training is regular in the long term; this will pay off more than doing too much at the start and then giving up further down the line.

So, start off with a brisk walk. After 30 minutes of walking, you'll be able to feel your increased heart rate and breathing. Instead of feeling tired, you'll most probably feel surprised at being on better form than you were before the walk.

Later on, if you get the chance to do your training on an elliptical or a treadmill, make the most of it, it'll be very practical for your cardio training.

Start with 15 to 30 minutes of quick walking, combined with your exercise sessions at home or at the gym.

After this, you can increase the duration of your walk by 5 minutes per day, until you get to one hour. By doing this each day, you will increase your calorie expenditure.

Despite what you might think, you won't be able to burn 700 calories per day during this hour of walking. However, once you reach one hour of walking without stopping, you can start to increase the speed and reach a rate of 700 calories burned per hour.

Increasing your metabolism is what will enable you to burn excess fat after you have finished each exercise session.

In order to do this, the second stage will be to speed things up.

Start by increasing the distance covered during the same amount of time spent walking. Next, start to integrate short sprints into your walking session. For this, choose your shoes well, and don't go any faster than you feel like going.

This is the first step towards High Intensity Interval Training (HIIT), the best fat burning exercise there is.

Each day, you can increase your walking or running distance. If you feel like this is enough for you to improve your figure and your energy levels, carry on like this. If you're walking every day for one hour at 5km/h, you will already be a good athlete.

However, if you feel like this isn't enough for you to change your figure, you will need to increase the speed to get results. Reduce the duration to 30 minutes, while keeping your target distance at 5km (so run at 10km/h).

At this rate, you'll ensure weight loss.

Program Summary

Week 1: 20 to 30 minutes of walking per day (every day if possible, or at least every other day).

Week 2: Add 5 minutes per day to your walking time

Week 3: 40 minutes to 1 hour of walking per day (every day if possible, or at least every other day).

Week 4: Increase your walking speed, and integrate short sprints into it (max 30-60 seconds sprint, then resume your normal pace to recover)

Anyone who wants to move on to running, take note:

Your session should last for a maximum of 30 minutes. You should alternate between training days and rest days, so that you can protect your joints and avoid injuries.

Start with 30 second dynamic sprints, followed by recovery periods of walking. Increase the number of running spells until you can run for the whole half hour.

When you're comfortable running for 30 minutes, you can start to increase the speed, in order to increase the distance you run in 30 minutes, and reach 5km in this time.

- Take advantage of technology

Use everything that technology has to offer in order to boost your motivation. Running apps on your phone are perfect for knowing the distance you've run, and at what pace. Thanks to the GPS that your phone uses, apps can keep your run stored and even let you post them on social networks so that you can share your progress with your friends.

If you don't want to run with your phone, there are also running watches you can buy, which don't cost much but are very practical for counting your steps and measuring your pace, as well as measuring your heart rate.

You can even find shoes with pedometers built into them! You have a huge range of products to choose from depending on your budget.

Is High Intensity Interval Training essential?

Absolutely not! Your main program is there to enable you to build muscle and endurance, and to boost cardiovascular function.

To get results, you have to follow this in parallel with the healthy diet that we recommend - this is the only way you'll be able to get results.

However, if you find that you're not progressing fast enough and if you think that you can do more without doing any damage, HIIT is the ideal solution.

Short HIIT session:

This exercise is ideal cardio, and aimed at people who don't have a lot of free time and who want to have quick results in terms of physical shape and fat loss.

It is also proven that it doesn't take hours to switch your body to fat burning mode: this technique enables you to increase your VO2 max and metabolism in no time at all. With 15 minutes of exercise, you can have a hyperactive metabolism for hours afterwards, and therefore burn more calories at rest.

Ideally, you should do this type of exercise at home or in a gym, on a stationary bicycle or a treadmill.

The concept: integrate 3 x 30-second sprints into a 10 minute training session.

The application:

- Warm up for 2 minutes, pedaling at a cruising speed.
- Sprint for 30 seconds
- Cruise for 2 minutes at a slower pace while you get your breath back
- Sprint again for 30 seconds
- Cruise for 2 minutes at a slower pace while you get your breath back
- Do one last sprint for 30 seconds

Finish off your 10 minutes by pedaling at a cruising speed. Get your breath back slowly, and stretch out after finishing the training to avoid muscle pain.

You can do these HIIT sessions at home on some stationary equipment, or if you prefer, outside, on foot or on a bike. You just have to follow this basic principle: 2 minute periods at a normal pace, interspersed with 30 second sprints.

If you're not yet used to running, but want to try HIIT anyway, you could also do this by alternating a quick walk (2 minutes) and running (30 seconds).

Don't forget to change your sprint speed depending on your fitness level, in order to avoid injuries. It's no use forcing yourself to do too much on the first session and not being able to do it again.

Always finish your session with a relaxing walk and some stretches.