

FORTIUS TRAINING
AEROBICS
THE BIG "FAT" LIE!

By Kasper V. Christensen



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Aerobics: The Big "Fat" Lie



As a personal trainer, I'm pretty well known for going against the grain with my approach to exercise and nutrition.

I'm also known as the personal trainer who transforms his clients faster than anyone else by teaching them to do the opposite of what they have always been told to do!

– *Kasper V. Christensen*
<http://www.fortiusfitness.com>

- The Basics -

- **Cardio is short for cardiovascular exercise: exercise which requires work from the heart and lungs continuously for a prolonged time.**
- **Jogging, running, swimming, spinning and aerobic classes all involve cardiovascular exercise.**
- **It is commonly thought that cardiovascular exercise – including aerobics – is a good way to burn calories and lose weight.**

**The problem with
cardiovascular exercise is simple...**

...It isn't actually a good way to lose body fat.

The Evidence

Cardiovascular exercise isn't good at burning fat. The evidence is all around us.

Walk into any commercial gym in the world and you will find endless rows of treadmills, stair climbers, bikes and other cardio machines. Commercial gyms and fitness centres offer aerobic classes with exotic names like "fatburner" or spinning classes where dozens of people peddle their hearts out on bikes.

Logically, all of these things are great for anyone who wants to lose weight. Cardio burns calories and aids fat loss, right?

All these classes and gyms are packed with people desperately huffing and puffing away in an effort to shed a few pounds. They can't all be doing the wrong thing, surely?



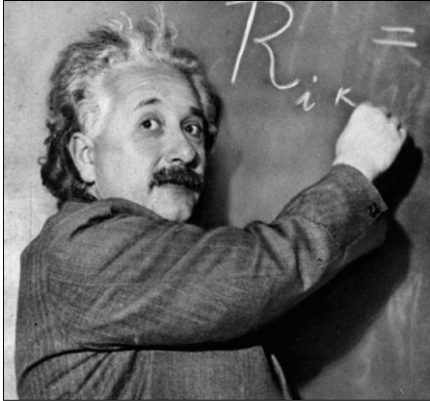
Take A Look Around!

If only all these people would just open their eyes. They don't even have to look far! They just need to glance to their side at their fellow sufferers or straight in front of them - at the instructors of these classes themselves. Most of them are straight up overweight or skinny fat. They step, spin and dance away for sometimes hours a day, yet there's no definition whatsoever to be found on their bodies. **They never seem to actually get any more ripped, toned, or defined!**

If you ask people who ARE ripped and toned how they achieved their physique, they will tell you that they do heavy lifting besides their classes and watch what they eat.

Why is it that people think they will get results, when the instructors themselves don't? They keep slaving away hours after hours hoping that some magic will happen, and the logic will start to work.

Insanity



I once read a pretty good definition of insanity.

"Insanity is doing the same thing over and over again and expecting different results."

- Albert Einstein

I don't need to tell you that Einstein was a smart guy.

Why don't people question their "logic" when it isn't producing results? If cardio is such a great way to lose weight, why does it fail so many people?

Conventional Wisdom

It amazes me that most people just copy what everyone else is doing, even when it obviously isn't working. Even personal trainers. What you hear about cardio seems to add up on paper. In practice, cardio doesn't produce results and sometimes even backfires, leaving people even more overweight. You have to wonder, if cardio isn't working now for these people, when is it going to *start* working? The simple answer is: never. **More of the same won't help.** Often, it will make the problem even worse.

This e-book is about how bad aerobics or cardiovascular training is for fat loss, so that's what I'm going to use as an example to illustrate my point.

Most people know the following facts about cardio.

- **Cardio burns calories during the actual session.**
- **Cardio burns calories after the session.**
- **Cardio raises the body's metabolic rate.**
- **Cardio puts the body into a calorie deficit.**
- **And all in all, it supposedly burns body fat.**

The underlying logic is appealing – you are told that aerobics and cardio burn calories, and you have to burn calories to lose fat. **And this is absolutely correct.** You need a calorie deficit to lose body fat. The problem is that the body is a lot smarter than people give it credit for.

The body only thinks in terms of survival: your body doesn't give a damn about how you want it to look! The body will burn as few calories as possible to make this

happen. The more calories preserved, the better during times of famine. Remember, our current standard of living is a recent development which evolution hasn't caught up with. 10,000 years ago there were no supermarkets on every corner!

The muscles in our bodies are the powerhouses that primarily dictate our metabolism.

Our body is like a car.

Muscle tissue is the most metabolically expensive tissue we have in the body, so it doesn't take a genius to figure out that if we build muscle through strength training we put a bigger engine in the body which will in turn require more fuel (calories) – even at rest.

A bigger engine in a car burns more fuel. Similarly, **the more muscle you have, the more calories your body requires to function.**

That's the beauty of building muscle – it increases our metabolism which allows us to eat more without gaining body fat! It also allows us to burn body fat more easily if we have a negative calorie balance.

Now back to the logic that if you perform cardio you burn calories. No arguments there. The BIG problem is that a lot more is going on. Cardio doesn't work in our favour when fat loss is the objective.

Let's find out more...

The 5 Big Problems With Excessive Cardio



It doesn't burn a lot of calories.

It destroys muscle mass.

It causes injuries.

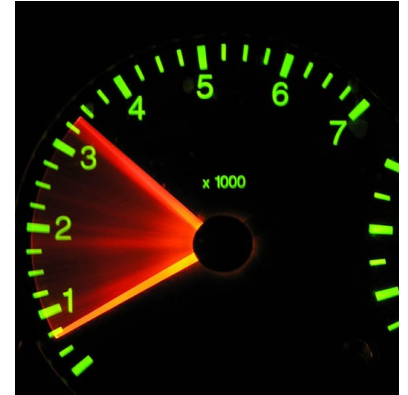
Cardio burns carbohydrates, not fat!

No EPOC (Excess Post-Exercise Oxygen Consumption)

Let's have a closer look.

Problem #1 It Doesn't Burn A Lot Of Calories

Cardio equipment usually asks you to punch in your weight before you start your workout. You start the workout and continue until you have burned, for example, 300 calories according to the machine. This will take around 40 min if you burn 8 calories per minute. Now, have you ever wondered why the machines want to know your weight? If you answered to calculate how many calories you burn you are right. What you most likely failed to consider is the main reason it needs your weight is to calculate your basal metabolic rate.



Let's say a person maintains his weight on about 2500 calories a day. That means they need 105 calories an hour at rest. So the 300 calories burned are NOT calories burned above your basal metabolic rate, **they are calories burned INCLUDING your basal metabolic rate.** So for your time on the treadmill, you burned about 195 calories above your baseline. If you did this every night for a week, you wouldn't burn enough calories to equal the amount stored in one pound of fat.

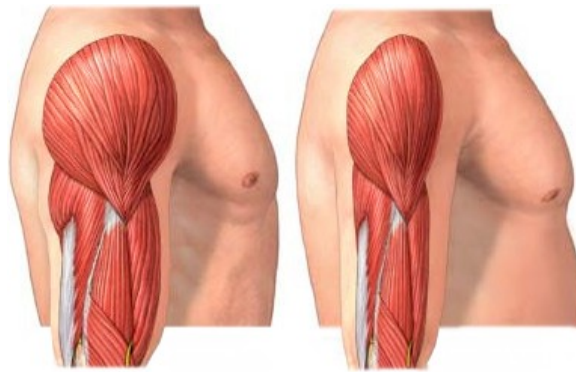
Think about it...if we were so metabolically efficient as to burn 300 calories at the rate the exercise equipment says you do, would we ever have survived as a species?

The calories that would be burned hunting and gathering would have caused us to die of starvation before we could ever have found anything to eat - at that rate of calorie burn, we would barely have enough metabolic economy to survive a trip to the grocery store.

Let us assume that you have the determination and time to do such a workout 7 days a week. If we take the 300 calories burned and subtract the basal metabolic rate of 105 calories, we are left with 195 calories burned. There are 3,500 calories in a pound of fat. If you kept a stable calorie intake, it would take you 18 days to burn off ONE pound of fat with the extra activity. That's nearly three weeks and a total of 12 hours to burn ONE POUND OF FAT! This is assuming that no other variables are present. Unfortunately there is a big variable that almost no-one accounts for...MUSCLE LOSS...

Problem #2 It Destroys Muscle Mass

In order to exercise long enough to burn 300 calories you have to perform cardiovascular activity at an intensity you can keep up for a prolonged time. Such intensity does not place much demand on the muscles, that is why it can be carried out for so long. The only thing the body senses is that its master demands traveling great distances. Your body settles down for a long period of slow exertion and begins doing something that many people don't expect...



When you perform this type of exercise your body can adapt by actually **losing muscle**, making its engine smaller so it can preserve calories. Additional muscle is perceived as dead weight when you are on the move for a long period of time - muscle itself burns calories, so when the going gets tough your body responds by getting rid of as much muscle mass as possible to keep you going – a survival mechanism.

The body often responds in a way that seems counter-intuitive. Don't drink any water? Your body tries to retain water. Does weight training build muscle? No it doesn't. What actually occurs is a breakdown of muscle tissue and the body ADAPTS by building muscle.

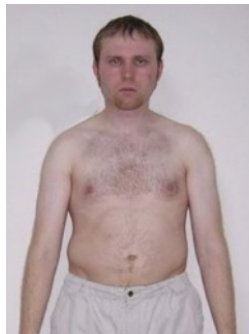
So, if you burn off calories doing aerobic training, that same body adapts to aerobic exercise by slowing your metabolism and allowing your body to store more fat. This means that as the body gets rid of muscle mass our metabolism is lowered and requires fewer calories to run. Continuing with the example above, the person in question now only requires 2200 calories to maintain their weight, as their muscle mass has deteriorated thanks to intense cardio.

Most people get confused. Why isn't cardio helping me lose weight? I run every day and I only seem to maintain my weight. Some days, I seem to gain weight! People, knowing that cardio burns calories, blame themselves for not doing enough. They increase the amount of training they do, making the problem even worse!

A good car is one that is economic with fuel. As you do aerobic activity to burn fat, your body becomes more economical. Like a good car, it needs less fuel to run – **which means you burn less fat the better you become at aerobic activity!** This is hardly the reason why people start doing it!

As you progress, eventually you'll need to do a huge amount of training just to keep your weight stable and keep the accumulation of fat at bay. Furthermore, the stress hormones that result from such overtraining also stimulate fat storage and weaken the immune system which opens the door infections. Have you noticed how often long distance athletes complain of colds and sore throats? Anyone who has attempted such a program of weight loss can confirm...you will end up feeling washed out, moody, and (worst of all) fatter. The truth is this: you cannot use physical activity to negate excess caloric intake.

Does muscle mass really matter so much? Yes. The amount of lean muscle on your body directly helps dictate the speed of metabolism and how much food you can "get away with" eating.



**Extensive cardio.
Less muscle mass, slower metabolism, smaller "engine".
Burns *less* calories.**



**More lean muscle mass, faster metabolism, bigger "engine".
Burns *more* calories.**

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