



VONGILLETTE

The Art and Science of Strength Training

Jack it Up

If you're interested in fat loss, you may have heard of increasing your *metabolism*. Well, what the hell does that mean exactly? Basically, it means how much fat is burned for a given period of time. There are two periods of time which are most important for you – the time during your working out and the time after your workout.

To maximize fat burned during your workout, it's wise to use your heart. This is where heart rate training zones actually come in handy. We first work on jacking up our heart rate with high-intensity exercises. This releases fatty acids we want to incinerate. After releasing the fatty acids, you must burn them. This requires lower heart zones like aerobic training. Together this will maximize your metabolism during your workout, but not necessarily the period after your workout. How are we supposed to keep it up afterwards?

To cremate the fat while your not working out, this depends on exercise methods and exercise selections. Exercise selection must be based on compound movements – i.e. push-ups, squats, deadlifts, hang cleans, trap-bar deadlifts, overhead presses, bench presses, etc. Doing these exercises insures more body parts are working to release more fatty acids which increases your heart rate and provides a greater load (which is defined below). The more muscle you use, the more energy they are going to use to recover after the workout. The last component to burning more fat after your workout is making sure that you use a high volume of work for your compound exercises. Volume is defined as (load x sets x reps) divided by (amount of time). You want to maximize your load, sets, and reps while minimizing your amount of time. If you do this, your metabolism is going to be on warp mode for the rest of the day and the next day until your workout. Methods to jack this up include: circuits, barbell complexes, alternating sets, etc.

Increasing metabolism is pretty simple – use compound exercises with a lot of volume. You'll take care of the fat burning during the workout and afterwards. Not only that, you'll develop strength, conditioning, and awesome definition.