Lose POUNDS of Fat In Just 30 Minutes, 3 Times a Week, With Fat-Loss Circuit Training

By Nick Nilsson

If you're looking to burn fat as fast as humanly possible, Fat-Loss Circuit Training is the BEST place to start. It's going to cover ALL your major bodyparts AND hit your cardiovascular system in one workout. And the workout I'm going to give you takes just 30 minutes to complete, either done 3 times a week or whenever you want to add it into your regularly scheduled program.

Fat-Loss Circuit Training is a training technique designed around the concept of circuit training...moving from one exercise to another with very little rest between exercises....this has a couple of very unique twists that will help really peel the fat off your body FAST.

Fat-Loss Circuit Training is very simple once you get the hang of it, but it can be one of the most demanding styles of training you can do.

This is a training technique that you can not only feel working WHILE you're training but very strongly AFTER your training session is done...many people report actually FEELING their metabolism increasing for hours afterwards (like their internal thermostat has been kicked up several degrees).

Now, if you're familiar with normal circuit training (with timed, light-weight intervals), please put aside any notions you might have of how this program works. You will not only be harnessing the muscle-building and metabolism-stimulating power of intense, full-set weight training (NOT the typical light-weight, timed intervals of normal circuit training), you will also be incorporating the great calorie-burning effects of cardiovascular training at the same time.

This unique combination of weights and cardio into one workout is, quite simply, phenomenal for fat burning.

In order to use Fat-Loss Circuit Training, you will need access to both weight equipment and cardio equipment (and/or benches or stairs), preferably located fairly close to each other.

This type of training is a little more tricky to perform in a crowded gym as it will involve you moving back and forth quickly between different pieces of equipment. If someone is waiting to use your cardio machine the moment you step off, it will defeat the purpose of the workout. This technique is best used in a fairly uncrowded gym where you have more freedom to use equipment or, better yet, in a home gym with weights and cardio equipment and no one waiting for anything!

But just fyi, if you DO train in a crowded gym, I will tell you exactly how to get around it so you can put this style of training to work as well.

How Fat-Loss Circuit Training Works:

This style of training is simple... your rest period for weights will be cardio and your rest period for cardio will be your weights. You will be going back and forth between your weight training exercises and cardio exercise for the duration of the workout!

Yes, that means pretty much NO rest the entire time you're in the gym...I told you it was going to be demanding! But the good thing about this style of training is that it can very easily be adjust for ANY level of trainer - I've had complete beginners use it without any problems.
Now, this particular combination of weights and cardio is very effective for a number of reasons:

- It forces your body to burn calories continuously during the workout.
- It utilizes resistance training and cardio training so you get all the benefits of both in one workout.
- By forcing your body to work like this, you dramatically increase your metabolism leading to increased fat burning long after the workout (more so than either weights or cardio alone).
- It saves time - you get both your weights and cardio in the same amount of time as your regular workout.
- You will still be able to use relatively heavy weights in your weight training, helping to preserve muscle mass.
- The two different styles of activity utilize different energy systems of the body - this switching back and forth between energy systems is inefficient...and inefficiency means more calories burned and greater metabolic increases.

The workout schedule I have planned for you covers all your major bodyparts in one workout, focusing only on the big bodyparts to maximize the metabolic effect of the training. I've also included a number of different options for exercise selection.

You can perform this workout three times a week (e.g. Monday, Wednesday and Friday), or simply insert it into your current program whenever you feel you need a big "metabolic boost."

**How To Do It:**

**Step 1 - The Set Up**

For the most efficient workout possible, try to have most or all of your exercises pre-set and ready to go. The less time you spend on preparation during your workout itself, the more effective that workout will be, especially since you want to be continually active throughout the training session. You can use any type of cardio that is convenient and enjoyable to you, be it a machine, stair stepping, or even a skipping rope.

If you are working out in a crowded gym, try to claim an area for yourself and focus on dumbell and barbell exercises while using a Step platform for your cardio training. You won't have to wait in line to use any weight or cardio machines that way.

If you don't have access to convenient cardio machines, you're going to have to go low-tech!

You'll need to do stair-stepping (stepping up two stairs then back down works well), bench-stepping (step up onto a flat bench or Step platform then back down) or rope-jumping (be sure you're not close to anyone if you choose this). These approaches work just as well as (if not better than!) cardio machines and allow you to perform this training style in a busier gym setting.

**Step 2 - Warm-up**

Do a few minutes of low-intensity cardio as a warm-up. You may wish to do a few light sets of a few of the exercises you'll be working with before you start into the main training session. Don't tire yourself out...just get a light sweat going.

**Step 3 - Start with 40 seconds of moderate intensity cardio.**

This could be setting the machine to a level that is not easy but is not so challenging that you're going to exhaust yourself right away. Watch the timer on your machine and go for approximately 40 seconds (I say approximately because there will generally be a slight lag time when you step on and off).

If you are using a machine such as a treadmill or stair machine that you will leave on with the timer running, just watch the time counter on the machine and keep track of when you get on it to get the designated period. It may require a little mental math! You can also use your own stopwatch or timer on your watch to keep track (this is easier). Start the timer when you start the cardio.

If you're doing stair or bench stepping, you'll need a timer or view of a clock with the "second" hand visible to keep track of your work periods.

**Step 4 - Do a set of weights.**

Right after you finish your first "set" of cardio, go as quickly as you can to your first exercise. Do a set of the first exercise on your program for the day. Do this with NO rest, going from the cardio immediately to the weights. Perform reps until you start to approach muscular failure.
It is very important to note that while this is definitely still intense weight training, DO NOT push yourself to muscular failure. The idea here is load the muscles but not overtax your nervous system - believe me, even taking it fairly close to failure is going to be demanding enough when you go right back to cardio instead of taking a rest!

Also, be very sure to use proper form and tempo when lifting the weights. Don't rush your weight sets - perform them with the same form and speed as you would if you were doing a regular set in your training. Fast, light or sloppy weight sets are NOT what we're looking for here.

Step 5 - Go right back to the cardio.

Immediately go back to the cardio and do another 40 seconds of moderate-intensity cardio.

Step 6 - Repeat this cycle for the duration of the workout.

You will be going back and forth continuously between cardio and weight training exercises, using the cardio as the rest period between your weight sets. What this means is that over the course of your workout, you'll be burning calories via cardio and weights AND you'll be working your muscles with intense, heavy weight training as well. It's tough training but very effective!

To give you an idea of what this looks like, here is a sample run-through:

40 seconds cardio
1 set of chest
40 seconds cardio
1 set of chest
40 seconds cardio
1 set of chest
40 seconds cardio
1 set of back
40 seconds cardio
1 set of back
etc.

As you can see you, you'll do all your sets for your first bodypart (with cardio in between, of course), then move to your NEXT bodypart and do all the sets for that bodypart, etc. until you've completed all bodyparts.

Notes:

- As you improve your cardio capacity, you can increase the intensity of your cardio training between sets. You may wish to start at a lower level and gradually increase the resistance over the course of the workout or start at a higher level and keep it there. It is perfectly acceptable to keep it at a steady, moderate level, however.
- This Fat-Loss Circuit technique can be used with nearly any form of cardio exercise as long as it is convenient to go back and forth with the weights. The real key here is to maintain activity for the entire workout. I've done it with stair machines, treadmills, stair-stepping, stationary bike, elliptical machines, and skipping rope.
- Keep your workouts to no more than 45 minutes at the very most when doing this type of training (the sample workout should take about 30 minutes). It's a very demanding form of training as you'll be working every major energy system in your body. You will also find it will crank your metabolism up quite high!

Click here to learn more about how the full "Metabolic Surge - Rapid Fat Loss" uses Fat-Loss Circuit Training AND targeted nutrition to maximize fat burning.
Nick Nilsson - Bio

Nick is well-known for his unique "outside the box" approach to training. Making use of his degree in Physical Education (covering advanced biomechanics, kinesiology, physiology, and anatomy), Nick delivers constant innovation, extraordinary new exercises, and mind-blowing training techniques to his readers on a regular basis.

As a certified personal trainer and owner of several training and fitness websites, Nick has helped thousands of people achieve the results they want, especially when nothing else seems to do the trick. Flying in the face of "conventional wisdom" is one of the things he does best!

Nick's articles have been published in such popular magazines and websites as Men's Fitness, Muscle & Fitness, Muscle & Fitness Hers, Reps!, Bodybuilding.com, Maxim, Real Solutions, and many more.

His books include:

- Metabolic Surge - Rapid Fat Loss
- Muscle Explosion - 28 Days To Maximum Mass!
- Mad Scientist Muscle
- The Best Exercises You've Never Heard Of (series of 4 books)
- Gluteus to the Maximus - Build a Bigger Butt NOW!
- Hybrid Training
- Specialization Training