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# Why Cardio Doesn't Work For Fat Loss

by Craig Ballantyne, CSCS, MS (with comments from Shawn Horwod)

[www.TurbulenceTraining.com](http://www.TurbulenceTraining.com)

*My comments will be italicized so it's easy to tell what Craig is saying and what I'm saying. This article is basically Craig's training motto - cardio doesn't work. I never realised it when I was living in rural Alberta, but in the city I see it all the time; people are out walking their dogs or doing long, light jogs to get in better shape.*

*Not only is it not good for the dogs, it's not good for you. People train for marathons thinking that's the epitomy of fitness when in reality training for the 100 meter dash is much better for your health.*

*Look at marathoners - there's "gym rats", skinny people, fat people and fit people. Now look at the sprinters...they're in amazing shape, yet they don't spend their day doing cardio like many so called experts tell you to.*

*Obviously cardio doesn't work for fat loss. Craig will tell you why:*

Cardio exercise is such a strange thing. In theory, it should work so perfectly well for all men and women, but as anyone who has tried it knows, the practicality of it just doesn't add up.

After all, some men and women do cardio 6 hours, 9 hours, or more per week, and still have belly fat to burn. On the other hand, it works just fine for others.

British researchers wanted to get more insight into this paradox, and studied 35 overweight men and women, who weren't previously exercising.

(Reference: International Journal of Obesity 32: 177-184, 2008).

Subjects exercised 5 times per week for 12 weeks. That's a lot of exercise, but it helped the subjects lose an average of 8.2 pounds, which is great - I was positively surprised by the results.

So cardio will work for some people, however, in my experience, it works best in young men, who need the help the least!

Back to the study, the variance in fat loss between individuals was huge. Check this out...

The best subject lost a staggering 32.3 pounds in 12 weeks, while the worst subject actually GAINED 3.74 pounds.

The scientists think they know where things went sour. They classified the subjects into 2 groups, called the "Compensators" and the "Non-compensators".

The Compensators were hungrier, and as a result consumed an extra 268 calories per day, all but wiping out their cardio efforts.

Therefore, the Compensators lost the least amount of weight, and scientists believe that was due to the huge "compensatory" increase in appetite experienced by this group.

Does your appetite increase when you do slow cardio? If it does, research shows it will ruin your cardio efforts.

So if your cardio program is not working for you, check your

appetite and calorie intake to see if you are "compensating" for your efforts. If you are, you might be better off using a program of high-intensity resistance and interval training (i.e. Turbulence Training) for your weight loss efforts.

As Australian Professor Steve Boucher has shown in research, interval training increases hormones called catecholamines. And increased catecholamines can reduce appetite, among other fat-burning benefits.

In the real world, few people lose 33 pounds after 12 weeks of cardio. Heck, few even achieve an average weight loss of 8 pounds with aerobic exercise.

So again, check your appetite, and consider giving high-intensity exercise a go for your next workout program.

Beat the curse of cardio with high-intensity Turbulence Training.

Craig Ballantyne, CSCS, MS  
Author, Turbulence Training

#### **About the Author**

Learn about the "Dark Side of Cardio" in the free report from Craig Ballantyne at [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com). Craig is a Certified Strength & Conditioning Specialist and writes for Men's Health, Men's Fitness, Maximum Fitness, Muscle and Fitness Hers, and Oxygen magazines. His trademarked Turbulence Training fat loss workouts have helped thousands of men and women around the world lose fat, gain muscle, and get lean in less than 45 minutes three times per week. For more information on the Turbulence Training workouts that will help you burn fat without long, slow cardio sessions or fancy equipment, visit [www.TurbulenceTraining.com](http://www.TurbulenceTraining.com)

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