

## Spinning for Weight Loss: Why I Don't Approve of It

Had an email yesterday from a reader asking what I thought about spinning. Well, the truth is, I'm not a big fan of the spinning scene. I know there are better ways to lose fat and spend your workout time. First of all, spinning classes are not efficient. I know that you can get more work done in less time if you do intervals on your own. And so, because it is not efficient, it could also be a lot more effective. Second, the high RPM "spinning" is pointless. That's not doing anything for fat loss. And I've talked to more than one woman that complained about her hips being sore after spinning at 150 RPM in a class. Why is the high RPM spinning ineffective? Because the amount of mechanical work performed is lower than when you have higher tension and pedal at a slower rate (i.e. 80 RPM). So cut the high RPM spinning out, and just do the high tension intervals. You'll save time and get the same or better results. The high-tension, low/moderate RPM intervals are the only part of the spinning class worth doing. More tension = more turbulence = more fat loss results. It's a very simple equation. But again, you can do those high-tension intervals on your own in less than half the time of a regular spinning class. Regular spinning class = about 45 minutes. Advanced structured intervals workout = About 20 minutes. Time saved = 25 minutes - Which is more than enough time to get some strength training supersets in to build muscle and really crank up your metabolism. Now that's a better, more well rounded workout that will help you make bigger improvements to your body. A combination of strength and interval training is the clear winner - accomplishing more (muscle building and fat loss) than any type of spinning class, aerobics class, or circuit training workout. Now if some people need the whole class environment as a motivation to workout, fine. Or if that's one of your fun workouts per week, then go for it. You can keep going to spinning if you like it. But if you think that spinning classes are the most efficient answer to your fat loss goals, forget about it. When you need to get fat loss results in less time, the combination strength and intervals are more efficient and effective. Workouts specifically structured for fat loss, such as the strength and interval workouts, are far more effective than random spinning sessions. Design the best fat loss program for you and your time limits.

## About the Author

The Most Effective Fat Burning And Muscle Building Workout That Takes Just 13 Minutes.

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