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Stu Mittleman, Katherine Callan Slow Burn: Burn Fat Faster By Exercising Slower Language: English Pages: 336 Publisher: William Morrow Paperbacks; Reprint edition

Slow burn: burn fat faster by exercising slower

Slow Burn by Stu Mittleman: Chapter One Believe in Yourself You Can Do More Than You Think At the beginning of my seminars, I often start by asking everyone in the room

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1) Eat six small meals a day. Stoking your body with food every three to four hours can rev your metabolism to the max. 2) Run 10 100-yard sprints and burn up to 500

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Does slow cardio exercise help me burn more fat? most is the total number of calories burned. If you burned 250 calories every day from a short, fast jog,

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Nov 11, 2010 You are burning mostly glycogen on those runs since they are less than one hour. You will burn fat also, but that will not be significantly different based

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