

The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

#1875

TT: The Best Exercises to Burn More Fat

It's that time of the year again:

Spring!

And with the change of the season we know summer is just around the corner where people will be exercising and getting outside more...

That's why on today's #CabralConcept 1875 I'd like to share with you the best exercise to burn more fat - Enjoy the show and let me know if you have any questions!

EPISODE TAKEAWAYS

1

Do Less Cardio?

If you're looking to "tone up" it's time to shift your focus towards more resistance training.

2

Stop Doing Small Exercises

Small exercises lead to small results... Move towards more compound movements.

3

3 Days Is Enough

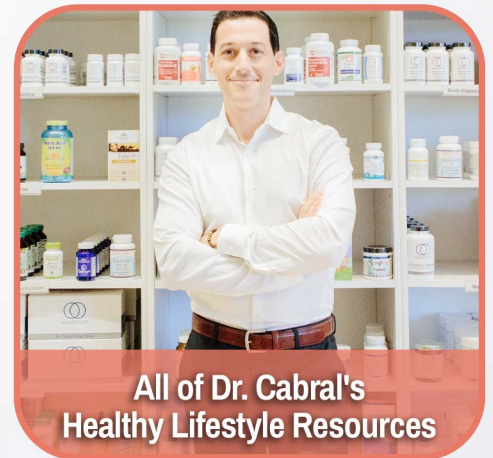
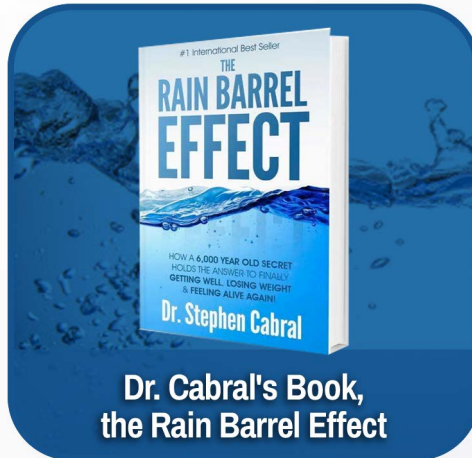
If you're following a solid nutrition plan, then 3 days of resistance training is enough for most people to see amazing results.

RESOURCES

- MWA Fitness Virtual Training
- Man's Guide to Muscle and Strength



DR. CABRAL'S MOST POPULAR RESOURCES



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