

# - How is BurstFit training different from other workout routines?

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Burstfit train to burn fat. Burstfit training involves exercising at 90%-100% of your maximum effort for 30-60 seconds in order to burn your body's stored sugar (glycogen), followed by 30-60 seconds of low impact for recovery. This causes your body to burn fat for the next 36 hours to replace your body's vital energy (glycogen) stores.

You only need to do 4-6 sets of 30-60 second bursts 3 times a week to see marked changes and improvements. More is not always better—make sure you have days of rest.

The Burstfit program takes all the guesswork out and guides you through the best burst training workouts.

*Please consult your physician before beginning any fitness routine.*

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