

- Is strength training involved with Burstfit?

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Yes. Strength/Resistance training elevates your levels of Human Growth Hormone. This hormone is essential for fat mobilization. It also signals fat burning enzymes and aids in muscle mass development. HGH levels are raised most during sleep, in direct proportion to exercise intensity during your workout.

Strength training can also improve your glucose tolerance and increase insulin receptor sensitivity. This helps your body become a fat burner, rather than a sugar burner. This type of exercise also creates a greater metabolic after-burn than aerobic training, while also increasing fat free muscle, bone density and metabolism.
