

The Most Effective 'Cardio' For Fat Loss

Alternate kettlebell swings with light cardio activity to allow heart rate to recover

On lifting days, perform this routine after weights. On non-lifting days, perform this routine and then follow with core exercises—sit-ups, wood chops, etc.

20 reps Two Hand Kettlebell Swing

Alternate with either:

1 minute jogging on treadmill (or walk fast on high incline)

or

2 minutes on spin bike, pedaling fast but with light resistance

or

90 seconds on rower, at a moderate to fast pace

Go back and forth without a break for a set period of time—at least 15 minutes; work up to 30-40 per session, at least three times per week.

Protein servings:

4 oz beef	21-24g
1 slice cheddar cheese	5g
4oz chicken	26g
4oz cottage cheese	20g
Large egg	6g
Egg Beaters ¼ cup	6g
Protein powder 1oz	17-22g
Canned salmon ¼ cup	12g
White tuna 3oz	20g
Turkey 4oz	20-25

For example, to reach a goal of approximately 150 grams protein/day, the following protein foods would cover intake:

Breakfast	3 eggs	18g
Snack	2 slice cheese	
	2 slice beef	20g
Lunch	6oz tuna	40g
Snack	Protein drink	40g
Dinner	6oz beef	30g
		148g