



FASTED WORKOUT

Fasted Workout

Pauses between meals create space for maximum physical and mental performance. Fasting provides the organism with sufficient energy and nutrients for anabolic (muscle building activities) and metabolic (calorie burning) exercises, without the distraction of digestion, which comes directly after a meal.

People who practice intermittent fasting have a schedule that is more accommodating to fasted training, and "fasted" workouts could be better for you and could actually burn more fat (increasing the fat utilization -- the use of fat as a fuel source)

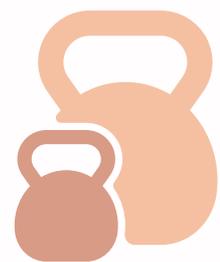


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- Most common forms of fasted workouts are often bike, HIIT sessions, elliptical or running sessions.
- Consume water before and during the session for optimal hydration

Exercising during a fasting state increases lipolysis in adipose tissue while also stimulating peripheral fat oxidation, resulting in increased fat utilization and weight loss.

Basically, fasting lowers circulating insulin levels and increases hepatic glycogen breakdown, suggesting that endurance training during this state leads to greater fat utilization compared to the fed state



Benefits of a Fasted Workout

- **Enhanced fat utilization:** This effect, remember, only holds for low-intensity exercise.
- **Better endurance:** Multiple studies have shown that fasted cardio leads to an increase, over time, in VO2 max—a measure of endurance capacity. (VO2 max is your maximum oxygen usage during exercise). In one study, researchers from New Zealand found that both men and women had significant bumps in VO2 max after four weeks of fasted cycling.
- **More growth hormone:** Both fasting and exercise increase human growth hormone (HGH). Two days of fasting, in fact, has been shown to increase HGH by a factor of five. But here's the thing - despite the name of the hormone, the purpose of HGH is really not to “grow muscle”, but rather to use stored fatty acids and glucose as energy.

Benefits of a Fasted Workout

If you lift weights fasted, at most you will tell your body to maintain some of the muscle you have, but HGH by itself and in physiological amounts won't help you gain muscle.

In fact, a good deal of evidence suggests that supplemental HGH doesn't help adults build muscle. To gain lean muscle mass, you need the material (protein) and the stimulus (strength training).

- **Anabolic signaling:** One study found that fasted strength training led to increased phosphorylation in muscle tissue (a muscle growth response) during the post-exercise recovery period. To be clear, however, the participants ate a protein / carb supplement fairly soon after working out.

Exercise During a Longer Fast

Walk as much as possible.

The simplest form of exercise that everyone should do while fasting is walking. There is no trick or science to walking fasting. You just walk while you don't eat.

You can do as much walking as you can, because walking fasting is not just easy or stressful – it's anti-stress. It keeps you busy when you can't think of anything but eating, when fasting is becoming a chore.

Research indicates that walking on a fast is no more stressful than walking on eating days; in fact, fasting individuals spontaneously maintain their daily step count without affecting the benefits.

What are the benefits? If you have trouble adhering to a fast – if you are the type who wants to eat because you are bored and can't think of anything else to do, you need to walk as much as possible during a fast.

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Lift weights to preserve muscle. On a prolonged fast, it is essential to lift weights. On a short-term fast, lifting weights is a great way to break the fast and increase the anabolic response to food. Your strategies for both will be different.

There is also merit in fasting for a few more hours after training. This will actually increase the release of growth hormone - which is great for fat burning and tissue maintenance. I do this about half the time I'm fasting.

There are no strict rules for exercising while fasting. After all, you are still you. You know what works for you. But do you want me to generalize? Most people on a longer fast will do better by walking every day and getting up at least once or twice. Be careful and stay well.

Thank You