



Where FIT Happens: A Revolutionary Approach to Fitness

Greg Justice, Helgi Gudfinnsson

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Where FIT Happens is about Metabolic Training, a revolutionary approach to the perfect blend of workout routines that help you build muscle and burn fat as efficiently as possible.

There are three major parts to every metabolic training routine; high training intensity, high training density, and negative work-to- rest ratios. High training intensity helps build muscle and increase your anaerobic metabolism to create excess post-exercise oxygen consumption (EPOC) and increase the amount of energy you burn even when you are not exercising. High training density causes you to burn a large amount of energy during your workout, and negative work-to-rest ratios increases your aerobic metabolism to give you cardiovascular exercise on top of everything else.

The main goal of metabolic training is to greatly affect your overall metabolic burn on all fronts so that you're burning the maximum amount of energy you can, in the healthiest manner possible, no matter what you're doing. What you're looking to do is to make your metabolism switch back and forth between burning carbs and fat. It will get you lean and strong, because lean body mass boosts your RMR.

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