

Weight Loss Success Story: How a Busy Salesman Lost Weight

I love to share weight loss success stories because almost everyone faces the same obstacles to success (lack of time, lack of workout direction, and lack of motivation). So when someone succeeds with their fat loss program, it's really important to share their metabolism boosting secrets. Today, a former offensive lineman tells us how he left his old football physique behind while he used strength and interval training to help the weight fly off...CB: Rob, what were you looking to achieve when you found strength and interval training? Rob: I have been working in sales since leaving University. I am currently 29 years old. I thought I had a decent knowledge on training and nutrition...but soon realized I didn't know that much. I played as an offensive lineman in University and even had some pro tryouts. After I was done playing football, I had tried to lose the weight as I no longer needed to be huge. I was looking to lose body fat and have the lean-look. I wasn't interested in benching 450 lbs anymore but I still wanted to look bigger than the average guy. Basically, I wanted to look like those Men's Fitness dudes. There was no reason to look like an o-lineman anymore. CB: What were your Pre-Training stats? Rob: About 295lbs. A good deal of body fat, like your average Offensive tackle. However, I was strong, fast, and athletic so I never really thought of myself as fat. CB: What were your workouts like before strength and interval training? Why did they not work as well? Rob: I basically did bodybuilder workouts and long distance running. I was sore all the time because of all the training I was doing. I lost a lot of muscle because of the long distance running and I was eating a very low calorie diet. My weights really dropped and I was weak. I was spending all of my time in the gym, not enjoying life. I spend less time now in the gym and I feel like I am not sacrificing muscle tissue. I have a leaner-athletic type look. I really started to respond when I started strength and interval training. CB: Tell us about starting strength and interval training. Rob: I looked at it and I thought that it would be a breeze. Boy, was I wrong. If you use the correct amount of weights and keep the rest periods strict...you should be exhausted. Half-way through I was dying. But I remember feeling awesome because my whole body was pumped up. I could feel my metabolism starting to REV up. The weight just started to fly off with strength and interval training.

About the Author

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