

Visual Impact Cardio, the latest scientifically based workout guide to metabolism that claims it can honestly help people lose body fat has caught the attention of VisualImpactCardioReview.org's Stan Stevenson, prompting an investigative review.

"Visual Impact Cardio combines both older proven methods with today's understanding, providing what seems to be a rather unique and refreshing combination of both tried and tested fat loss techniques and the most up to date knowledge from some of the most experienced names in fitness," reports Stevenson. "Visual Impact Cardio is actually a breath of fresh air to find a fitness scheme that not only gives you the information you need, but tells you exactly why it works in the way it does. A detailed understanding of what it is that you're forcing your body to do is a powerful incentive to sticking to the plan and attaining those much desired goals."

Visual Impact Cardio includes detailed information about the Importance of Insulin, Interval Training Versus Steady State Cardio, Why Dieting Alone Rarely has an Impact on Stubborn Body Fat, Cardio Machine Training, and Weekly Calorie Deficits that will allow people to drop the pounds and take on board higher calorie meals on a regular basis. It explains why cardio for fat loss should be kept separate from the resistance portion of the workout and how even the slightest bit of insulin in the system during a workout will drastically reduce how much fat is burned up for energy.

"Visual Impact Cardio combines the best of steady cardio with intense interval training along with a small weekly calorie deficit to literally melt those stubborn areas of fat," says Stevenson. "It is all about maximizing the calories burned during a workout, without having to overtrain. If you've got the determination to stick to the program, Visual Impact Cardio will certainly get results. Rusty Moore sure knows what he's talking about, and you will too, if you purchase this innovative new training program."

"Visual Impact Cardio doesn't require you to spend hours at the gym, but neither does it kid you that you can reach your targets simply by three 20 minute sessions a week. It's honesty all the way with Visual Impact Cardio. This is truly refreshing! When you just seem to be working harder and harder but not getting anywhere at all, the addition of strategic cardio can see you accelerating towards your fitness goals. This program has cleverly managed to minimize those frustrating sticking points that occur with many workout regimes. We particularly like the fact that it's an instant download, so you needn't wait for the mailman to eventually reach your doorstep."

Those wishing to purchase Visual Impact Cardio, or for more information, click here.:

<http://visualimpactcardioreview.org/go/ImpactCardio/>

To access a comprehensive Visual Impact Cardio review, visit

<http://visualimpactcardioreview.org/visual-impact-cardio-review>