



**Obi Obadike**

is one of the world's top male fitness models in the fitness industry. He is a fitness expert for more than 10 fitness magazines globally. He is also a MusclePharm sponsored athlete and the WBFF Pro Male Fitness Model World Champion. To contact Obi, visit: [www.obiodadike.com](http://www.obiodadike.com)

**Q:** Obi, how do you feel about high interval training and do you think that is the best method for fat loss?

**A:** High intensity interval training is an exercise cardiovascular method to improve performance with short training sessions that are 25 minutes or less. I am a big advocate for high interval training and I believe it is one of the best methods for fat loss because of how explosive and intense the

workout is. It is a form of cardiovascular exercise which is beneficial to burning fat in a short and an intense way. Sprinting is one of the most popular high interval cardiovascular training exercises for fat loss.

There are many different sprinting workouts somebody can do such as hill sprints, sprinting interval workouts, sprinting and jogging on treadmill, elliptical or stair-master. An example of sprinting and jogging on these types of machines would be sprinting for 30 seconds and then jogging for a minute. Now trying doing this for about 20 to 25 minutes on an elliptical, treadmill or stair-master and I guarantee you will feel the incredible positive sprinting effects of this workout. Also high interval training does a great job in improving your personal metabolic resting rate and typically most HIIT sessions is never more than 20 minutes and is usually from 7 to 20 minutes. You don't have to be in the gym doing cardio for 90 minutes for efficient fat loss. You can burn the same amount of calories or more with just 20 minutes of high interval cardio training.

**Q:** Obi, I workout 7 days a week, 3 hours a day when I train but for some reason I seem to always be sore and I am always having aches and pains all over my body. Please tell me what would that reason be.

**A:** You are clearly over-training and that is why your body is always sore. There is no reason for you to be working out 7 days a week and 3 hours a day. You shouldn't be in gym longer than 2 hours a day and includes cardio and weight-training. And you should not be working out more than 5 days a week. Anything more than that is counterproductive and it will hinder you obtaining your fitness goals. If you reduce the days you are in the gym from 7 days to 5 days and if you reduce the training time from 3 hours to 2 hours then I believe you will minimize a lot of the soreness you experience every day. Just because you are in the gym longer than everybody else doesn't mean your body will be better than everybody else. Remember always train with intelligence and efficiency when you are in the gym and you should avoid the overtraining pitfall aches and pains. **EF**

**Got a Question?**

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