



## What Machine or Exercise Should I Do To Raise My Metabolism?

### ANSWER:

Any form of resistance training whether machines or free weights would increase one's metabolism. This is because resistance training results in an increase in lean muscle mass, which leads to greater calories burned even at rest, since muscles always require energy.

Cardio exercise is also an effective means to burn calories. Cardio increases your caloric expenditure during your workout and continues to burn calories ranging from a couple of hours to 14 hours after you work out, depending on the intensity.



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