

Published based on [Find out How You Can Increase Your Metabolism and Burn Fat Like an Active Teenager](#)

Find out How You Can Increase Your Metabolism and Burn Fat Like an Active Teenager

One goal of building muscle mass is to boost your metabolism. Individuals who would like to burn off their surplus fat have a couple of options. They could perform lots of aerobic workout routines like cycling each day. Or, they could boost their [metabolism](#).

The best method to burn fat is to boost your metabolism. A pound of lean muscle mass, even without physical exercises, burns between 35 and 50 calories every day. Most of us are not elite athletes who can add about two-thirds of a pound of lean muscle mass in one week. Of course, with steroids, a little more than a pound of muscle mass can be added.

For the average one who isn't engaged in an elite training program and isn't using illegal drugs, your muscle building results will likely be less impressive.

Let's simply say that going to the fitness center three days weekly and performing resistance exercises for 20 to 30 minutes daily will add about a quarter of a pound of lean muscle mass to your body each week. Of course, how intensely you exercise and what muscle groups you exercise will make a big difference here. And, when you first start working out you might add muscle mass considerably faster than this.

What does all this muscle building resistance training mean when it comes to losing fat?

After one week of working out you will have added a quarter pound of lean muscle mass. You will have raised your metabolism by about 10 calories a day. Doing these exercises for four weeks increases your metabolism by around 40 calories every day. Frankly, that does not seem like much, does it?

You need to understand that the outcome is progressive or cumulative. After three months of resistance training your system is burning well over 120 extra calories every day. Did you know that this is the equivalent of jogging more than a mile each day? And, that extra 120 calorie expenditure occurs when your muscles are at rest. Every time you do anything those new muscles will use even more calories.

[Increase Metabolism and Burn Fat](#)

Muscles burn both sugars and fats. Muscles use more sugars for fast energy when they are working intensely. During sleep your muscles are resting. Some say they are using nearly 80% fat for energy. Working hard, your muscles might use only about 30% fat for energy. So, what does this mean on average about fat burning?

Just how much should this [increase metabolism](#)?

Three months of resistance exercise will have raised your metabolism by at the very least 120 calories every day. This elevated metabolism will burn about two-thirds of a pound of fat each and every month. Of course, any physical exercises you get will help burn off even more fat. Given that you are up and around and in a position to go to the gym, you will burn off more fat than that.

Doing this resistance training has permanently boosted your metabolism. Your new muscle mass is burning fat and helping you slim down. And, you're unconsciously losing that surplus fat without the requirement for jogging or persistent aerobics classes.

You can also find this article published on [Find out How You Can Increase Your Metabolism and Burn Fat Like an Active Teenager](#), and on the tag pages [fat loss](#), [increase metabolism](#), [muscle building](#), [Weight Loss](#).