

## Chapter 1 : Best Exercise To Burn Fat For Men and Women HIIT Routine

*Forget all those gimmicky fad workouts and crash diets. With this comprehensive workout program, you can get on the path to a leaner, healthier body (and say goodbye to excess belly fat) in just.*

Pin Shares I recently started working with a new client, Jessica. She knew she needed to workout. But she struggled with motivation. It takes me 30 minutes to get to my gym. I actually became a trainer to overcome my own struggles and get the results I wanted with exercise. From personal and professional experience, to be successful, your workouts have to be fun, burn fat, get the results you want, and work for your lifestyle. I find that the easiest way to make exercise fun, is to eliminate the obstacles that make it feel like a pesky, inconvenient chore. It also meant doing the right exercises using lighter weights so she could avoid getting bulky. This workout works, no matter where you work it. How to do this fat burning workout This workout has 6 exercises that target different muscle groups. Make sure you squeeze your abs in tight during each exercise. Repeat each exercise 25 times to complete one round or set. Do 4 full sets to complete the workout. You may need more weight for the lower body exercises and less for the arm exercises. Adjust the weight as needed to suit your skill level. Fire up your favorite playlist and get ready to burn your fat. This is your start position. Cross one leg back behind you as you lower down into a curtsey. Push up to the start position then repeat the curtsey on the opposite side. Do the same number of reps with both legs to complete one set. Bend your arms, at the elbows, curling the weights in towards your shoulders. Pause and then slowly return your arms to the start position to complete one rep. Keep your back flat and bend forward at your waist about 45 degrees. Hold your weights down together in front of you. Maintain a slight bend in your elbows and squeeze your shoulder blades together at the top of the movement. Then reverse the movement, lowering the dumbbells back to the start position to complete one rep. Your feet should be slightly narrower than shoulder-width apart. Bend at the waist lowering your chest towards the floor, while keeping your back neutral. Keep your legs straight but not locked. Your butt will naturally go backward. Lower down as far as you can while keeping the weights in close to your legs. Exhale and lift your chest back up to the start position to complete one rep. LUNGE Stand, holding a pair of dumbbells, in a split stance with one leg in front and the other behind you. Lower your body down until your front knee is at a degree angle. Do not let your knee extend past your toes. Exhale and push back up into the start position to complete one rep. Bend your arms, then over slightly, with a neutral back. Keeping your elbows in close to your body, extend both dumbbells back and up, until your arms are extended straight behind you. Hold for a count, then reverse the movement, lowering the dumbbells back down to the start position to complete one rep. Leave me a comment and let me know if you felt the burn. For the best possible results, follow a meal plan and complete full body training program.

## Chapter 2 : 7-Day Fat-Burning Fitness Plan for Beginners

*Effective fat loss workouts are generally energy depleting and physically and mentally taxing and best paired with a nutritional plan of attack that's filled with healthy, real foods (no processed, fast food crap), which leaves you in a slight calorie deficit.*

All photos What is the quickest way to shed weight, build lean muscle, and reveal a toned and sexy physique? The answer is simple: A combo of strength training and high-intensity interval training HIIT. In my mind, weight lifting equated to a "bulky" and "thick" body. Muscle is metabolically active, meaning that it burns calories even at rest. The more muscle you have, the more fat you will burn. You will see the amazing results in the mirror and feel them every time you pull on your skinny jeans. This workout combines strength training and HIIT to give you a rock-solid core, lean legs, and defined arms. A pair of dumbbells lbs , a jump rope. Do 1 set of each exercise without resting between moves. Repeat the entire circuit 3 times. For best results, do this workout 3 days per week. To make it more challenging, increase the weight for each exercise.

**Single-Leg Deadlift** All photos This exercise targets the glutes and hamstrings, giving perfect definition and lift to your booty. How to do it: Stand with your feet hip-width apart and your knees slightly bent. Shift your weight into one leg. Pause, then return to standing. Your back should stay naturally arched during the entire movement. Do 8 reps each side.

**Split Squat Jumps** All photos These powerful jumps blast calories and engage every muscle in your body. Come into a lunge position with both knees bent. Make sure your front knee is directly above the ankle. Bring both arms back as you lower down into a lunge. Explosively, jump off the ground and switch feet in the air. Land softly in a lunge position with your other foot forward. Keep switching at a quick pace. Make sure to keep your chest lifted and swing your arms forward as you jump. Do 5 jumps per side.

**Squat to Press** All photos Squats are excellent for slim thighs, a tight butt, and sculpted hamstrings. By adding the press, the core and shoulders are engaged the entire time. Grab a set of dumbbells and stand with your feet hip-width apart. Bend your elbows and bring the weights to shoulder height. Lower down into a squat by shifting hips back, like you are sitting in a chair. Come back to standing and press weights directly overhead. Lower the weights back to shoulder height as you immediately lower into your next squat. Continue the movement at a quick pace for 10 reps.

**Broad Jumps** All photos Similar to other jumps, this exercise burns calories quickly, keeps your heart rate up, and engages every muscle. Broad jumps will also improve overall athletic performance. Stand with your feet hip-width apart, knees slightly bent. Quickly extend your arms behind you while bending knees even more. Explosively jump forward as far as you can while swinging your arms forward. Land softly by bending your knees in a solid, athletic position. Try not to bounce or wobble at all and use your core to stay solid.

**Plank with Dumbbell Row** All photos Nothing beats planks when it comes to strengthening your deepest abdominal muscles, which flatten out the stomach. Plus, the row builds strength and definition in upper back, shoulders, biceps, and triceps. Grab a set of dumbbells and come into plank position with your feet slightly wider than hip-width apart. Brace your core as you lift one dumbbell off the ground in a rowing movement. Bring the weight back to the ground and switch sides. Continue alternating at a quick pace. Make sure to keep hips as still as possible and legs engaged the entire time. Do 8 reps per side.

**Jump Rope** All photos Jumping rope is a quick way to get the benefits of cardio without spending a lot of time on it. Make sure to stay light on your feet and keep your chest lifted. Use your wrists more than your arms to swing the rope. Try to keep elbows fixed in place. Jump rope for 1 minute.

**Walking Lunge with Bicep Curl** 8 of 9 All photos This exercise builds strength in the quadriceps, core, glutes, and upper body. Doing single-leg exercises like this improves balance and stability, as well as dynamic flexibility in the knee, ankle, and hip joints. Grab a pair of dumbbells and stand tall, holding the weights by your sides. Take a big step out into a lunge. Bend both knees, keeping front knee directly above ankle. Drive off the ball of your big toe to come up in a standing position. Keep your foot off the ground as you curl the dumbbells up toward your shoulders. Keep elbows fixed in place. Continue by stepping the foot that is lifted forward into a lunge. Do 10 reps on each leg.

**Sprints** All photos Sprints are a very efficient way to improve athletic performance and keep the entire body lean and strong. Start in a lunge position with your back at a degree angle, weight shifted forward.

## DOWNLOAD PDF FAT BURN WORKOUT PLAN

Drive through your big toe to take bounding steps forward. After about 10 yards, rest for 30 seconds before starting your next sprint. Quickly shift your hips forward to repeat the forward movement again.

### Chapter 3 : 6 Week Workout Program to Burn Fat | Shape Magazine

*The best fat-burning workout is a mix of heavy training and cardio. Heavy weights are best for building muscle and improving strength. If you can keep building muscle while dieting and doing your cardio, you are in for some serious fat-burning.*

Burn fat fast with full-body circuits and complexes. Source Lose Fat Fast With Full Body Workouts If you want to lose excess body fat and get that lean, toned, "hard-body" look, there are various ways you could go about doing that. You may decide to take up jogging. So you will just end up as a smaller version of how you look now, and will not get the lean, toned look that most people want. A much better approach is to do high intensity interval training. Here you would do short bursts of intense activity, such as hill sprints or bike sprints, alternated with periods of coasting or "active recovery". But they do need to be done in a specific way, i. Start With Abdominal Training In order to get the best results you need to set up your routine in the right way. And that means starting off with some abdominal training. This will give you that tight, firm stomach which is so important to your overall appearance. But that will happen anyway as a result of the calorie expenditure and elevated metabolic rate that you will get from the rest of the workout. Then do three sets of 20 - 30 reps of your abdominal exercise of choice. This could be Swiss ball crunches, hanging or lying leg raises, ab wheel rollouts or any other good abdominal exercise. Then, after this you will move onto your circuit training routine. Full-Body Circuit Training Workouts A full-body circuit training workout should consist of 4 - 6 exercises that you go through in sequence, with only a short rest period between each. Or if you are fit enough you might have no rest at all. Set up the equipment you need and go through the first circuit with fairly light weights to warm the muscles up. Then increase the weights a bit and go through the circuit again. Finally, increase the weights one more time and go through the circuit another 2 - 4 times depending on how fit you are. So generally you would start with 2 top weight circuits, and increase to 3 when you feel you want to. Then, at a later date you could increase to 4 if you wish, though for most people this will probably not be necessary. Rest as long as you need between circuits to get your breath back. Here are three different full-body circuits you could do. You can do whichever of them you prefer; but the best approach is to do all three of them once per week. So you will train three days per week.

### Chapter 4 : Top 10 Best Fat Burning Exercises - Fat Burning Workouts at Home | Fitness Blender

*This fat burning workout routine will be performed three days a week and each workout will use almost all compound movements to really use your entire body on every exercise. It is a total body workout so it is a must to have at least one day of rest between each workout.*

### Chapter 5 : Fat Burning Home Workout Routine | Workout for Women and Beginners

*These full-body, fat-burning workout routines are the best way to torch body fat and give you a lean, toned, "hard body" look in the fastest possible time.*

### Chapter 6 : The Best Workout Routine to Lose Fat Fast | Shape Magazine

*This workout plan is designed to help you shred fat and get in shape in only 12 weeks. This might sound like hype, but it's not. The following plan is not easy. It starts slowly, but builds rapidly.*

### Chapter 7 : My fat burning workout routine! - Fitness Gorillas

*This weight loss workout plan consists of both cardiovascular exercise and resistance training. The name of the game is to blitz fat, which means to burn as many calories as you can. The name of the game is to blitz fat, which means to burn*

*as many calories as you can.*

### Chapter 8 : 5 Effective Fat-Burning Workouts

*This routine consists of three circuits. The first prioritizes abs by placing them first. From there, you'll move on to a light circuit that will burn loads of calories; you may repeat this circuit times, depending on your comfort level.*

### Chapter 9 : Fat Burning Evening Workout Burn Huge Amount Of Fat (Download PDF)

*This basic workout plan is a three day, bodyweight only plan is designed to increase your metabolism and burn fat through bodyweight resistance exercises interspersed with cardio intervals. It is full body program.*