

## [A GOOD WORKOUT TO LOSE WEIGHT](#)



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The best exercise to lose weight is: "the exercise you'll do," says Timothy Church, MD, MPH, PhD, a professor at Pennington Biomedical Research Center in Baton Rouge, La.

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As you go through my workout, be sure to keep a logbook of your exercises. Note the weight that you used and the number of reps you get on each and every exercise. This workout to lose weight uses a Monday/Wednesday/Friday training split, with each week divided into upper body days and lower body days. You train your upper body twice the first week and lower body twice the second week. This kind of switching up can shock your muscles and result in good muscle growth and weight loss.

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You may have heard the saying that abs are made in the kitchen, which is true - you can lose fat and not even pick up a single weight or run a single step. But in order to build muscle, increase muscular strength and cardiovascular fitness, you're going to have to hit the gym. So, to stimulate as much fat loss as possible, your program will consist of 3 full body workouts per week (alternating between Workout A and Workout B) with 2 days of cardio and 2 days off.

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### **Good Workouts to Lose Weight Fast Livestrong.com**

All workouts aren't created equal as some routines burn calories much more efficiently than others. The key to losing weight is to expend more calories than you consume, so finding exercises that burn the maximum amount of calories is the best way to go.

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### **Beginner Body Weight Workout Exercises Build Muscle**

A good workout and crappy diet won't get you results. After all, one of the rules of the Nerd Fitness Rebellion is you can't outrun your fork and you can't outrun a bad diet! This means if you don't ALSO fix your relationship with food, then all the exercise you do won't be helping you lose weight and building muscle.

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### **The Best Exercise Plan to Lose Weight Fitness Magazine**

We know you exercise to feel good, live longer, and reduce stress. But if you're like many Americans, you also exercise to lose weight. With a total of 18 billion exercises and fitness classes to choose from, it's not always easy to know where to start.

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