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Lift Weight, Lose Weight. No, you won't bulk up. Since women have lower levels of testosterone, you won't develop softball-size biceps after hitting the weights three times a week, explains Olson. What will happen: You'll lose fat while preserving muscle mass.

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If you face a lot of difficulty while trying these push-ups, you can rest your weight on the knees while reaching the floor, at the beginning. In that case, you have to cross the legs at the ankles when you begin with the exercise routine. Begin with 8 push-ups till you feel confident about increasing the number.

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