

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



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And yes cardio workouts help you lose weight like none other! If you start a new cardio regimen, you can see results quickly. Yes, you need strength training to maintain a healthy metabolism, but if you're pushing yourself to a moderate to high intensity, you'll burn calories and fat effectively during each and every cardio workout.

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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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