Lose weight:

**10 MIN STANDING ABS WORKOUT | Get Ab Lines & Slim Waist**

https://www.youtube.com/watch?v=QKCkO9fy9O4

You can do the entire [core-energizing routine](https://www.mindbodygreen.com/articles/best-core-exercises) in under eight minutes, without getting on the ground. Not only is it convenient, but it's also a great way to shake up your usual abs’ workout.

**BEST 15 min Beginner Workout for Fat Burning**

https://www.youtube.com/watch?v=bleOTMDa3\_4

Cardio-lovers, this 15-minute workout is for you! You'll not only get your heart rate up, but these 15 [bodyweight moves](https://www.popsugar.co.uk/fitness/Your-Body-Best-Essential-Equipment-Free-Exercises-37722658) will also strengthen your muscles. The best way to burn fat is by doing a combination of cardio and [strength workouts](https://www.popsugar.co.uk/fitness/best-30-minute-strength-workouts-on-youtube-47715045), and you get them both in this one workout! There's no jumping so it's low-impact, and the moves are simple, so it's perfect for workout newbies.

**20 min SLIM INNER & OUTER THIGH (Lying Down Exercises Only)**

https://www.youtube.com/watch?v=074eiXBWpm4

This 20 Minute Inner Thigh Slim Down Workout will help you burn fat and tone your thighs like crazy. Some of the exercises in this workout target the inner thighs exclusively. This helps boost calorie burn, which means tighter, toned thighs and better results for you!

**30 min Full Body Fat Burn HIIT (NO JUMPING)**

<https://www.youtube.com/watch?v=W4eKVKwf3rQ>

**HIIT** is a workout technique that stands for **High Intensity Interval Training,**and it’s designed to maximize the amount of calories and fat you burn during a normal workout session.

By doing this 30-min **HIIT workout**, you can have the same **weight loss result** as a 90-minute session in the gym. That’s because your body is brought to a peak state burning its fat deposits in order to sustain the physical effort you’re about to perform.

The good news is that you can perform this **HIIT training at home**as well, no need for gym weights! So let’s start this fat burning **HIIT exercise**program at home, and let’s get in good shape!

**BURN FAT IN 7 DAYS! 10 min Full Body HIIT Workout Program (Results in 1 Week)**

https://www.youtube.com/watch?v=7X-oNNLozi4

If you are dedicated to losing fat, then we are ready with a challenge for you. Follow it without a cheat sheet and lose that fat!

**Personal trainers:**

John-Paul P MSc Human Nutrition student

(lightwavefit)

Bio:

Providing nutrition appraisal and recommendations. Developing fitness programmes which are progressive and enjoyable and promote adherence and repeat behaviour to create lasting healthful habits one behaviour at a time. Forging deep, empathetic, non-judgemental and communicative relationships with clients to move them forward with their nutrition and fitness goals. Expanding beliefs about what's possible and raising personal expectations, aspirations, and creating a compassionate relationship to self. If you're struggling with your weight, lacking energy and lost your mojo - I love helping people like you get their lives back and make peace with their bodies and their food. Happiness is in the pursuit.

SPECIALTIES

* **Weightloss**
* **toning and shaping**
* **kettlebell training**
* **female fitness**
* **older persons fitness**

SKILLS & QUALIFICATIONS

**MSc Human Nutrition student Level 2 Fitness Instruction Level 3 Personal training diploma Level 3 GP Exercise Referral diploma Emergency First Aid at Work Suspension training Enhanced core-work Kettlebell training**

Qualified with: **PT Academy**

Jake Barr

Bio:

I’m a personal trainer based in Blackpool. I help men and women transform not only their body, but also their entire lifestyle to create long term health and fitness.

SPECIALTIES

* **Fat loss**
* **fitness**
* **muscle building**

SKILLS & QUALIFICATIONS

**Qualified level 2 qualified level 3 Hatton boxing certification**

Qualified with:

Logo, company name

Description automatically generated

Zuzana Kubisova

SPECIALTIES

* **Longevity**
* **weight loss**
* **menopause**

SKILLS & QUALIFICATIONS

* **Master Personal Trainer**
* **BoxinG**
* **Weight training**
* **Cycling coach**
* **Kettlebell**
* **Hullahooping**
* **Bellydancing**

QUALIFIED WITH: **EEF**