

## **BEST WEIGHT EXERCISES TO LOSE FAT**



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Best Fat-Burning Exercises . Many of the best fat-burning exercises are just variations on the basics. Here are some really great ones to incorporate into your workouts! Running: Whether on the track or the treadmill, sprinting is one of the best high intensity exercises. Alternate sprinting with jogging or walking, and pair with lifting.

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If you're looking to set your internal systems to fat-burning-furnace mode and absolutely melt body fat as quickly as possible, the following 10 uber-intense, compound exercises are your secret sauce for robust weight loss and sculpting an improved, lean physique.

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### **The Best Workout Routine to Lose Fat Fast Shape Magazine**

How it works: Do 1 set of each exercise without resting between moves. Repeat the entire circuit 3 times. If you're short on time, you'll still get a great workout by doing 1 full circuit. For best results, do this workout 3 days per week. To make it more challenging, increase the weight for each exercise.

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### **21 Best Bodyweight Exercises to Burn Fat and Build Muscle**

He put together a quick cheat sheet of his top seven bodyweight exercises in three different categories: strength, cardio, and core.

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### **10 of the Best Workouts for Weight Loss SELF**

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