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The Best Exercise Plan to Lose Weight Fitness Magazine

Home / Workout Routines / Weight Loss Workouts. The Best Exercise Plan to Lose Weight. 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 bajillion exercises and fitness classes to choose from, it's not always easy to know where to start.

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The 10 Best Exercises for Weight Loss Fitness Magazine

Squats are one of the best exercises for weight loss. When you do them correctly, you engage your core and entire lower body. Start with feet hip-width apart, arms either at your sides or holding weights. Keeping your weight in your heels, begin lowering your legs and raising your arms in front of you.

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