

## **WHAT EXERCISES ARE GOOD TO LOSE WEIGHT**



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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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Another option is circuit training, which involves moving quickly from one exercise to the next, and burns 30% more calories than a typical weight workout. It blasts fat and sculpts muscle, burning up to 10 calories a minute.

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