

9 Simple Exercises To Lose Belly Fat Faster

Looking good and feeling great within your own body can happen in various ways, with or without machines and equipment. Perhaps one of the most common reasons to hit the gym regularly is to look better, so that you can feel better about yourself, and to shred fat. However, just going to the gym or working out in general is not enough, especially when so many adults struggle with shredding belly fat and losing weight. Listed below are 9 simple exercises to lose belly fat faster than you have ever imagined, with general tips for your lasting success with your physical activity levels.

The Top 9 Simple Exercises To Lose Belly Fat Faster Than Before

1. **Mountain Climbers.** The key to losing weight and adding more physical activity to your daily life, especially weight in the mid-section of the body, is to work hard and eat right. Assuming your diet is in a somewhat steady shape, you should consider mountain climbers to help shred the excess belly fat to help you meet your goals. Mountain climbers are a functional exercise, meaning you will utilize gravity and your own body weight to work, and usually they work you hard. Proper form is imperative for these so make sure to keep your back straight and butt down while performing them to maximize your effort. Start with three sets of 20 mountain climbers (10 each leg if you are new to these) and progress with more reps. For more of a challenge, perform three sets of maximal reps in 30 seconds.
2. **Rowing Machine.** If you have access to a gym and there are rowers then plan to get on one soon. Rowing is another multi-joint exercise that is considered cardio, but won't feel like traditional boring workouts that seem long. Rowing uses the arms, legs, core, and posterior muscles in unison to create movement, stabilize the body, and return in a fluid motion. In addition, since you utilize almost all your body, you will burn quite a bit of calories as well, which shreds fat faster, and helps you to lean your midsection faster. Some studies have shown rowing machines to be [significantly improve body composition](#), including fat mass loss, when working out five days per week for 20 minutes (not including a warm-up or cool down). Aim for about 20–30-minute workouts five days per week to reduce overall body fat and for a complete workout.
3. **Deadlifts.** Resistance training is vital to any belly fat-reducing program and to gain sixpack abs, resistance training is important. Adding muscle mass is critical for boosting metabolism and deadlifts are great at boosting muscle activity throughout. Deadlifts are considered a power workout, meaning more weight and faster movements are utilized to maximize the exercise and muscle building. With that said, when performed with great form, deadlifts work the glutes, hips, abs, hamstrings, lower back and quads, which makes up a majority of the muscles in your body. Start light to master your form before adding weight and progress as needed.
4. **Jump Squats.** This exercise is great for shredding fat, adding muscle to the lower body, and aiding in the sixpack look. This exercise is highly effective with burning fat and leaning the mid-section due to the numerous joints and muscles involved. In addition, this type of exercise is a

power movement, which means the muscle fibers that are built cause increase in fat burn, which can boost overall metabolism. Jump squats involve a deep squat and a fast jump upward with the ascent. On the drop down, land and immediately lower into a deep squat to complete the exercise. Repeat this for about 10 reps to increase fat burn and muscle mass.

5. **Running Or Jogging.** Physical activity that is geared towards cardio is essential for anyone looking to lose body fat and add a great sixpack. One of the best cardio workouts that can sustainably lose belly fat is running, or jogging. Running is a complete cardiovascular challenge, which involves the usage of stored sugar in the body and additional fat for long term energy. If you work hard enough, your body will start to use fat with ease after minutes of getting your heart rate up. If you are new, start slow and progress with about a 10% every other week by decreasing your time or adding distance. In addition, aim for about 30 minutes five days per week of running and jogging to meet [physical activity guidelines](#), and work your way up to longer runs by using a jog and run method.
6. **Straight Leg Bridges.** To lose belly fat and look great, working the core can have amazing benefits since so many muscles are involved in the core. Straight leg bridges work the hip joint mostly, but you get the benefits of toning the legs, abdominal and lower back muscles. When you add in a straight leg raise, the workout gets even harder with more benefits. Consider starting with 10-15 second holds per leg and aim for three sets. Add in longer holds as you progress through the exercise.
7. **Planks.** In addition to working your core with bridges, planks are a great compliment to work the mid-section and for an overall boost in metabolism. Planks should be performed with great form to prevent injuries, especially the lower back. You can perform planks from your elbows or by holding in a pushup position, but you might burn more calories holding in a pushup position. Start off with three sets of 20-30 second plank holds and progress with more sets or time holding in the position.
8. **Spin Bike.** If results are something you're after and belly fat is your ultimate nemesis, then consider spinning to meet your goals. Spinning is perhaps the single most effective workout you can do when trying to lose belly fat. Studies have shown that spinning three times per week for about four months can help to reduce overall [body fat percentage](#), which boosts your overall success. The trick to making spinning the best is to work at high intensity and sweat off the fat. For this reason, spin classes might be the best way to reach this goal, plus these formats tend to be highly motivational as well. Try a spin class three times a week and progress to more days as your body adjusts.
9. **Box Jumps.** Sometimes working out to lose belly fat doesn't need to involve weights or machines, but rather your body and a platform might be all that you need. Box jumping is considered a calisthenic workout, meaning you only need to use your body, and a platform to land on. The explosive motion of this exercise is great for adding fast twitch muscles to your legs, core, and stabilizing muscles. With more fast twitch muscle fibers in your body, you are likely to shred more fat for fuel, which means helping to lose belly fat. Start off with three sets of ten until you perfect good form and consider adding more reps or faster tempo to enhance your workout.

Weight Loss 101: How To Be Successful

When it comes to losing weight and belly fat, it is important to understand what you are doing with your body. First, losing belly fat means losing weight, which means it is crucial to monitor what you eat throughout the day. Tracking what you eat allows you to know how much you are taking in and it will make your journey so much easier and faster.

Secondly, to shed belly fat, you will need to nail down two components of your lifestyle: burn more calories than what you eat and limit fatty foods when you do eat. Many apps make tracking food seamless in that it will show you a breakdown of the fats, protein, and carbs you eat each day, thus making it very seamless and easy to use. Find a food tracking app that you want that you want to work with and start here to begin your successful journey.

Quality Of Food Is Important

While you will want to monitor the food you eat, total calories and fat, it is important to have a healthy eating habit along the way. Small changes to your typical routine can really make a difference. For example, if you are considering an afternoon snack and you typically go for low-calorie chips, consider swapping this for fresh mango, watermelon, or a fruit you enjoy.

Similarly, to aid in reducing fat consumption, consider eating lean meats such as chicken or lean cuts or pork. You can also cut the fat off beef prior to cooking to save on the fat calories as well. Making small changes such as these may not seem like they'll make a difference, but eating healthier with more fruits and vegetables in your diet, as well as reducing the amount of fat you eat, really can help you achieve fast results.

References

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