P WEIGHT LOSS

Calories Burned Per Day = 120 Calories Burned Per Week = 840 | Calories Burned Per Week = 700

Walking 30 minutes per day may not seem like much but the consistent effort really pays off and a calories per week. burns close to 1.000 calories in a week.

If a 30 minute walk in one go sounds

of sprinting at various intervals like too much, try splitting it up into a during the day or make them three shorter 10 minute walks. part of your walk.

EACH DAY Calories Burned Per Day = 100

Adding just 5 minutes of sprinting to your day burns through an impressive 700

Simply do five 1 minute bursts



OF BURPEES: EACH DAY:

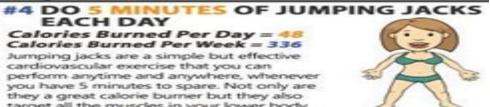
Calories Burned Per Day = 46 a Calories Burned Per Week = 322

> Burpees are a functional, full ... body exercise that tone and a

EACH DAY Calories Burned Per Day = 48

Calories Burned Per Week = 336

Jumping jacks are a simple but effective cardiovascular exercise that you can perform anytime and anywhere, whenever strengthen all your muscles | you have 5 minutes to spare. Not only are and can help you burn 300+ # they a great calorie burner but they also calories per week. a target all the muscles in your lower body.



SPINNING CLASS EACH WEEK

Calories Burned Per Week = 700 Spinning is one of the most intensive Swimming is a brilliant exercise that burns cardiovascular classes there is and burns through an impressive 660 calories per through a substantial 700 calories in # hour and gives you a full body a 1 hour session. Attending just one I workout at the same time. It's

spinning class per week can make a

also a relatively low impact huge difference when it comes to your g exercise and a great alternative overall weight loss success. a to the higher impact exercises on this list

#6 DO 1 HOUR OF SV EACH WEEK

Spinning is one of the most intensive Swimming is a built of the state of the most intensive Swimming is a built of the state of the st



S FOR 2 EACH WEEK:

Calories Burned Per Week = 440 | Calories Burned Per Week = 476

When it comes to direct calories burned, lifting # Jogging is another excellent weights isn't a very efficient exercise. However, a exercise for working away those muscle cells burn three times more calories than a calories and losing weight. It's fat cells, so by increasing your overall muscle also a very flexible exercise that mass, you can indirectly give the amount of a can be performed outside or

JOG FOR EACH WEEK

calories your body burns each day a huge boost. inside on a treadmill.



YOU WALK.

EN #10 GET IN THE RIGHT FRAME OF MIN BEFORE YOU EXERCISE

Calories Burned Per Day = 50 After you've incorporated the previous nine physical Once you've implemented steps 1-8, an weight loss efforts is to get your mindset right before innovative way to blast through a few exercising. Doing these exercises without the proper more calories is to wear ankle weights. I motivation means you won't put maximum effort in during your daily 30 minute walk. This II and as a result, you'll burn less calories and lose less won't take up any more of your time # weight. So make sure that you're 100% motivated but the added resistance will burn off and focussed on your weight loss goals before you 300+ extra calories a week. • exercise and perform to your maximum potential.



Total Calories Burned Per Week = 4,824 which equates to ...

LOSE # WEIGHT 1.4lbs Of Fat Loss Per Week!

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