HEALTHY TIPS

No Need for a Gym: Easy 10-Week Workout Plan to Reduce Fat

By bestfolkmedicine · 05/08/2019 · 4 min read



One thing's for sure- we would all like to have top health, be self-confident, and boast a slim body; however, this isn't the case for a lot of us. This is especially an issue in today's world where we're so busy with work that we rarely find the time to dedicate to ourselves.

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Consequently, we're not eating right, we're exercising poorly, and we're worsening our health. When it comes to exercise, a lot of people think that the only way to really see benefits is to head to the gym- however, they're either too busy or don't want to spend a small fortune on memberships.

But, you needn't head to the gym every day to improve your physical activity- you can do this at home with the right exercise plan.

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This being said, in today's article, we'll present an easy and effective 10-week workout plan to fight off surplus fat while you're home. Just get into some comfy clothes, spread out a mat, and you're good to go!

10-Week Workout Plan for Fat Reduction

- **Squats**

While standing with the feet hip width apart, point the toes ahead. Cross the arms in front of you and stand strong on the heels. Now, bend the knees while slowly lowering your hips towards the floor as if you were sitting down on a chair. Make sure the back stays flat all the time. Pause down for two counts and then slowly lift up. Make sure the knees don't extend over the toes. Repeat.

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- **Pushups**

While on all fours, put the hands in front of you. They need to be shoulder-width apart. Put the hands in towards the center until the tops of the index fingers and the thumb tips are touching. The elbows and wrists need to be aligned with the chest. Then, lift off the knees and form a straight line from head to toe. Keep the abs engaged and the back straight. Now, bend the elbows and gradually lower the body towards the floor to touch it with the chest. Pause and go back to primary pose. Repeat.

- **Jumping jacks**

With the feet together, extend the arms by your sides. Now, bend the knees a bit and then straighten up and push through the feet balls. Strengthen the knees to jump and spread the legs a bit wider than hip width. While doing this, raise the arms out and in a smooth arc until the hands meet above the head. Go back to the ground and bring the feet together. Put the hands back to the sides. Pause

and repeat.

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- **Crunches**

Lie on the back and keep the feet flat on the ground. The knees need to be bent at 90 degrees. Or, place them on a bench several inches apart with the toes touching each other. Then, put the hands on the sides of the head. The elbows need to be parallel to the body. Push the back down into the floor and curl the shoulders up and forward and push down with the lower back. Elevate the shoulders to 6 inches tops. Hold and engage the abs for one count. Go back to the primary pose and repeat.

- **Lunges**

Stand up with a tight core and the back flat. Extend the arms to the chest level in front of your body. Now, step with one leg forward. Keep the thigh parallel to the floor and drop down the back knee. Then, rotate the torso towards the stepped out leg. Keep the arms extended. Push yourself back to the primary pose and repeat.

- **Sit ups**

While lying on the floor, bend the knees to 90-degree angle and keep the shins parallel to the floor. Put the hands behind the head and the shoulders off the ground. Breathe out and engage your abs. Move the head towards the knees while moving the knees towards your chest. Go back to the primary pose and make a short break before repeating the movement.

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- **Butt kicks**

While on all fours, put the hands underneath the shoulders and the knees under the hips. Flex one foot and lift the knee until it’s leveled with your hip. Then, lower it without touching the floor. Repeat and switch between legs.

- **Plank**

While on all fours, lift up the leg and go down on the forearms. Bend the elbows at 90 degrees. Keep the legs and back straight and support yourself with the toes on the floor- rest of the feet lifted.

Tighten the abs and hold on for as long as you can. Gently go down and repeat.

Sources:

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