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## Planet fitness exercise routines for weight loss

Exercise is important for weight loss and bone, brain, and heart health. Discover workouts that do double duty: they're fun and will help you shed pounds. Ratcheting up workouts can help you shed pounds faster--if you keep tabs on your diet. Researchers at Pennington Biomedical Research Center in Baton Rouge, LA, found that women who exercised more than 3 hours a week lost half the weight expected based on the calories they burned. The likely culprit? They compensated for their workouts by eating more. To avoid unconsciously increasing your food intake, write down what you eat. (Try the free program at [prevention.com/healthtracker](http://prevention.com/healthtracker).) If you need an energy boost before or after exercising, stick to a single 100-calorie snack like a banana or half a Luna bar. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at [piano.io](http://piano.io) We may earn commission from links on this page, but we only recommend products we back. Why trust us? Find out if a daily workout is really necessary. Nov 3, 2011 Not necessarily. In fact, you can slim down without doing a single minute of exercise--but I don't recommend it. The more you exercise, the more you can experience weight loss, and the more likely you are to keep the pounds from coming back. In a University of Pittsburgh study, 191 overweight women exercised for 150 to 300 minutes a week; the ones who averaged 290 minutes weekly lost up to 30 pounds--twice as much as the women who did only 150 minutes a week and nearly six times as much as those who logged even less time. And they kept it off for more than 2 years. Though exercise alone wasn't responsible for these weight loss results (the women also limited calories to 1,500 a day), it was a crucial component. Regular workouts may help offset the drop in metabolism that normally accompanies dieting. Nevertheless, if you don't scale back your food intake, you risk eating more than you burn and not losing an ounce. To find your pound-shedding exercise quota, build up to 30 minutes, 5 days a week, and do it for a month or so. That may be enough if you haven't been exercising, you watch your diet carefully, or you have a lot of weight to lose. You'll probably need to devote more time to weight loss if you already work out, you like to indulge, or you've hit a plateau. Increase your exercise time in 5- to 10-minute increments until you're getting the results you desire. Remember, you can divide your workouts into shorter bouts you do throughout the day. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at [piano.io](http://piano.io) Advertisement - Continue Reading Below Weight Loss Tips Weight Loss Sidekick/Getty Images What do you want from your workouts? If you really think about it, you probably want a workout that's short, effective, easy to follow, and fun, or at least a workout that is not too boring and hits more than one area of fitness to save you some time. If that's what you're looking for, there are some exercises you'll want to include in your workouts. Here are five effective exercises for working your entire body: Why They Rock: Squats work just about every muscle in the lower body, including the glutes, hips, thighs, and calves. Not only that, it's a movement we do regularly throughout the day, so using it in your workouts will add some functionality to your training. How To: Stand with feet hip-width apart and toes facing straight ahead or angled slightly outward. Slowly bend the knees and squat, sending the hips back behind you while keeping your torso straight and abs pulled in tight. Don't let your knees cave inward. Make sure they continue to track over your second and third toes as you lower yourself into a squat. Squat as low as you can and push into your heels to stand up. Squat with one dumbbellSquat with dumbbellsBarbell squatWide leg squatFront squatWall sitOne-leg squat Why They Rock: Push-ups, like squats, are compound movements using almost all the muscles of your body. You'll work your chest, shoulders, triceps, back, and abs all while increasing your upper body strength. How To: Get into a plank position—hands wider than shoulders and balancing on the toes or, for a modification, on the knees. Your body should be in a straight line from head to knees/heels. Slowly bend your arms and lower your body to the floor, keeping your neck straight and going all the way down until your chest touches the floor. Finish by pushing yourself back up to the full plank position. Why They Rock: Like squats, lunges work most of the muscles in your legs, including your quads, hamstrings, glutes, and calves. How to Do It: Start in a standing position. Step forward with one leg and lower into a lunge position, keeping the front and back knees at 90-degree angles. Step back to standing and repeat on other leg. Do this exercise two to three times per week for 12 to 16 reps. Why It Rocks: The plank (or hover) is an isolation move used in Pilates and yoga and works the abs, back, arms, and legs. The plank also targets your internal abdominal muscles. How to Do It: Lie face down on the mat with your elbows resting on the floor next to your chest. Push your body off the floor in a pushup position with your body resting on your elbows or hands. Contract the abs and keep the body in a straight line from head to toes. Hold for 30 to 60 seconds and repeat as many times as you can. For beginners, do this move on your knees and gradually work your way up to balancing on your toes. Why It Rocks: The lat pulldown works on the major muscles of your back (the latissimus dorsi), which helps you burn calories and, of course, strengthen your back. How to Do It: Sit on the lat pulldown machine and hold the bar with your arms wider than your shoulders. Pull your abs in and lean back slightly. Bend your elbows and pull the bar down towards your chin, contracting the outer muscles of your back. Do this exercise two to three times a week using enough weight to complete 12 to 16 repetitions. If you don't have access to a gym, try a one-armed row. If you have a busy schedule, incorporating these five moves two or three times a week will help strengthen your muscles and bones, as well as burn more calories. Don't forget to do some cardio exercise as well! Thanks for your feedback! What are your concerns?

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