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Insanity workout weight loss

Credit: Getty Images Torch calories fast with high-intensity, low-impact workouts that burn as many calories as running. Challenging but rewarding, this routine will have you sweating in no time. Advertisement Advertisement Kettlebells are a great way to build muscle throughout the body. And because the weighted cast-iron spheres are super versatile, you can integrate them into all of your favorite exercises. Credit: Getty Images Cycling—indoors or out—is non-weight bearing and low impact, so you can work up a sweat without stressing your joints. One of the beauties of cycling outdoors is that it’s so invigorating, you can easily burn lots of calories without feeling like you’re working that hard. When researchers had a group of trained cyclists perform two 40 kilometer rides—one indoor and one outdoor—at the same perceived exertion, the riders produced about 25% more power and had heart rates nearly 10 beats per minute higher (so burned more calories) outdoors than indoors even though they didn’t feel like they were working any harder. Advertisement Credit: Getty Images Unless you’re a regular on the crew team, chances are you don’t do much rowing. In which case, you’re missing out on a total body workout that tones your arms, legs, and core, and improves your upper back strength and posture, while burning nearly 500 calories an hour (more if you crank up your effort and row vigorously). Unlike the treadmills, which are almost always taken, the rowing machines also are likely to be open and ready to give you a workout whenever you walk in the gym. Be sure to use proper rowing technique. Power the main part of the stroke with your legs; then pull through with your arms and back to finish the stroke to use maximum muscle and keep your arms from wearing out before you’re done working out. In this video, expert yoga instructor Lauren Taus shows you how to add HIIT to your yoga routine by integrating calorie-blasting plyometric moves, like jump lunges, into your sun salutations and beyond. Credit: Getty Images LIT Method is the latest hot exercise movement out of Los Angeles, and focuses on low impact training (hence the name). The 50-minute class incorporates rowing (sprints and steady paced bouts), resistance band and mat strength work, and foam rolling mobility exercises to “build you up rather than break you down,” as LIT co-founders and high profile personal trainers Justin Norris and Taylor Gainor like to say. If you can’t make a class, which are extremely limited right now, you can get a LIT KIT, which includes rowing and resistance bands; recovery rolling tools, and instructional videos. Advertisement Advertisement Credit: Getty Images This gym floor staple gives you the benefits of running without any of the pounding impact. Many of them have ski-pole like arm handles, so you can engage your upper body muscles and amp up your calorie burn while also toning your arms, shoulders, and upper back muscles. As a bonus, the elliptical will build your butt better than fitness walking. In one study that compared elliptical training at various speeds and stride lengths found that every one of them fired up the glute muscles, which are notoriously weak in many adults, better than walking. This fat-burning elliptical workout is actually fun, and takes about 30 minutes to complete. Credit: Getty Images Short for total body resistance training, these suspension straps put all your muscles on high alert during traditional body weight exercises like push ups, pull ups, planks and squats. When researchers measured the amount of muscle activity in volunteers performing suspended push ups versus the traditional kind, they found the activity in every major upper body muscle, including the chest, shoulders, and triceps to be significantly higher when the exercise was performed with the straps. If you’ve never used TRX, ask a trainer at the gym to show you the ropes on a few basic moves to bump up your calorie burn. Here’s a six-move total-body TRX workout to get you started. Credit: Getty Images Water is nearly 800 times denser than air, so while swimming is the ultimate low-impact workout, it’s anything but easy to propel your body from one side of the pool to the other and back. In one head-to-head comparison of the health and fitness benefits of swimming versus walking in 116 sedentary women, researchers found that those who swam three times a week for 6 months lost more weight, improved their body composition, slimmed their hips and waist and improved their cholesterol levels better than those who performed a similar walking program for the same time. Advertisement Widerstrom’s dumbbell circuit workout torches fat and works muscles all over your body in just seven minutes. Ready for a full-body burn? In this video, Sarah Wingo from Pure Barre demonstrates a 10-minute barre workout that will strengthen your upper body and abs. The sequence begins with warm-up moves that get your heart pumping, then targets your arms, abs, and glutes. Medically reviewed by Jake Tipane, CPT — Written by Emily Cronkleton on January 22, 2021Share on PinterestLungesYou can do lunges with or without weights. Once you’ve perfected your form, you can move on to lunge variations. From standing, step your right foot forward to form a 90-degree angle with your knee, making sure your knee doesn’t extend past your ankle. Position your back knee so that it’s parallel to the floor. Pause for a moment before returning your right leg to the starting position. Do the opposite side. Share on PinterestBodyweight squats Work on perfecting your form with bodyweight squats before moving on to weights. There are plenty of squat variations to mix up your routine.Stand with your feet hip-distance apart with your arms alongside your body. Engage your core and broaden your chest as you push your hips back and down as though you’re going to sit down. Pause once your thighs are parallel to the floor. Press into your feet to lift yourself back to the starting position. Share on PinterestHold a dumbbell in each hand and place your feet hip-width apart. Bend your arms to rest the one end of each weight on your shoulders. From here, lower your hips down and back into a squat position. Explosively push up through your heels to rise to the starting position. You can also try this exercise one arm at a time. Lie on your back on a bench (or for extra core stability work, an exercise ball). Position your hands above your chest, holding a dumbbell in each hand. Fully extend your arms as you press the weights straight above your shoulders. Pause for a moment before lowering the weights to the starting position. Burpees To vary your routine, you can always modify burpees to be easier or more challenging. Stand with your feet directly under your hips. Lower into a squat and place your hands on the floor under your shoulders. Hop your legs back to a pushup position. Do 1 pushup before jumping your feet forward. Extend your arms overhead and jump up explosively. As soon as you land, lower back down into a squat. Stand with your feet hip-distance apart with the barbell in front of your feet. Lower your hips down and back slightly as you hinge at your hips to pick up the barbell. Push your hips forward to rise into a standing position. Position the bar slightly below your hips. Elongate your spine and bend your knees slightly. Push your hips back, bend your knees, and hinge back down to the starting position, returning the bar to the floor. To target muscles differently, you can do this exercise using dumbbells, giving you an extra challenge in shoulder stability and grip. Bench press Lie on your back on a bench. Position the barbell at chest level, holding it with your hands at shoulder-width. Engage your shoulders and core as you push the barbell off the rack before lowering it until it skims your chest. On an exhale, explosively push the bar back up to the starting position. Leg Press Press your feet into the footplate. Engage your core as you use your feet to push the footplate away from you. Extend your legs as much as possible while keeping your head and back flat against the pad. Pause for a moment, maintaining a slight bend in your knees. Slowly bend your knees to lower the footplate to the starting position. Create a routine that helps you set and achieve realistic, safe, and sustainable weight loss goals. Here are a few tips for creating an effective weight loss routine: Weekly goal. Aim to exercise for at least 200 minutes per week.Daily goal. Do some type of physical activity every day, even if it’s only for 15 minutes, rather than doing a few long workouts each week. Order of exercise. Do the most difficult exercises first at the beginning of each workout.Workout intensity. Increase the intensity of your workouts and opt for heavier weight for weightlifting exercises. Recovery time. Give yourself 24 to 48 hours to recover between sessions targeting the same muscle groups. Rest. Avoid fatigue and overexertion by getting plenty of rest. This includes allowing for at least one full day of rest or light activity each week. Sleep. Sleep more when you need it to help to enhance your energy levels. Workout variety. Change up your workouts at least once a month to prevent boredom and plateauing. This keeps your routine fresh and ensures you’re targeting different muscle groups. Other types of workouts. In addition to weightlifting and bodyweight exercises, do other types of workouts such as aerobics, balancing, and stretching exercises. Diet and exercise go hand in hand with weight loss. Along with your workout routine, you’ll want to follow a healthy diet and reduce your calorie intake. If you don’t see any weight loss results after following a routine, talk with your doctor. Your doctor may check for or rule out any underlying conditions that could be limiting your weight loss. This may include: hypothyroidismpolycystic ovarian syndrome (PCOS) sleep apneaLikewise, make an appointment with your healthcare provider if you start to feel tired, fatigued, or run-down, especially if you’re not seeing any weight loss results. You could be overexerting yourself.You can achieve your strength-building and weight loss goals as long as you have the drive, discipline, and commitment to follow a healthy exercise and diet plan. Remember that change takes time, so be patient as it may take a few months to see results. To see weight loss results, commit to at least 30 minutes of daily exercise and make healthy changes to your diet.To maintain your results, stick to your routine even after you start to see progress. Over time, you’ll feel more confident, healthy, and strong, which will motivate you to continue. Last medically reviewed on January 22, 2021 Last Updated on April 19, 2021 Stretching is one of those aspects of fitness that many people conveniently forget about. Perhaps you’re one of those who consider stretching nothing but a mere chore meant for ballerinas and gymnasts. While they are great for both, static stretches can offer a boost to any workout routine for people of all fitness levels.Irrespective of your reasons for working out, be it for sports or personal fitness, one thing is certain: stretching can help you. Static stretches come with myriads of benefits, such as improvement in flexibility and reduction in muscle tightness, which ultimately allow you to go through your workout routines with greater efficiency.For the purpose of this article, we’ll zero in on several great static stretches and take a look at the benefits and when they should be done.Benefits of Static Stretches Static stretches come with tons of benefits that can help you make the most of your workout routine. Some of them include: Improved Flexibility If you want to perform better, flexibility is of tremendous importance, irrespective of the specific workouts you do. Luckily enough, static stretches are all you need to get all the flexibility you desire.Flexibility, also known as the range of motion (ROM) around a joint, has been shown by several studies to be improved by static stretching.Although the specific mechanism through which this occurs is still unclear, static stretches have been shown to greatly increase muscle and joint flexibility and tissue length, which work in tandem to make your workout more effective. Prevent Injuries If you’re looking to push yourself to your training limits without coming down with injuries, then stretching will do you a great service. Research has shown time and again that performing the right stretches pre- and post-workout greatly helps with injury prevention.Think of it this way:When you stretch, you literally push your joints and muscle fibers to their limit. This increases the stretch tolerance in these muscles and joints over time, and the increased tolerance allows you to perform more rigorous exercises without negatively impacting your body or risking an injury. Increased Blood Flow to the Joints Another benefit of stretching is increased blood flow – and by extension, nutrient supply – to the joints and muscles of the target areas. This, in turn, improves the performance of these muscles and joints due to the availability of more nutrients, improved oxygenation, and removal of metabolites.For static stretching, though, the mechanism of action isn’t as straightforward. When stretching statically, blood flow (capillary oxygenation) temporarily reduces due to vascular compression. However, immediately after releasing the stretch, the blood flow to these areas nearly doubles the pre-stretching levels. Improvement in Recovery If you’ve been working out for some time, then you’ve probably discovered that a rigorous workout session can leave you battling sore muscles for days.Recovery essentially means getting rid of this soreness and returning your muscle fibers back to their tip-top condition.Research has shown that practicing static stretches after your workout session helps to reduce muscle soreness. And while some may argue that this effect is minimal, the fact still remains that stretching does help shorten your recovery time.Stretching allows tissues to be better hydrated after the induced tension is released, and this encourages reduced inflammation and faster repair of such tissues.Other reasons why you really should incorporate stretching into your workout include: Improved relaxation Increased movement efficiency Reduction in the risk of lower back pain Reduction in muscle tension Improvement in neuromuscular coordination Improvement in balance and postural awareness Relief from cramping 15 Static Stretches to Enhance Your Workouts Here are some amazing exercises that will keep your body in tip-top condition and take your workout routine to the next level. 1. Neck StretchWhile sitting tall or standing, place your right arm gently on the right side of your head, and place the other arm out to your side. Slowly pull your head towards your right shoulder until you can feel the stretch on the left side of your neck. Hold for about 30 seconds before releasing, and repeat for the opposite side.Many people tend to hold stress and tension in their neck and shoulders. If you find this is the case, this is one of the best static stretches to use for a muscle release in this area. 2. Chest StretchStand upright, with your fingers interlocked behind your back, near your buttocks. While keeping your shoulder blades together and your back straight, push your arms up behind you until you feel the stretch in your chest. Hold for about 20-30 seconds before releasing. 3. Cross-Body Shoulder StretchStand upright or sit up tall on a chair or mat, and extend one arm out in front to shoulder height. Grab the extended arm with your other arm, and pull it towards your chest while keeping the extended arm straight. Continue the pull until you feel the stretch in your shoulder. Hold for 30 seconds, and repeat for the other arm. 4. Triceps Static StretchLift your arms overhead, with both arms slightly behind your head and bent at the elbow. Use your right hand to pull your left elbow until you feel a stretch in your triceps. Hold for about 30 seconds, and repeat for the other arm.Many know this stretch from gym class, but it really is one of the best static stretches for the arms. 5. Biceps StretchSit on the floor with your knees bent and feet flat on the floor. With your fingers pointing away from your body, place your two palms flat on the floor behind you. While your hands are steadily in place, slowly slide your butt downward toward your feet until you can feel the stretch in your biceps, shoulders, and chest. Hold for about 30 seconds before releasing. 6. Wrist StretchWhile standing up straight or sitting tall, extend your right arm forward to shoulder height with your fingers pointing toward the ceiling. Grab your right fingers with your left hand, and pull your right hand to bend the wrist until you can feel the stretch. Hold this position for about 30 seconds, and repeat for the opposite arm. 7. Side StretchStand straight with your feet hip-width apart. Take your right arm and reach over your head towards your left side while bending your side. Keep bending your side slowly until you can feel a stretch on your right side. Maintain this position for about 30 seconds, and repeat for the opposite side.The muscles down your side body are notoriously difficult to stretch out. This is one of the best static stretches to try on a consistent basis to get them loosened up. 8. Abdominal Static StretchLie down on your stomach with your face towards the ground and your palms facing the floor as though you’re about to do a push up. While keeping your pelvis firmly on the floor, gently push your upper body up from the ground. This should make you feel some stretch in your abs. Maintain this position for about 30 seconds before releasing. 9. Reclined Spinal TwistLie down, with your arms extended to the sides and placed on the floor. While keeping the right leg straight, pull up your left knee towards your chest, tilt it toward your right side, and then drop it slowly over your extended right leg.Keep your shoulder blades flat on the ground, and you should feel the stretch around your back. Hold for about 30 seconds and repeat for the opposite side. 10. Knees to ChestLie on the ground facing the ceiling, with your knees bent. Hold your shins, and pull your knees toward your chest. This should make you feel some stretch in your lower back. Hold for about 30 seconds before releasing. If you’re looking to loosen up your back muscles, this is one of the static stretches you can do daily. 11. Hip Flexor Static StretchStand upright in a standard lunge position, and place your two hands on your hips. Step out on your right foot into mini-lunge position, without your knee going beyond your right toe. Hold for about 30 seconds and repeat for the left side. 12. Figure 4 StretchSit tall on the ground with both knees bent and both feet on the floor. Lift your right leg and cross it over your left thigh, while your left knee remains bent. Pull both legs inwards toward your abdomen for a deep stretch of your glutes. Hold this position for about 30 seconds, and repeat with the other leg. 13. Standing Quad StretchStand tall while maintaining a straight posture. With your left hand, grab a pole, wall, or anything durable for balance. With your right hand, grab your right foot and pull up your heels until they touch your buttocks. Keep your knees close together while doing this, push your hip forward, and you should feel the stretch in your quadriceps. Hold this position for about 30 seconds, and repeat for the other side. This is one of the best static stretches for the quads. 14. Hamstring StretchSit on the floor with your right leg extended straight in front of you and your left leg bent. Reach forward with your right hand, and touch your right toes. This should cause a stretch in your right hamstring.Hold this position for about 30 seconds, and repeat for the left leg. If you’re unable to reach your toes, try holding your shin instead, but seek to go further every time you perform the stretch until you can touch your toes. 15. Calf StretchSit on the ground and extend your right foot straight in front of you. Gently pull your right toes backwards with your right hand. This should cause a noticeable stretch in your calf.Hold this position for about 30 seconds and repeat for the left leg, if you’re unable to reach your toes, use a rope or towel to pull your toes inward. Bonus: Stretch With a Resistance Band Resistance bands offer a unique benefit from free weights and create tension throughout your movement. Get the free 30 Day Resistance Band Full Workout Challenge, and challenge yourself to stretch with a resistance band. When Should You Do Static Stretches? Static stretching is great when done correctly and at the right time. Over the years, research has shown that static stretching produces best results when done after working out or on rest days, but not as a part of warm up routines before an explosive workout session.This is because static stretches have a cool-down effect on each muscle group and are more effective when done after the muscles are already warm.That doesn’t mean you must never ever perform static stretches before working out, but do it sparingly. Dynamic stretches, which involve more movement, are generally recommended for warming up as it helps the body prepare better for the work ahead. Carving out the body of your dreams isn’t only about lifting weights and running. You need to keep your body “elastic” if you’re going to make the most of your training, and that’s the whole point of static stretches. Starting today, be sure to incorporate these static stretching exercises into your routine, and in no time, you’ll find yourself recovering faster and performing better than ever before. More Tips on StretchingFeatured photo credit: Alora Griffiths via unsplash.com

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