

# 10 STEP WEIGHT LOSS EXERCISE PLAN

## #1 WALK FOR 30 MINUTES EACH DAY



**Calories Burned Per Day = 120**  
**Calories Burned Per Week = 840**

Walking 30 minutes per day may not seem like much but the consistent effort really pays off and burns close to 1,000 calories in a week.

If a 30 minute walk in one go sounds like too much, try splitting it up into three shorter 10 minute walks.

## #2 SPRINT FOR 5 MINUTES EACH DAY

**Calories Burned Per Day = 100**  
**Calories Burned Per Week = 700**

Adding just 5 minutes of sprinting to your day burns through an impressive 700 calories per week.

Simply do five 1 minute bursts of sprinting at various intervals during the day or make them part of your walk.



## #3 DO 5 MINUTES OF BURPEES EACH DAY

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



Burpees are a functional, full body exercise that tone and strengthen all your muscles and can help you burn 300+ calories per week.

## #4 DO 5 MINUTES OF JUMPING JACKS 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 you have 5 minutes to spare. Not only are they a great calorie burner but they also target all the muscles in your lower body.



## #5 GO TO A 1 HOUR SPINNING CLASS EACH WEEK

**Calories Burned Per Week = 700**

Spinning is one of the most intensive cardiovascular classes there is and burns through a substantial 700 calories in a 1 hour session. Attending just one spinning class per week can make a huge difference when it comes to your overall weight loss success.



## #6 DO 1 HOUR OF SWIMMING EACH WEEK

**Calories Burned Per Week = 660**

Swimming is a brilliant exercise that burns through an impressive 660 calories per hour and gives you a full body workout at the same time. It's also a relatively low impact exercise and a great alternative to the higher impact exercises on this list.



## #7 LIFT WEIGHTS FOR 2 HOURS EACH WEEK

**Calories Burned Per Week = 440**

When it comes to direct calories burned, lifting weights isn't a very efficient exercise. However, muscle cells burn three times more calories than fat cells, so by increasing your overall muscle mass, you can indirectly give the amount of calories your body burns each day a huge boost.



## #8 JOG FOR 1 HOUR EACH WEEK

**Calories Burned Per Week = 476**

Jogging is another excellent exercise for working away those calories and losing weight. It's also a very flexible exercise that can be performed outside or inside on a treadmill.



## #9 WEAR ANKLE WEIGHTS WHEN YOU WALK

**Calories Burned Per Day = 50**  
**Calories Burned Per Week = 350**

Once you've implemented steps 1-8, an innovative way to blast through a few more calories is to wear ankle weights during your daily 30 minute walk. This won't take up any more of your time but the added resistance will burn off 300+ extra calories a week.



## #10 GET IN THE RIGHT FRAME OF MIND BEFORE YOU EXERCISE

After you've incorporated the previous nine physical habits into your lifestyle, one final way to boost your weight loss efforts is to get your mindset right before exercising. Doing these exercises without the proper motivation means you won't put maximum effort in and as a result, you'll burn less calories and lose less weight. So make sure that you're 100% motivated and focussed on your weight loss goals before you exercise and perform to your maximum potential.



## SUMMARY

**Total Calories Burned Per Day = 689**  
**Total Calories Burned Per Week = 4,824**

*which equates to...*

**1.4lbs Of Fat Loss Per Week!**



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# Weight Loss Plan Guide Tutorial

**Marco Cascella**



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### Table of Contents **Weight Loss Plan Guide Tutorial**

1. Understanding the eBook **Weight Loss Plan Guide Tutorial**
  - The Rise of Digital Reading **Weight Loss Plan Guide Tutorial**
  - Advantages of eBooks Over Traditional Books
2. Identifying **Weight Loss Plan Guide Tutorial**
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an **Weight Loss Plan Guide Tutorial**
  - User-Friendly Interface
4. Exploring eBook Recommendations from **Weight Loss Plan Guide Tutorial**
  - Personalized Recommendations
  - **Weight Loss Plan Guide Tutorial** User Reviews and Ratings
  - **Weight Loss Plan Guide Tutorial** and Bestseller Lists

5. Accessing Weight Loss Plan Guide Tutorial Free and Paid eBooks
  - Weight Loss Plan Guide Tutorial Public Domain eBooks
  - Weight Loss Plan Guide Tutorial eBook Subscription Services
  - Weight Loss Plan Guide Tutorial Budget-Friendly Options
6. Navigating Weight Loss Plan Guide Tutorial eBook Formats
  - ePub, PDF, MOBI, and More
  - Weight Loss Plan Guide Tutorial Compatibility with Devices
  - Weight Loss Plan Guide Tutorial Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Weight Loss Plan Guide Tutorial
  - Highlighting and Note-Taking Weight Loss Plan Guide Tutorial
  - Interactive Elements Weight Loss Plan Guide Tutorial
8. Staying Engaged with Weight Loss Plan Guide Tutorial
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Weight Loss Plan Guide Tutorial
9. Balancing eBooks and Physical Books Weight Loss Plan Guide Tutorial
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Weight Loss Plan Guide Tutorial
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Weight Loss Plan Guide Tutorial
  - Setting Reading Goals Weight Loss Plan Guide Tutorial
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Weight Loss Plan Guide Tutorial
  - Fact-Checking eBook Content of Weight Loss Plan Guide Tutorial
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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