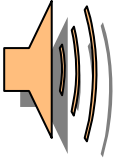


## Minor Changes to increase your Fat-loss

When on a weight loss challenge, many individuals find great results the first couple weeks and then things become very slow and stagnant in their weight loss journey. You caused your body to adapt to your new routine, now it has adjusted and can keep up – thus causing less weight loss...

### So what do I do after my body has adjusted to my new workout?

Add in a few quick, simple workout tips that will help your burn more fat and calories than your normal routine alone.



#### Turn it up – the warm-up that is:

If your warm-up normally has a few minutes of walking or jogging or bodyweight circuits then mix it up by adding a few more intense exercises that can be done at the same pace.

#### If you currently do...

#### Try...

Run

Jump Rope Intervals – jump 45sec, rest 45sec – do as long as would normally jump rope

Run on pavement

Run on sand – a playground will work – great for those with kids, while kids are playing, run around playscape

Walk stairs

Take 2 steps at a time – or  
Lunge up the stairs

Lift a few weights

Try a DB circuit with a few exercises in a row

Making this switch challenges your body and turns up the fat burning so you burn more fat from your entire routine.

### Jump Around – during your abs

During your ab routine, try adding a few intervals of about 45 seconds of jumping between ab exercises. So perform one set of ab exercises, get up and perform some jumping, then go to second ab exercise and repeat.

Below are a few great exercises to include:

- Jump Rope
- Jumping Jacks
- Squat Jumps
- Line hops
- Burpees



Just by jumping, you work the abs extra hard and also burns major fat so your abs get ultra lean and toned faster.

### Time Check – go for time vs reps once a week

On one of your days off, or for a second workout of the day – try your same workout for time, rather than reps – or see how quick you can complete that same workout. Then record the time and try to beat it next time too. If you need to reduce the weight, do so, but use great form still. This challenges you to be more time efficient, improves muscular and cardio endurance, and burns tons of calories and fat.



**Just a few minor changes and you can continue or start your incredible weight loss journey.**