SIMPLE EXERCISES TO LOSE BELLY FAT AFTER 40



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A BEGINNER-FRIENDLY GUIDE TO BOOST METABOLISM & BURN FAT



INTRODUCTION

AS WE AGE, IT BECOMES HARDER TO LOSE BELLY FAT DUE TO A SLOWER METABOLISM, HORMONAL CHANGES, AND

MUSCLE LOSS. HOWEVER, THE RIGHT COMBINATION OF EXERCISE AND NUTRITION CAN HELP YOU BURN FAT, BOOST

METABOLISM, AND STAY FIT



EXERCISE 1: PLANK

HOW TO DO IT:

- 1. LIE FACE DOWN ON THE FLOOR.
- 2. PLACE YOUR FOREARMS ON THE GROUND AND LIFT YOUR BODY.
- 3. KEEP YOUR BODY IN A STRAIGHT LINE FROM HEAD TO TOE.
- 4. HOLD FOR 30-60 SECONDS, THEN REST.
- 5.BENEFITS: STRENGTHENS CORE MUSCLES, IMPROVES POSTURE, INCREASES FAT BURN.

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EXERCISE 2: SQUATS

HOW TO DO IT:

- 1. STAND WITH FEET SHOULDER-WIDTH APART.
- 2. LOWER YOUR BODY AS IF SITTING IN A CHAIR.
- 3. KEEP YOUR BACK STRAIGHT AND KNEES ALIGNED WITH YOUR TOES.
- 4. PUSH BACK UP TO THE STARTING POSITION. REPEAT 10-15 TIMES.
- 5. BENEFITS: BOOSTS METABOLISM, STRENGTHENS LEGS, CORE, AND LOWER BODY.

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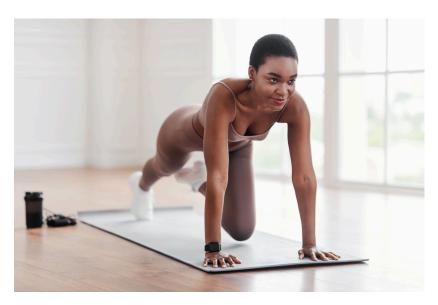


EXERCISE 3: MOUNTAIN CLIMBERS

HOW TO DO IT:

- 1. START IN A PLANK POSITION.
- 2. QUICKLY ALTERNATE BRINGING KNEES TOWARD YOUR CHEST.
- 3. KEEP YOUR CORE ENGAGED. PERFORM FOR 30 SECONDS.
- 4. BENEFITS: COMBINES CARDIO AND CORE ACTIVATION, BURNS CALORIES QUICKLY, STRENGTHENS ABS AND
- 5. SHOULDERS.

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EXERCISE 4: BICYCLE CRUNCHES

HOW TO DO IT:

- 1. LIE ON YOUR BACK WITH HANDS BEHIND YOUR HEAD.
- 2. LIFT YOUR LEGS AND PEDAL AS IF RIDING A BIKE.
- 3. BRING YOUR RIGHT ELBOW TO YOUR LEFT KNEE, THEN SWITCH.
- 4. REPEAT FOR 30 SECONDS.

BENEFITS: TARGETS OBLIQUES AND LOWER ABS, IMPROVES CORE DEFINITION, ENHANCES FAT-BURNING EFFICIENCY.



EXERCISE 5: JUMP ROPE

HOW TO DO IT:

- 1. HOLD THE ROPE HANDLES AND STAND TALL.
- 2. SWING THE ROPE OVER YOUR HEAD AND JUMP AS IT PASSES UNDER.
- 3. START WITH 30 SECONDS, THEN INCREASE OVER TIME.

BENEFITS: BURNS HIGH CALORIES IN A SHORT TIME, IMPROVES CARDIO ENDURANCE, ENGAGES CORE, LEGS, AND ARMS.



QUICK WORKOUT PLAN

PERFORM THE FOLLOWING ROUTINE 3-4 TIMES PER WEEK:

- 1. PLANK 30-60 SECONDS
- 2. SQUATS 15 REPS
- 3. MOUNTAIN CLIMBERS 30 SECONDS
- 4. BICYCLE CRUNCHES 30 SECONDS
- 5. JUMP ROPE 30 SECONDS REPEAT FOR 3 ROUNDS.

RESEARCH-BACKED INSIGHTS

STRENGTH TRAINING BENEFITS:

 THE NATIONAL INSTITUTE ON AGING HIGHLIGHTS THAT STRENGTH TRAINING HELPS MAINTAIN MUSCLE MASS, IMPROVES MOBILITY, AND INCREASES LONGEVITY.

PROTEIN INTAKE:

- STANFORD RECOMMENDS 1.2-1.6G OF PROTEIN PER KG OF BODY WEIGHT DAILY TO PREVENT MUSCLE LOSS RESISTANCE TRAINING & BONE HEALTH:
- HARVARD NOTES THAT STRENGTH TRAINING REDUCES OSTEOPOROSIS RISK AND IMPROVES BONE DENSITY.

*****KEEP YOUR FITNESS JOURNEY GOING!

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2 CHECK OUT MY FULL EBOOK FOR A STRUCTURED FAT LOSS PLAN!

STAY STRONG & KEEP MOVING!