

5 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!**

 **FOLLOW ME ON INSTAGRAM
(@PRIME40FITNESS) FOR DAILY
FITNESS TIPS!**

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

 **STAY STRONG & KEEP MOVING!**