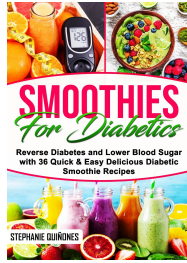


A woman with long, wavy blonde hair is performing a core exercise in a gym. She is wearing a pink tank top over a purple sports bra and black leggings. She is standing on a blue stability ball with her feet on a black mat. Her arms are extended forward, and she has a focused expression. The gym background includes a red floor, black metal racks, and a ceiling with recessed lights.

**10 EASIEST
FAT-TRIMMING WORKOUTS
FOR WEIGHT LOSS**

STEPHANIE QUIÑONES

Other Books by Stephanie Quiñones



Smoothies for Diabetics: Reverse Diabetes and Lower Blood Sugar with 36 Quick & Easy Delicious Diabetic Smoothie Recipes



Smoothies for Weight Loss: Over 60 Delicious Quick & Easy Smoothie Recipes for Rapid Weight Loss, Detox, and Anti-Aging

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ABOUT THE AUTHOR

Beginner Workout Routines

Working out can be something that is hard to do for any person out there. Women tend to not have the time to spend a straight hour or more at the gym.

Between school, work, kids and anything else going on in her life, working out might be the furthest thing from it.

However, when she plans accordingly and can take the time to make a strong workout routine for herself, not neglecting those specific areas, she is better able to tackle the rest of the things that happen throughout her life.

Here is our recommended guide for a beginner workout routine for any woman that wants to get in shape.

A woman starting out should go with two strength training sessions, and three cardio sessions in a week.

This gives you two days off. Make sure to add in stretching before, after and in between workouts to keep them warmed up and ready to go.

The cardio workout routine that you choose can be changed with different days and can provide you with a way to bump up your heart rate and shed those extra pounds.

You want to go with a treadmill, running at home, elliptical machine or any other cardio machine that the gym has available.

Start out with 15 to 20 minutes worth of cardio at a slower pace until you build up your heart and cardio health.

Repetitions with the weights are always ideal for anyone, even a woman to do. Even if you do not want large muscles, you still want to tone your body overall.

This can be done when you choose 8 to 12 reps with a lower amount of weight to begin with. As you build muscle in the right places, you can then decide to up the weight amount and then the repetitions.

Get your body used to the weights and training that you're doing and make sure to feel good while working out.

Work out your form and do the right moves when the time comes. When you're working these muscles, you're finding yourself building muscle, toning your body and even losing weight.

You will feel better overall and not have to worry about adding additional weight when you eat something, because you now have a strong work out routine that you're sticking with.

Women working out is always a good thing. You can become healthier, live longer and feel great all at the same time.

When you have a strong work out routine, make sure to drink plenty of water and also eat a well-balanced, healthy meal.

These meals are what is going to give you the energy to get through the workout routines that you have in place. Feel better overall with a nice workout to push you to the place you'd like to be.

Exercise Habits And Weight Loss

When you make the decision to lose weight, you are taking a big step. You are choosing to make a better life for yourself by replacing old and bad habits with fresh, new, healthy ones.

You are making a commitment to yourself to put health and wellness a priority, and you are changing your appearance and the way you feel about yourself. In a sense, you are becoming a different person.

Well, not a completely different person, but you are definitely making some significant changes that will change you for the better.

That being said, weight loss is not easy. You will go through lots of different emotions during your diet and exercise routine. There will be moments when you feel on top of the world, and there will be times when you want to give up.

Giving up is not an option. There are ways to get past the rough times so that you can get to the other side, look back at where you started, and be so glad you decided to keep going.

You have to develop habits. Since weight loss is a serious change, you are giving your lifestyle a complete overhaul. That means you have to make new habits to take the place of the old ones you're getting rid of.

Get in the habit of exercising. There is a saying that rings true with exercise habits: fake it 'til you make it. If you enjoy exercise, then great. Keep doing it. If it's not your favorite thing to do, you will need to pretend to love it.

Make a habit of telling yourself how great it is that you are exercising and doing work. After a while, exercising will become second nature, and if you skip a day you will notice its absence.

You'll long for it. That's why developing good habits is so important. You need the routine to keep you accountable with your commitment to losing weight.

When it comes to these exercise habits, keep track of them in a journal. If you want to transform, you need to write down your progress. What you write down will be there for you to read.

You will have a dated log of your efforts so that you can see how it impacts your overall exercise journey. This is called self-monitoring, and it will help you become the person you want to be.

4 Exercises To Do Weekly For Weight Loss

Taking the time to care for your body and health is sure to be time well spent. There are a variety of exercises you should engage in regularly to help you feel better and to encourage weight loss at the same time.

The key to being successful with your weight loss goals is to simply get moving. However, being aware of some of the best moves to do weekly is sure to accelerate your weight loss.

Walking

One of the simplest, yet most effective types of exercise to do is walking. You can do this in your neighborhood or go to a more scenic route to get in your daily walk.

It doesn't matter where you walk, as long as you take the time to do it. All you need is a pair of comfortable tennis shoes and some casual clothing to get you started in the right direction.

Additionally, walking at a moderate pace can burn up to 100 calories per each mile and makes this a very effective way to burn calories and assist in weight loss.

Strength Training

Building muscle is important to help you shed pounds. This is because muscle simply burns more calories than fat, and this is an ideal way for you to get rid of excess weight sooner rather than later.

It's a great ideal to join a gym where you'll have instant access to some strength training machines. These can be costly, and it's ideal to simply join a gym where these are there for your use.

Additionally, you could lift free weights at home to help build muscles and assist with your weight loss in the process.

Jogging

If you want to turn up the volume when it comes to weight loss, you may want to add a healthy dose of jogging to your weight loss menu. This is an ideal exercise to do if you want to lose weight fast.

It's important to take it slow when first starting this exercise because it will take some time for you to work up to jogging for a longer amount of time.

You will want to be sure to avoid injury and simply starting slow should be the way to do so.

Using the Elliptical

When you choose the elliptical machine to help you get and stay in shape, you will be able to have an upper and lower body workout at the same time.

This is because of the way the machine is designed and is an ideal way to help you burn calories and lose weight.

You may want to purchase this type of exercise equipment to have in your home to use any time that you want to do so.

The key to having success with your weight loss goals is sure to involve incorporating exercise into it.

This can help you shed the pounds quicker and allow you to enjoy the many health benefits that accompany being your ideal weight!

6 Easy, Fat-Trimming Workouts For Your Living Room

Fitting a workout in can be difficult. Oftentimes, people are in a rush to get to work, pick up their kids, make dinner...it can all feel very overwhelming. When you try to throw working out on top of that, it can feel near impossible.

Going to the gym is a chore in and of itself. Getting your bag packed, driving to the gym, working out, showering, driving home...how will you find the time?

Don't sweat (pun intended)! You can get an amazing workout from home, in the comfort of your very own living room.

Here are six fat-burning workouts that you can do from home, without any crazy weights or machines!

1. Shadowboxing

Cardio kickboxing can really get the blood pumping. There are so many different actions involved with cardio kickboxing that it hits most, if not all of your major muscle groups.

In minutes, you'll be breathing heavy and getting your sweat on!

2. Plyometrics

Plyometrics sounds like some sort of math class, but actually it's a very intelligent and challenging way to work out.

Plyometrics focuses on explosive movements such as jumping rope, leaping, doing explosive push-ups and more. This will push your body just as hard as anything that you'll be doing at the gym, if not harder.

3. Yoga

Yoga is amazing for relaxing, letting your mind roam free and getting your stretch on! Yoga not only works your muscles, but it also makes you more flexible, which will help with all of your other workout routines.

Yoga moves beyond a workout practice and into the realm of a spiritual practice. Many people use yoga just as much for meditation as they do for weight loss.

4. Gym Class Workout

I know you probably hated doing these exercises in gym class, but now that you are out of high school, you may be able to better see the benefit of them.

Do a round of push-ups, sit-ups, sit-ups while twisting back and forth to touch the ground, crunches and raising your knee to your chest from push-up position. This will wear you out and give you a great workout.

5. Calisthenics

Calisthenics will push your body and will get you sweating in no time! You may need a little extra room for explosive exercises, so clear out a nice area before you get started.

Throw in exercises like burpees , squats, lunges, bench dips, calf raises and chip ups (if you have a chin-up bar). This will get your blood pumping and your fat melting!

6. Pilates

Pilates is a lot tougher than it looks! It can push your body to new levels, while giving you a good stretch and better control of your muscles. Best of all, you can do it from the comfort of your living room!

There are plenty of videos available on Youtube and you can find the one that's right for your fitness level.

No more excuses! Get your workout on from home and burn those calories!

THANK YOU

Thank you for buying my book and I hope you enjoyed it. If you found any value in this book I would really appreciate it if you'd take a minute to ***post a review on Amazon*** about your book purchase. I check all my reviews and love to get feedback. This is the real reward for me knowing that I'm helping others. If you know anyone who may enjoy this report or the book, please share the message and gift it to them.

As you work towards your goals, you may have questions or run into some issues. I'd like to be able to help you, so let's connect. I don't charge for the assistance, so feel free to connect with me on the internet at:

[Join The Smoothie Diet Lifestyle Change Facebook Group:](#)

[Add Me As A Friend On Facebook:](#)

ABOUT THE AUTHOR

My name is Stephannie Quiñones, an entrepreneur living in the United States who loves sharing knowledge and helping others on the topic of weight-loss, healthy eating, anti-aging, and improving love life.

I'm a very passionate person who will go the extra mile and over-delivers to inspire others to lose weight, be healthy, and to achieve the sexy body they desire.

Stephanie's words of wisdom:

"I believe that knowledge is power. Everyone should improve themselves and/or business, no matter what stage in life they're in. Whether it's to develop a better mindset or to increase profits. Moving forward is key."