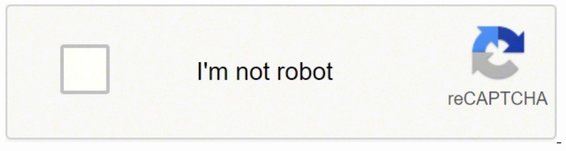

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What is the best weight loss exercise program

The number one training method the experts turn to again and again for weight loss: interval training. What's that? "Any form of exercise where your heart rate spikes and then comes down repeatedly," says Rilinger. This generally means going hard for a set interval of time (hence the name), followed by active rest, then going hard again. That active recovery portion is key. You need to take it down a notch—OK, several notches—before ramping back up to a higher intensity interval.High-intensity interval training, or HIIT, is one of the many styles you can do. Another popular one is indoor cycling, though this workout leans heavily toward cardio over strength training, Rilinger explains. She also notes that cycling requires you to use various muscles in your body—quads, hamstrings, glutes, and core, for starters—which once again translates to weight loss. "The more muscles you have to incorporate, the more calories you're going to burn because those muscles all require energy in order to work," she says. "And the more energy you use, the higher those calorie-burning numbers climb. It's all a cycle."Try it: Here are 4 fat-burning stationary bike workouts that you might like. If you're more of a treadmill person, this 20-minute treadmill interval workout will kick your butt in the best way. And if you want to skip the equipment altogether, this 10-minute lower body bodyweight interval workout is a good place to start.2. Weight TrainingConsider weight training "the mother of all weight-loss techniques, the highest in the workout food chain, the top of the totem pole," says Rilinger. Resistance training, whether it's with your bodyweight alone or with added weights, is an effective method to help build muscle and burn fat. Lifting weights has been shown to increase your resting metabolic rate, which means your body burns more calories even when you're not working out. The effect isn't enormous, but building muscle means more muscle mass to churn through calories as you go about your day. Plus, more muscle means you can go harder next time, increasing your weight, and getting even more out of each workout. Plus, if you're lifting at a high intensity, you get the added bonus of the "afterburn effect," which is when you've put down the weights but your body is still using up extra energy.Rilinger suggests adding weight training to your routine at least three times a week. And since your body adjusts to workouts after being exposed to the same moves at the same intensity, becoming less effective over time, she says to mix it up about every three weeks to keep your body guessing.Try it: First, if you've never done it before, be sure to read these strength training tips for beginners before you get started. And check out this primer on how to choose the right weights for your workout.Now here's a quick 10-minute total-body dumbbell workout and another 10-minute living room dumbbell workout to get you started. Here's a 20-minute strength workout for when you have a bit more time. Here's some info about how to superset at the gym. And if you're going to use kettlebells and barbells in your strength workout routine, be sure to work with a personal trainer to make sure you're using proper form. You've got this!3. Boot CampFor a workout that's going to keep your metabolism elevated, turn to boot camp, as these classes (think Barry's Bootcamp) combine two of the most effective styles of training: interval and resistance. "You'll perform exercises, some more cardio-focused and others strength-focused, full-out for short bursts of time, coupled with short periods of rest," says Adam Rosante, certified personal trainer and author of The 30-Second Body. But if it's your first time going to a boot camp class, speak up. He says a good instructor will help you determine when you need to crank up the weight or intensity (tip: if you can cruise through 10 reps without any trouble, it's too easy), keep your form on par, and can always provide a modification for any move that might be too tough or irritates an injury. If you can't make it to a studio, though, you can virtually sweat it out with Rosante in his 20-minute C9 Challenge, or try this bodyweight-only 16-minute routine.4. Boxing"At its essence, boxing is really another form of interval training," explains Rosante. But it also makes you feel freaking badass. Here's the trick to remember: It's a common mistake for beginners to punch using only their arm strength, but the majority of your power is going to come from your core and you'll use muscles that are typically ignored in other workouts (hey there, obliques). If you're dedicating valuable time in your day to sweat, and if weight loss is a goal of yours, you want to know it's actually worth your time. When it comes to the best weight loss exercises, though, the confusion is real. Some people say cardio is the ultimate calorie-burner, while other swear by strength training. Well, it's time to set the record straight. It’s true that people tend to expend more calories while doing cardio, like running, compared to lifting weights, says physical therapist and fitness coach Laura Miranda, CSCS, DPT. “But anaerobic workouts (think weights) keep our excess post-exercise oxygen consumption (EPOC), or post-workout calorie-burn, going from hours to days,” she explains. The reason weight training has this prolonged calorie-burning effect? When you work at that higher intensity, your body needs more oxygen afterward in order to recover and repair muscles, Miranda says. By choosing exercises that ramp up that after-burn effect, “you get more bang for your buck in the long-term,” she says. “Muscle is the most metabolically active tissue, so the more of it we have, the more effective we are at burning calories all day long.”But just how many cals you torch depends on multiple factors, like how much you weigh (the more you weigh, the more calories you burn doing any particular task) and just how all-out you go. That said, certain workouts do generally burn more than others. This list ranks the top 10 trainer-backed weight loss exercises by calories torched. (FYI: Calorie burn is estimated for a 125-pound person and a 185-pound person, per American Council on Exercise estimates.) 1. Jumping Rope The burn: 667–990 calories/hour (jumping at 120 skips per minute)Yep, this blast from your playground past is a total torcher. Plus, “jumping rope is great for developing coordination, calf and ankle strength, core strength, posture, and cardiovascular endurance,” says Gabbi Berkow, a personal trainer and nutritionist. “It also helps build bone density, which guards against bone loss, osteoporosis, and bone loss.”Ideally, the best way to start jumping rope is to go slow and do it in 20- to 30-second bursts, Berkow suggests. Once you've mastered that flick-of-the-wrist and your timing, work on increasing your speed and duration to burn more calories.For a full-body workout challenge, give this calorie-torching jump rope workout from Carrie Underwood's trainer a try. (It helped her score those iconic legs!)Bonus burn: Use a weighted jump rope to engage your arms and shoulders even more.2. SprintsThe burn: 639–946 calories/hourWhether you're on a tread, at a track, or on the sidewalk, charging ahead at top speeds during a sprint workout is guaranteed to rev that inner engine.“Sprinting is a maximal effort that requires a lot of power from your glutes and hamstrings,” says Berkow. By alternating between maximal efforts and recovery periods, you build cardiovascular endurance and promote fat-burning, she adds.➡ Join WH+ today and get unlimited access to digital content, exclusive workouts, and more!To make the most of your efforts, “you want to sprint at a pace you can only maintain for about 20 seconds," Miranda says. "Follow that with a recovery run at half of the intensity but double the time.“Bonus burn: To kick up the heat, take your sprints up a hill or up stairs and you also fight against gravity, which increases the intensity even more..Miranda recommends starting with 10 to 15 stairs at a time. Once you've found your groove, you can even take two steps at a time to amp up the power required of each stride, suggests Berkow. 3. Kickboxing The burn: 582–864 calories/hour “Kickboxing works your upper body and core without a lot of impact to your legs, so it’s great if you can’t jump or have knee pain while jumping,” says Berkow. Plus, kickboxing has been shown to improve cardio, strength, agility, balance, coordination, upper body fitness, and aerobic power, per research published in Muscles, Ligaments, and Tendons Journal. And, let’s be real: Hitting something is seriously stress-relieving. To get started, you'll want to learn common boxing moves (like jabs, crosses, uppercuts, and hooks) and be ready to incorporate squats, lunges, and ducks. Pro tip: Learn the handwork before you start the footwork, and decrease rest times between sets.Bonus burn: Turn up the intensity by resting for just 30 seconds for every 90 seconds of sparring. 4. SpinningThe burn: 568–841 calories/hour“Cycling is great for no impact-cardio and for strengthening your knees and hamstrings,” says Berkow. “It’s an excellent form of cardio if you have knee pain with running or are recovering from knee issues.” In addition to improving both aerobic and anaerobic function, doing intervals on an exercise bike has also been shown to be particularly effective for reducing body fat, per research published in the Journal of Education and Training Studies.For best results, “make sure you maintain good posture (chest up, shoulders back and down, and a flat back) as you cycle,” says Berkow. From there, “adding sprint intervals at fast paces and recovery intervals and a moderate pace will burn more calories and yield a greater after-burn than a steady state ride.”Bonus burn: Try an instructor-led spin class to guarantee you'll hit those intervals hard. If cycling alone, alternate between one minute of high-intensity effort and 30 seconds at a calmer pace.5. RunningThe burn: 566–839 calories/hour (10-minute mile pace)One major reason running is such an effective weight loss exercise? In addition to working the large muscles in your legs, it's high-impact. “You have to push your body weight off of the ground with every stride,” says Berkow. If you're just getting started (or if running at a steady pace bothers your ankles or knees), opt for intervals of runs, alternating with intervals of light jogging or walking. “If you are new to running, use a 1:2 work to rest ratio, or recover for twice as long as you run,” Berkow recommends.Bonus burn: Run at a strong, steady pace (a 7 out of 10 effort), and you’ll continue to burn extra calories over the rest of the day. 6. Kettlebell CircuitsThe burn: 554–822 calories/hourHaven't hopped on the KB train yet? “Kettlebell circuits or complexes (sequence of movements you perform without putting your weight down) are my favorite calorie-burning exercise because they work both strength and cardio,” says Berkow. “You’re lifting weights in a way that keeps your heart rate up the whole time, so you build muscle and burn fat!” Yep, working with kettlebells consistently has been shown to both improve overall strength and boost your metabolism, according to findings published in the Journal of Strength and Conditioning Research.The key to KB success: “Include a squat, swing, push, pull, and core move in order to work your entire body,” says Berkow. Personal trainer Noam Tamir, CSCS, recommends alternating between upper- and lower-body movements so you can keep going for longer before fatiguing. Want to really work your abs? Check out these kettlebell moves: If you've never done a kettlebell complex before, try this: Perform a kettlebell deadlift to squat clean, then a kettlebell push press, and repeat. (You can also pick and choose some other moves from the best kettlebell exercises.)Bonus burn: Perform your kettlebell magic HIIT-style, working for one minute, resting for 30 seconds, and repeating. 7. RowingThe burn: 481–713 calories/hour (150 watts, which you can check on the machine)“Rowing works your entire body—glutes, hamstrings, back, core, hips, and arms,” says Berkow. “It’s great for strengthening your posterior chain, a.k.a., the back of your body.” Since it lights up all of your muscles, rowing gets your heart pumping and supports muscle-building. The result: Rowing can help you shed body fat and rev your metabolism, according to research published in the Annals of Rehabilitation Medicine. Of course, proper form is key (and easy to miss): As you start each pull, "your legs push back first, then your torso leans back to about 45 degrees, and then your arms pull into your chest," Berkow says. To reverse the movement, your arms reach forward past your knees, then you hinge your torso forward, and then your legs return to the starting position.” Bonus burn: For maximum torching power, alternate super-fast, one-minute rowing intervals with 30- to 60-second active rest periods of squats, pushups, and planks. 8. Loaded Kettlebell CarriesThe burn: 476–705 calories/hour “Kettlebell (or dumbbell) carries are one of the best exercises you can do for your core and posture,” says Berkow. Kettlebell carries are a total-body move and can help build serious strength, especially if you keep upping your weights over time.To really burn calories, "your weights should be heavy enough that you feel like you have to lead with your glutes,” Berkow explains. “Hold the weights at your sides with shoulders down and back, chest open, lats engaged, abs tight, glutes squeezing, and shoulders and hips square." Bonus burn: Try Miranda's 3-in-1 carry burner by walking as far as you can with weights extended up overhead, then as far as you can with weights on shoulders, and then as far as you can with weights down at sides. Rest for a minute, then repeat. 9. StairsThe burn: 452–670 calories/hour (77 steps per minute)If sprinting up stairs just doesn't appeal (or sounds like a banged shin just waiting to happen), you can walk your way up and still burn the calories necessary to support weight loss.“Stairs burn a ton of calories and work your legs and hips, which are muscles that really need to be strengthened after sitting all day,” says Berkow. In addition to promoting fat loss, stair-climbing can help lower cholesterol and boost your anaerobic fitness, according to research published in the British Journal of Sports Medicine.Bottom line: Whether you’re working the StairMaster or running steps around town, à la Rocky, stair-climbing forces you to work against gravity and strengthen your muscles. Bonus burn: To up the ante, hold light dumbbells in each hand to get your upper body fired up, too. Or, starting taking to steps at a time. 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