

Want to lose weight? Do these 3 types of exercise, according to trainers

These are the key exercises to add into your routine to lose inches.



Mercey Livingston June 3, 2020 12:36 p.m. PT



"Strength training is key in weight loss because the more muscle you have on your body, the more calories you burn," says Bryna Carracino, a fitness coach and founding trainer of beRevolutionarie. "The more lean muscle you have on the body the higher your metabolism runs, which in turn promotes healthy weight loss."

Full body strength-training workout by Bryna Carracino

Dumbbell squat



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