



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

Mercey Livingston - 6/3/2020



### Burpees

Do a squat, then place hands on the floor, jump back into a push-up position, lower your body all the way to the ground. Press the body back up into a push-up position. Jump the feet forward landing on the outside of your hands, then jump up as high as you can.

Modification: Take out all of the jumping. So you can step back into plank, step forward into a squat, and no jump at the top.

### Full body strength-training workout by Bryna Carracino

#### Dumbbell squat

Dumbbells racked either resting on shoulders or back of dumbbells pressed into the front shoulder. If you're a beginner you can leave the dumbbells by your side.

Think of a squat like you're sitting into a chair. Press your booty back, lowering your body with your chest pressed forward. Pull all 10 toes off the ground so you're sitting back into the posterior (back part of body). As you start to drive back up, press weight through your heels, engaging glutes and hamstrings back to standing position.

#### Medicine ball wood chop

Start with feet shoulder-width apart. Hold the medicine ball at the chest with both hands. Rotate your torso to the right and raise the medicine ball over the right shoulder. Squat and rotate to the left, bringing the medicine ball diagonally across the body until the ball is as close to the outside of the left foot.

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