

## Medical Daily

HEALTHY LIVING

### Top 3 Weight Loss Exercises Recommended By Trainers

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#### Strength Training

Whether it involves your own body weight or lifting weights, strength training helps lower the number on the weighing scale. One reason is that it helps in your metabolism by shedding fat while still building muscle. Muscle mass burns more calories than fat, meaning the more muscles you have, the more calories you burn every day, even while sleeping.

You can choose between lighter and heavier weights, but each require a different approach to build muscle. A rule of thumb is that lighter weights require a higher number of reps and sets, while heavier ones require fewer.

Though strength training often involves using dumbbells or weight machines, they are actually optional in building muscles. Since there are no dumbbells available online right now, your bodyweight as resistance is highly effective and convenient to use in your workout.

According to Bryna Carracino, fitness coach and founding trainer of beRevolutionarie, strength training is key in weight loss "because the more muscle you have on your body, the more calories you burn."

"The more lean muscle you have on the body, the higher your metabolism runs, which in turn promotes healthy weight loss," she added.

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