

DISCLAIMER: the information presented in this report is for information purposes only. You should always confirm with your doctor before attempting any exercise to avoid

Best Fat Burning Exercises – Part 1



Concept: Use Compound Exercises for Fast Fat Burning Results

Why: Use multiple joints in functional movement patterns to exercise the entire body for maximum calories burn and minimize exercise time.

How: Choose 2 exercises. Do 10, 9,8,7,6,5 repetitions in descending order with 20-30 seconds rest period in between.

<http://www.physicaltherapytv.com>

Squats



Keep your back straight, your knees should not extend past your feet as you are bending to avoid knee pain!

Lunges



**Keep your back straight, your knees should not extend past your feet as you are bending forward to avoid knee pain!
Alternate legs, bring feet back to starting position, to make it harder keep your hands behind your head.**

Push-ups



Keep your back straight, pull your stomach in, hands shoulder width, if to hard bring your knees to the floor as support.

Squat Jumps



Keep your back straight, your knees should not extend past your feet as you are bending, land softly and pause between each rep, wear comfortable shoes.

Kettle Bell Swing



Keep your back straight, your knees should not extend past your feet as you are bending to avoid knee pain, you can use a gallon of water or hold on to light dumbbell if you do not own a kettlebell!

Alternating Bent Over Rows



Keep your back straight, alternate arms, keep elbows close to body as raising the weight.

How To Progress Your Fat Burning Results:

1. Add more repetitions
2. Improve your diet – less refined carbs, more fiber, more veggies and water.
3. Perform 2 x day instead of once
4. Add cardio before or after routine like a 5-10 minute walk or run.
5. Add different exercises.

Have fun!



Peter Cronje BSc.PT.

Founder, Physical Therapy TV

<http://www.physicaltherapytv.com>