

3 Exercises to Ramp Up Your Metabolism

While exercise alone rarely leads to significant weight loss, there are some exercises that can help boost your metabolism and make your weight loss diet more effective. By adding even one metabolism-boosting exercise into your daily routine, you can burn more calories even after the exercise so you can lose weight faster.

Here are 3 exercises to ramp up your metabolism:

1. Strength Training

Any type of strength training will help to permanently boost your metabolism. This is because muscles burn more calories while at rest than fat or anything else in your body, so by building up your muscles so that you have more of them, your body will begin burning more calories throughout the day without you having to do any extra work.

Try to do just 20 minutes of strength training every day, focusing on a different muscle group every day. You can use dumbbells, kettlebells, or other workout equipment if you want, but there are also a number of strength training exercises that use your body weight. That means that you can get in strength training anywhere and without needing to set up a home gym.

2. Interval Training

You can do interval training with nearly any type of aerobics or cardio exercise. Interval training helps you burn more calories than cardio exercise

alone because most cardio exercises require doing them for a long period of time before you're able to burn a decent number of calories. However, through interval training, you can burn more calories in less time and get a metabolism boost afterwards.

Interval training essentially involves pushing yourself as hard as you can for short bursts of time, then taking a period of rest in between where you're still moving, but not pushing yourself. For example, if you are running for exercise, you might sprint as hard and fast as you can for 10 seconds, walk for 1 minute, and repeat that five times.

3. Burpees

This is an exercise that combines strength training and cardio, and is one of the best exercises to boost metabolism. It not only gets your heart rate going because it is a high intensity exercise, but it also works out all of your major muscle groups. That means you'll get a temporary boost in metabolism from the cardio and a permanent boost from working your muscles.

To do a burpee, start from a standing position. Then, do a squat and end with your hands on the ground in front of you. Jump backwards with your feet into a push-up position and do a push-up. Jump your feet forward again and then leap upwards, reaching your hands as high into the air as you can. You can do these in sets or simply try to do as many as possible in a short amount of time.

Keep in mind that whatever exercises you do, they need to be in addition to having a healthy diet so they will boost your metabolism and help you lose weight. Most of the time, it takes hours of intense exercise to make up for

poor eating habits, so start with good eating habits and then add these exercises to boost your metabolism.