

Lose Pregnancy Weight Fast - 5 Useful Ways To Burn the Fat

Exercise is good for the Mom who needs to lose weight after giving birth. But running after your toddler isn't enough. The encouraging news is that losing pregnancy weight is a practical goal for busy Moms. The following 5 ways can minimize your workout time and increase your ability to burn fat and hence lose weight quickly and effectively to make you look fabulous.

1. Strength Training

Weights are a good for losing the baby fat because they work the fat burning tissues of your body, namely your muscles. Not all weight training is the same and thus you should choose resistance weight training because it increases your muscle strength. Resistance training uses any form of resistance such as your body weight or free weights, for example, to work your muscles. You should choose weights that provide some challenge for you to move them, as this will increase your metabolism and burn more calories in the long term.

2. Compound Exercises are the way to go

If you want to lose pregnancy weight fast, then you have to forget isolation exercises for now and concentrate on doing compound exercises. Compound exercises work several muscle groups at the same time. Therefore, you will be stimulating many muscle fibers at once and that will in turn, result in more energy required and calories burned. A compound exercise like squats or lunges can burn more calories than just doing stomach crunches. Squats will work the muscles of your lower back, legs and buttock compared to crunches only working your stomach muscles.

3. Pair Up your Exercises

Muscles are paired. You can lose the pregnancy weight efficiently when you work the upper and lower body in your workout session. You can do this by alternating your lower body and upper body exercises. This keeps your heart rate elevated and your metabolism in the fat burning zone. Remember, the more muscle fibers you stimulate, the more fat that your body will burn and this will help you to lose pregnancy weight fast and get you lean and toned.

4. Short Rest time and Low Reps

One of the most effective methods to trim your tummy and build lean muscle is to complete your exercises with maximum effort and in short bursts. To accelerate quick lean muscle growth, studies have recommended that your reps be between 8 to 12 reps for each exercise. And after each set, you should rest between 30 to 60 seconds. Thus you will have the benefit of an increased metabolism; more calories burned and less time spent working out.

5. Cardio in moderation

Most Moms are under the misconception that cardio is the best and only exercise to do when it comes to losing the baby fat. That is not completely true. Yes, cardio burns calories but just for the duration of the time spent exercising. Cardio builds the stamina of the heart and leg muscles but does not make them lean muscle.

The more lean muscle tissue you have the more your body is able to burn fat more efficiently. Therefore, you should cut down on the amount of cardio you do and try to incorporate some strength resistance training into your workouts so that you can take advantage of both of them.

Knowledge is power. Now you can put into effect these tips into your workout routine to lose your tummy. But you are more than just pounds of post-pregnancy weight and life-long weight management goes hand in hand with a healthy lifestyle. Losing pregnancy weight is only one of many aspects to living well. The realistic way to look at any weight loss endeavor is to ensure that you are able to maintain a balance between of how you work, play and love you and yours.

About the Author

Ready to get healthy? Visit Teresa Brown's blog for more tips on how you can [burn the baby fat](#) and [lose pregnancy weight fast](#) for the long-term.