

Lose Pregnancy Weight Fast - Five Keys to look Fabulous

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. Resistance 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. Perform Compound Exercises

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. Aim for a Full Body workout

Muscles work in groups of two. Thus to burn the baby fat quickly, you need to aim for a full body workout. You can accomplish this by dividing up your workout into exercising your upper body and your lower body. By doing this you will keep your metabolism rate working in the fat burning zone. And once more, since you are stimulating many muscle groups, you will lose the pregnancy weight by burning more calories.

4. Maintain your Rest and Reps low

Too much of a good thing can sabotage your progress to trim your tummy. Resistance training is a good thing but you need to know when and how to do the exercises in order to extract the maximum benefit. Research suggests that to build lean muscle and thereby burn the most calories during a workout, you should perform each exercise between 8 to 12 reps at your best effort with rests between each set between 30 to 60 seconds. This will result in a decrease in your workout time and an increase in calories burned.

5. Reduce your Cardio

Only focusing on cardio as the answer to losing the baby fat will leave you frustrated and getting nowhere fast. Cardio burns calories, as does any form of exercise. What you have to realize is that cardio works on building your heart and leg muscle endurance.

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

[Losing pregnancy weight](#) can be intimidating but there is no time like the present to start now. Be sure to check out Teresa Brown's blog for more information on [losing the baby fat](#) and getting healthy again.