

How To Build Workouts That Burn Calories 24/7



Step 1) Always Start With A Simple Workout Schedule



The first step is to decide how many days a week you can realistically exercise.

"Realistically" is the key word.

Even though you'll technically see the best results exercising 6 days a week, it's very unlikely that you'll sustain that for more than a few weeks.

This is partly why people regain weight after losing it. They see great results with a super-intense workout routine, then something comes up in their life, then they stop the routine, then they start regaining weight like crazy.

It will happen to you too. Don't think that it won't.

Because of that, **I recommended exercising 3 days a week max.** It's much easier to fit in your schedule no matter how hectic your work or family life is. We're only asking for 2-3 hours of exercise every week (not every workout has to be a full hour).

Step 2) Choosing The Right Exercises



Since you're exercising 1-3 days a week, you need at least one exercise for every major muscle group.

This is called a full-body workout routine. You're making sure every muscle in your body did something useful before you leave the gym.

Here are the 7 major muscle groups you need to worry about:

- Shoulders
- Quads (thighs)
- Chest
- Hamstrings/Glutes
- Back
- Core

- Arms

I also recommend working each muscle group in this same order I listed them in. I won't go into the science of why, but it's slightly better to do it that way.

Now you need at least one exercise for each muscle group. But you don't want just any exercise, you want what's called free-weight compound movements.

Free-weight means anything that's not a machine (bodyweight, dumbbells, resistance bands, etc.)

Compound means you're using more than one joint at the same time. For example, in a bicep curl, you're just bending at the elbow. In a pullup, you're bending at the elbow AND shoulder.

Put them together, and you get **free-weight compound movements**.

They're generally better than most forms of exercise because of two things:

1. They work the most muscles at once, so you get a lot more done in just a single exercise.
2. They don't plateau as easily, so you won't have to change your workouts every other week.

And if you don't know, a plateau is when you suddenly stop seeing progress. It's inevitable, but with these exercises, you can go months without experiencing one.

So what exercises are free-weight and compound? You can find a whole list at the very end of this guide, and each exercise is linked to a YouTube video showing you exactly how to do it. (no affiliation with anyone who's linked)

Once you've chosen your exercises, you're done! You've created your first workout routine all by yourself!

Here's an example:

- **Shoulders:** Dumbbell Shoulder Press
- **Quads (Thighs):** Goblet Squat
- **Chest:** Dumbbell Floor Press
- **Hamstrings/Glutes:** Single Leg Deadlift
- **Back:** Bent Over Row
- **Core:** Dumbbell Weighted Crunch
- **Arms:** Dumbbell Skull Crushers

And here are some smaller details you should keep in mind.

I recommend always sticking to:

- 8-12 reps
- 3 sets per exercise
- 60 second rest periods between sets (this will be longer than you'd think, so time yourself)

Lastly, if you're working out 3 times a week, you can either take the same exact workout and do it 3 times a week, or you can make 3 unique workouts. Either way works as long as you're following the final step: progressive overload.

Step 3) Progressive Overload



This is the most neglected part of any exercise routine, yet this is single-handedly the key to speeding up your metabolism.

Progressive overload simply means you're making each workout slightly harder every week.

Specifically, you want to do one of the following to as many exercises as you can every week:

- Add 5-10lbs of weight.
- Add 2-4 reps.
- Slow down each rep by 2-8 seconds.

This might not sound like a lot, but if you're doing it every week, it adds up quickly.

Here's an example of what that looks like

Each entry is written as (Weight) x (Reps)

Exercise	Week 1	Week 2	Week 3	Week 4
DB Shoulder Press	10x10	15x10	15x12	20x10
Goblet Squat	20x8	30x8	40x10	40x12
DB Chest Press	15x10	20x10	20x10 (slow)	25x10

So why is this important?

By making the workouts slightly harder, you're telling your body "Hey, this will only get worse if you don't get stronger." So, in response, the body builds a bit of muscle and gets stronger.

It's always important to emphasize, **you will not look bulky by doing this**. In fact, the extra muscle will help add shape and definition throughout your body. You know how some female athletes have really nice looking arms? It's because they built muscle. So, you should too.

Because the body is building muscle, your metabolism automatically speeds up. Muscle does this because of how expensive it is to maintain in your body. Your body burns calories 24/7 just to keep muscle on your bones, so the more you have, the more calories your body "spends" on a daily basis keeping it alive.

Muscle Group	Bodyweight	Resistance Band	Dumbbell
Shoulders	<u>Pike Pushups</u>	<u>Band Z-Press</u>	<u>Dumbbell Shoulder Press</u>
Quads	<u>Split Squat</u>	<u>Band Front Squat</u>	<u>Goblet Squats</u>
Chest	<u>Assisted Pushup</u>	<u>Band Chest Fly</u>	<u>Dumbbell Floor Press</u>
Hamstring/Glutes	<u>Single Leg Hip Thrust</u>	<u>Band Romanian Deadlift</u>	<u>Single Leg Deadlift</u>
Back	<u>Wall Slide</u>	<u>Band Face Pull</u>	<u>Bent Over Dumbbell Row</u>
Core	<u>Wall Bug</u>	<u>Banded Pallof Press</u>	<u>Dumbbell Weighted Crunch</u>
Arms	<u>Pushup Plank</u>	<u>Band Bicep Curl</u>	<u>Dumbbell Skull Crushers</u>