



## How To Burn Fat And Build Muscle (Fun & Easy)

by [LastDayOne](#) on April 28, 2013

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Author: LastDayOne Nick Thamas

I'm down to earth. I think differently. I see the world for different than it is. I think outside the box. I believe confidence and knowledge is key to success.

## Intro: How To Burn Fat And Build Muscle (Fun & Easy)

### The Basics

By performing these exercises you will gain strength and may even lose fat over time while getting the benefits of completing daily activities with easy movement and reduced physical effort. This workout program will help you get ready for your next scene. These exercises are for building more of strength and muscle density rather than size due to being specifically body resistance exercises only. You will not need weights or any equipment. These workouts may be performed practically anywhere. WARNING! These exercises are not recommended for people who have any heart problems or high blood pressure. I repeat, these exercises will not build size more as they will build strength. It is suggested that you consult with a doctor before starting a new workout plan. These exercises may feel weird and pointless at first but you'll get used to it and start to notice great gains.

### The Exercises

#### Full Body

- Full body flex (Prepare VO2max and warm up)

#### Upper Body

- Hand Pressure (Isometrics to build chest and arm strength)
- Stomach Vacuum (Isometrics to build deep abdominal core muscle)
- Abdominal Flex (To increase VO2max and muscle Control (VO2Max = Peak Oxygen))
- The Wall Pull (Isometrics to build biceps, triceps and pectorals (chest))
- Pushups For Fun (To build sculpted chest muscle)

#### Lower Body

- Squats (To build endurance and overall fitness)
- Wall Sit (Isometrics to build quadriceps endurance and strength)
- Calf Raise Flex (Isometrics to build VO2max of calves)

### Full Body Flex

This exercise is for increasing your VO2max (maximal oxygen consumption) to help build and repair muscles faster while also giving you more muscle energy to crush your workouts. Start by flexing your legs and then move up to flexing your full part with as many muscles being flexed as you can. Hold this for 10 to 20 seconds and then continue to your workout.

### Hand Pressure

This exercise will work your chest and arm muscles much like a traditional push up would. To perform this exercise place your hands together in front of you and press as hard as you can. You should feel the tension throughout your upper body.

Hold this for 5 to 10 seconds, relax, then repeat. This should be done for 3 to 10 sets throughout your workout or spread throughout the entire day.

### Stomach Vacuum

This exercise is an isometric contraction that will strengthen your inner core to help support your back and assist in having better workouts. Doing this workout will help you lose inches within even the first month. To perform this exercise, stand up straight and place one hand on your front hips and one hand on back or if you'd like you can lean forward and place your hands on the top of your thighs.. This will help straighten your posture to perform the exercise properly. To do this you must exhale all your breath and suck in your gut as much as you can and push you out your chest muscle. To make success on this exercise you should feel a burn. If you do not feel a burn across your abdomen then you are not tensing enough.

For the first week you do this you should hold it for 15 seconds 2 times a day.

Second week - 20 seconds 3 times a day

Third week - 25 seconds 4 times a day

Fourth week - 30 seconds 5 times a day

Fifth week - 40 seconds 4 times a day

Sixth week - 50 seconds 3 times a day

Seventh week - 60 seconds 2 times a day

After you've reached 60 seconds 2 times a day you can continue with that or increase the x number of times you do it a day for an even further benefit. You should notice a difference in yourself after maybe even the first week or two.

### Stomach Flex

This is a very basic move to help build your VO2max much like the full body flex but more specific just for your abdominal muscles. To do this there are only 4 movements.

First - Lean forward and flex your abs as hard as you can for 10 seconds

Second - Lean to the left and flex as hard as you can for 20 seconds

Third - Lean to the right and flex as hard as you can for 20 seconds

Fourth - Lean back and flex as hard as you can for 10 seconds.

Remember to breath. Nose breathing is recommended for easier breaths.

### The Wall Pull

This exercise is very basic. What you want to do is stand at door frame or something else that is like a frame that can support quite a bit of pressure. Now with your hands I want you to place one hand on one side pulling while the opposite hand is on the other side pushing. You should be standing on one side of the wall so this

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exercise is manageable. Pull for 5-10 seconds then go on the other side of the wall and pull with the opposite hand and push with the opposite hand. Repeat this 2-3 times or until desired. This exercise will target the chest, tricep and specifically the bicep. Remember to pull/push as hard as you can.

### The Pushup

You've all heard of the push up. I know lots of you may think this is a boring exercise and may not be something you want to do but I've got something to help spice up this exercise so that you can get the best out of it and maybe have some fun. Here's how to do it either alone or with a partner. At the end of every week try doing the most push ups you can so you can set your workout accordingly.

Alone (If you can do more than 10 pushups)

Take your max number of pushups and add 5 then round to the nearest 5 then divide by 3.

Example: If your max number of pushups is 12. Add 5 ( $12+5=17$ ) then round to the nearest 5.  $17=20$

Then divide that number by 3 and round to the nearest one.  $20/3=6.666 = 7$

So once you've gotten your final number then you're going to do that amount of pushups for 3 sets. So basically you'll be doing 7 push ups 3x. This will help you do more pushups overtime.

In between each set try laying on your back and lightly flex your tummy for 20 seconds then flip over and do the next set.

Alone (If you cannot do any pushups)

Lay on the ground facing down. Put your arms to your side like you're ready to do a push up. Try pushing yourself off the ground as hard as you can for 10 seconds, relax, then do this two more times. If you can do one pushup or more then push off the ground until your arms are at a 90 degree angle and hold it for as long as you can. At the end of every week try doing some traditional pushups to see if you can do any and if so then see how many.

With A Partner

Get in a pushup position facing your partner while he/she is in a pushup position. Now, do a pushup at the same time as your partner. Once you both reach a full extend try and high five them. Left hand high fives partner's left hand then push down to the floor and do another push up high fiving your partner's right hand with your right hand. Continue doing this until one or both of you give up. Once this is done try holding a half push (arms at 90 degrees) for as long as you can and then you're done for the day.

### The Squat

I know some of you hate squats but let me say a few words. Squats will give you a nice bum that people will google at everywhere you go. You'll have a nice looking bum and some amazing legs. This is a definite for men and woman. Want to have some nice shape? Do some squats.

Okay I know a lot of you already know how to do a squat but in case you don't then... First, stand up straight. Keeping your back as straight as you can I want you to bend your knees and lower yourself down to the floor as low as you can then stand straight up again. Do this as many times as you can and as fast as you can. You'll get tired quickly. Best part! Wait until you see how much sexier your bum will look after doing this for a month or two.

### The Wall Sit

Stand against a wall. Bend your knees down until they are 90 degrees and hold it while your back is flat against the wall. Simple as that. Hold this as long as you can. If you get bored then try reading something or texting a friend. This wall sit should make your legs shake. You'll see some improvements in almost everything you do at some point. It's a secret... You'll see.

### Calf Flex

This will tone out your legs nicely... Yes this is the last workout! Now, I want you to stand on your tiptoes and try and flex your calves. If you can't flex your calves then just walk around like this for a while. Do this as long as you can.

I hope everyone enjoys this workout! Have fun and good luck! :)

Considerations:

Take a day off for every workout you do so you have time to recover.

Ideally you should do this workout plan every other day.

Drink lots of water and you'll make these workouts give you a nice pump!



Bonus Video To Speed Up Results and Improve Your Abs