

Standing exercises help burn belly fat faster after age 45

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After 45, your body changes, especially lower estrogen levels in women, which alter the way fat is stored and burned. Furthermore, muscle mass naturally decreases, metabolism slows down, and stress hormones like cortisol increase, causing excess fat to accumulate in the abdominal area. To address these annoying issues, we've compiled some great standing exercises that will help you burn stubborn belly fat faster than running after 45.

What makes standing exercises so effective?

Standing crunches activate more muscles than seated or lying crunches because they work the core, glutes, and stabilizers at the same time. When multiple muscle groups work together, the body burns more calories during and after the workout. These functional exercises also improve balance, posture, and mobility —things that regular crunches can't do.

Standing crunches from knees to elbows

The standing knee-to-elbow crunch works the obliques and hip flexors while tightening the core. It also improves balance and coordination while toning the midsection.

1. Start by standing with your feet shoulder-width apart on the floor and your hands behind your head.
2. Lift your left knee up as you rotate your torso and bring your right elbow towards it.
3. Get down.
4. Lift your right knee up as you rotate your torso and bring your left elbow towards it.
5. Continue to change sides in a controlled manner.
6. Do 3 sets of 20 repetitions for each side.

Woodchopper

The Woodchopper conveys true weight-lifting movement patterns. This exercise engages your obliques, abs, and lower back as you rotate your body in a twisting motion, helping to tone your waist.

1. Start standing with your feet shoulder-width apart, holding a dumbbell over one shoulder.
2. Inhale, swing the dumbbell diagonally toward the opposite leg, bending the knee.
3. Control as you reverse the movement.
4. Do 3 sets of 15 repetitions on each side.

Squat to Cross Body Dumbbell Raise

The cross-body dumbbell squat strengthens your lower body while also engaging your deep core to stabilize your body. This exercise works your obliques, core, shoulders, legs, and glutes.

1. Start standing with your feet shoulder-width apart, holding a dumbbell or medicine ball in both hands near one hip.
2. Bend your knees and hips to lower your body into a squat position, keeping your chest up.
3. As you stand up, push the dumbbell through your legs and lift it diagonally across your body, ending at the opposite shoulder.
4. Control when returning to the starting position.
5. Do 3 sets of 12 repetitions each.

Raise one leg to the side while standing

Standing lateral leg raises tone the outer hips and strengthen the oblique muscles, helping to shape and firm the waist.

1. Start by standing straight with your feet hip-width apart, hands on your hips or holding onto a chair or sturdy wall for extra support.
2. Engage your core as you shift your weight onto your left leg.
3. Keep your right leg straight and your toes pointed forward as you lift your leg out to the side as high as possible.

4. Hold at the top position for a moment before lowering.
5. Repeat on the other side.
6. Do 3 sets of 15 reps for each leg.

Parade combined with body rotation

The trunk rotation exercise helps to activate the entire "core chain" while increasing heart rate and coordination.

1. Start by standing with your feet hip-width apart and your arms bent 90 degrees in front of you.
2. Activate your core as you lift your right knee up toward your chest, while rotating your torso to the right.
3. Use the control hand to lower the leg and return to the starting position.
4. Lift your left knee up toward your chest, while rotating your torso to the left.
5. Continue to change sides, do 3 sets, each set 30 seconds.

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