

Workout exercises for 4 minutes work equally well with 1 hour of gym

Here are 5 classic exercises but extremely effective in weight loss, which only takes 4 minutes each day. Please refer to some exercise moves and test yourself!

Did you know that if applied appropriately, simple movements can be more effective than high-intensity exercises?

1. 4 "anti-scientific" weight loss tips can make you fat
2. 10 simple exercises that help improve posture at home
3. 3 minimum things to do to have a healthy life

Not all of us fit well with intense heavy exercises, especially in the time of scarcity of the present time. However, it is not an anti-protest word to give up practicing exercise.

Spending time exercising is extremely important. With just a few simple movements, you can burn calories equivalent to 1 hour of gym, here are **5 classic exercises but extremely effective in weight loss , which only takes 4 minutes show every day .**

If you still have doubts about this, refer to some exercise moves below and test yourself!

1. Stand-up movements (Sit-ups)



1. To begin this exercise, place your feet wide at your shoulders, relax and hold your hands behind your neck.
2. Lower your body weight, push your butt backwards as if you're sitting on a chair.
3. While lowering the person in this squat *position* , pay attention to pull the hip down as low as possible but still **keep the back straight** .
4. Then, press your foot, put your body back into its original position. Repeat the movement for 60 seconds.

2. Anti-push action (Push up)



Push resistance is also one of the most effective exercises for you. With this exercise, you will need a plane to perform.

1. Start with posture (A). Put two hands on the floor. Shoulder, knees and legs form straight lines.
2. Lower people to the floor. Bend your hands, apply your elbows to the side.
3. Then, use the force of the two arms to push the person back to the original position.
4. This action helps develop chest muscles and triceps. Continuous episode for 30 seconds.

Note in the process of implementation, **all the back and legs should be kept straight** to get the best effect. This exercise is the perfect method for those who want to strengthen the triceps and chest muscles.

3. Mountain climbing in place

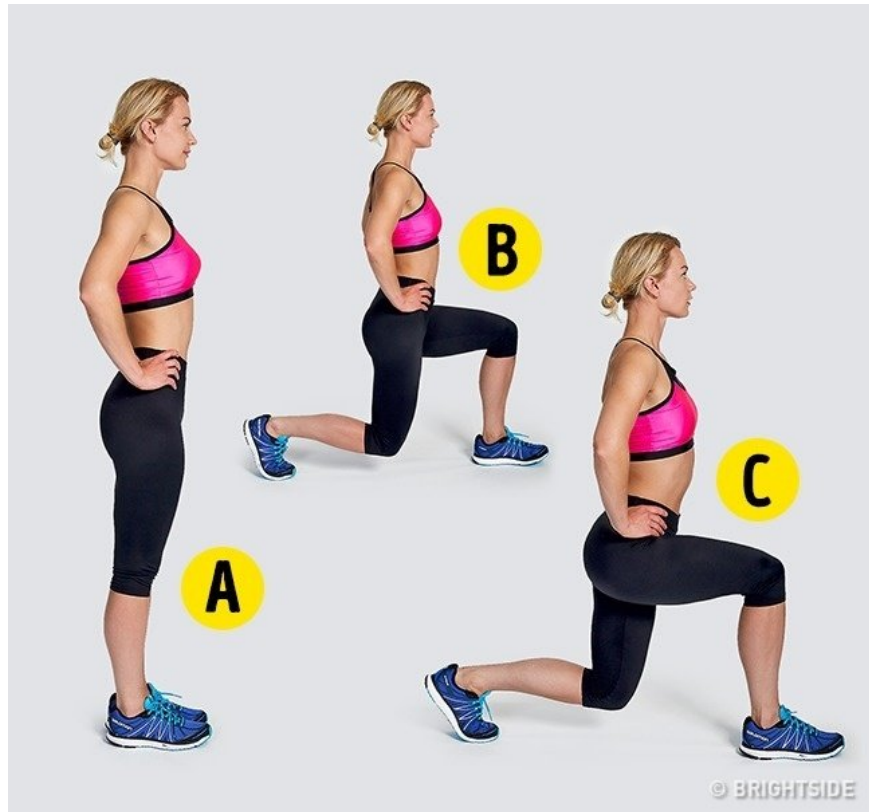


On-site climbing movements possess a posture similar to anti-push. This rather complex exercise helps to **tighten your abdominal muscles** and **burn calories**. According to bodybuilders, climbing is a powerful move in increasing the toughness and strength of abdominal muscles. This action is also great for burning calories and reducing excess fat in the waist area.

1. Start in an anti-push position. Stretch your muscles up, lift your legs up and slowly pull it towards your chest.
2. Keep your back and hips into a fixed line.
3. Return to the original position, repeat the exercise with the left leg. Episode for 30 seconds.

See also: 5 absolute things not to do after eating

4. Step-by-step movements (Lunge)



1. To do this exercise, first stand straight, relax your body, your legs are spread across your shoulders, your arms are against the waist.
2. Step left foot a big step, at the same time lowering the body, forming a 90-degree right angle at the left leg, the right knee near the floor.
3. Then return to the old position thanks to the thrust of the right leg.
4. Keep repeating the movement with the other leg.

Note to keep your back straight throughout this exercise .

5. Jumping Jack Jack action



Jumping Jacks is one of the mandatory parts of the US military, which enhances muscle strength and cardiovascular health.

1. To prepare for it, relax, hold your hands straight to your hips naturally.
2. Next, quickly jumped up, simultaneously spread her legs and swung her arms straight up into the sky.
3. Jump back to the original position and keep repeating.

Workout plan

EXERCISE	TIME
Sit-ups	60 secs
Push-ups	30 secs
Mountain climber	30 secs
Lunges	60 secs
Jumps	45 secs

© BRIGHTSIDE

High-intensity exercise is really effective because of the fast pace of exercise, a large amount of calories burned in a short period of time.

See also: Writing on paper is a way to help people become smarter

Having fun!

You finished reading the article "**Workout exercises for 4 minutes work equally well with 1 hour of gym**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.