

# love handles home workout

## Crush Your Love Handles: The Ultimate Home Workout Guide

**love handles home workout** routines are a sought-after solution for individuals aiming to sculpt their midsection and achieve a more streamlined physique from the comfort of their own homes. This comprehensive guide delves deep into effective strategies, focusing on targeted exercises, understanding the role of nutrition, and establishing a sustainable fitness regimen. We will explore various workout approaches, from bodyweight exercises that require no equipment to those incorporating simple household items for added resistance. Understanding the science behind fat loss and muscle toning is crucial, and this article will equip you with the knowledge to tackle stubborn fat deposits around your waistline efficiently. Prepare to transform your body with a well-rounded approach that combines movement, mindful eating, and consistent effort.

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## Understanding Love Handles

Love handles, medically known as abdominal adipose tissue, are localized fat deposits that accumulate around the oblique muscles of your torso. These areas are often genetically predisposed to store excess fat, making them particularly stubborn to lose through general weight loss alone. While spot reduction of fat is largely a myth, a targeted approach to exercise and diet can significantly reduce overall body fat, leading to a decrease in the visibility of love handles.

The accumulation of love handles is primarily a consequence of caloric surplus – consuming more calories than your body burns. This excess energy is stored as fat, and for many individuals, the waistline is a common storage site. Factors such as hormonal balance, age, and lifestyle choices also play a significant role in where your body stores fat. Addressing love handles requires a holistic approach that encompasses both exercise and dietary adjustments to promote fat loss throughout the body.

## Causes of Love Handles

Several factors contribute to the development of love handles, making them a common concern for many. Understanding these causes is the first step towards effectively addressing them.

- **Caloric Imbalance:** Consuming more calories than expended leads to fat storage, with the midsection often being a prime area.
- **Sedentary Lifestyle:** Lack of regular physical activity reduces calorie expenditure and can contribute to fat accumulation.
- **Genetics:** Individual genetic makeup influences where the body tends to store fat.
- **Hormonal Changes:** Fluctuations in hormones, such as cortisol and insulin, can impact fat storage patterns.
- **Poor Diet:** Diets high in processed foods, sugar, and unhealthy fats can exacerbate fat storage.
- **Stress:** Chronic stress can lead to elevated cortisol levels, which promotes abdominal fat storage.

## The Science Behind Fat Loss

It is essential to understand that you cannot "spot reduce" fat from a specific area like love handles. Fat loss occurs systemically throughout the body when you are in a caloric deficit. This means burning more calories than you consume. When your body needs energy, it draws from stored fat reserves, which can be anywhere on the body, including the love handle area. Therefore, an effective love handles home workout focuses on exercises that burn a significant number of calories and build muscle, which in turn boosts your metabolism.

## The Role of Diet in Love Handle Reduction

While a love handles home workout is crucial for strengthening the core and improving muscle tone, diet plays an even more significant role in reducing love handles. No amount of exercise can fully compensate for a poor diet. Achieving a caloric deficit through nutrition is paramount for overall fat loss, which will inevitably impact your love handle area.

Focus on a balanced diet rich in whole foods, lean proteins, healthy fats, and complex carbohydrates. Reducing your intake of sugary drinks, processed snacks, and excessive saturated fats will significantly contribute to creating the necessary caloric deficit. Hydration is also key, as water helps with metabolism and can reduce feelings of hunger.

## **Nutritional Strategies for Fat Loss**

Implementing smart nutritional choices is as important as any exercise routine for tackling love handles. Consider these key strategies:

- **Prioritize Whole Foods:** Base your diet on fruits, vegetables, lean proteins (chicken, fish, beans, tofu), and whole grains.
- **Control Portion Sizes:** Be mindful of how much you are eating, even of healthy foods.
- **Limit Sugary Beverages:** Sodas, fruit juices, and sweetened coffees contribute empty calories and hinder fat loss.
- **Reduce Processed Foods:** These often contain hidden sugars, unhealthy fats, and excessive sodium.
- **Increase Protein Intake:** Protein helps you feel full longer and supports muscle growth, which aids metabolism.
- **Stay Hydrated:** Drink plenty of water throughout the day to support metabolic processes and satiety.

## **Caloric Deficit Explained**

A caloric deficit is the cornerstone of fat loss. It means consuming fewer calories than your body needs to maintain its current weight. This forces your body to tap into its fat stores for energy. For example, if your body requires 2000 calories per day to maintain, consuming 1500 calories will create a deficit of 500 calories. This deficit, combined with exercise, accelerates fat reduction, including from areas like the love handles.

## **Effective Love Handles Home Workout Strategies**

A successful love handles home workout plan combines cardiovascular exercises to burn calories and strength training to build muscle and tone the core. The oblique muscles, located on the sides of your abdomen, are key targets. However, remember that strengthening these muscles won't directly melt fat but will create a tighter, more toned appearance as body fat decreases.

The best home workouts for love handles are those that engage multiple muscle groups and elevate your heart rate. Consistency is more important than the intensity of a single workout. Aim for a routine that you can stick to long-term, gradually increasing the challenge as you get fitter.

## **The Importance of Cardio**

Cardiovascular exercise is fundamental for burning calories and reducing overall body fat. When done consistently, it creates the caloric deficit needed to reveal toned muscles underneath. Incorporating cardio into your love handles home workout routine is non-negotiable for effective fat loss.

High-intensity interval training (HIIT) is particularly effective for burning calories in a shorter amount of time and boosting your metabolism post-workout. However, steady-state cardio also has its benefits for endurance and consistent calorie expenditure.

## **Cardio Options for Home Workouts**

- **Jumping Jacks:** A classic full-body exercise that gets your heart rate up quickly.
- **High Knees:** Running in place with exaggerated knee lifts engages the core and legs.
- **Burpees:** A challenging full-body movement that combines a squat, plank, push-up, and jump.
- **Mountain Climbers:** Mimics a crawling motion from a plank position, engaging the core and shoulders.
- **Dancing:** Put on your favorite music and dance energetically for a fun cardio session.
- **Jumping Rope:** An excellent calorie burner that also improves coordination.

# Bodyweight Exercises for Love Handles

Bodyweight exercises are an excellent starting point for a love handles home workout because they require no equipment and can be performed anywhere. These movements effectively target the abdominal muscles, including the obliques, and contribute to overall core strength.

Focus on controlled movements and proper form to maximize engagement and prevent injury. As you progress, you can increase the repetitions, sets, or decrease the rest time between exercises to make them more challenging.

## Targeting the Obliques

The oblique muscles are crucial for rotational movements and stabilizing the torso. Exercises that specifically target these muscles will help create a more sculpted waistline.

- **Russian Twists:** Sit on the floor with knees bent, lean back slightly, and twist your torso from side to side, optionally holding a weight.
- **Side Planks:** Hold a plank position on your forearm, keeping your body in a straight line from head to heels, engaging your obliques.
- **Bicycle Crunches:** Lie on your back, bring one knee towards your chest while bringing the opposite elbow towards it, alternating sides.
- **Standing Side Bends:** Stand with feet shoulder-width apart, and slowly bend to one side, engaging the obliques on the opposite side.
- **Wood Chops:** Mimic the motion of chopping wood by twisting your torso from a high to a low diagonal, using bodyweight or a light weight.

## Core Strengthening Exercises

A strong core is essential not only for aesthetics but also for good posture and preventing back pain. These exercises strengthen the entire abdominal region, contributing to a more toned midsection.

1. **Plank:** Hold a position similar to the top of a push-up, engaging your entire core to keep your body straight.
2. **Crunches:** Lie on your back with knees bent and perform controlled upward movements, engaging your abdominal muscles.
3. **Leg Raises:** Lie on your back and lift your legs towards the ceiling, keeping them as straight as possible and engaging your lower abs.
4. **Reverse Crunches:** Lie on your back and bring your knees towards your chest, lifting your hips slightly off the floor.

## Advanced Home Workout Techniques

Once you have established a solid foundation with bodyweight exercises, you can introduce more advanced techniques to challenge your muscles further and accelerate your progress in your love handles home workout journey. These methods can include incorporating resistance and increasing the complexity of movements.

Using common household items as weights can be a creative way to add resistance. Think about water bottles, cans of food, or even a backpack filled with books. The key is to find ways to progressively overload your muscles to stimulate growth and adaptation.

## Using Resistance Bands

Resistance bands are a versatile and affordable tool that can significantly enhance your home workouts. They provide constant tension throughout the movement, which can be more effective for muscle activation than free weights in some cases. Integrating them into your love handles home workout can yield excellent results.

- **Band Pull-Aparts:** Hold a resistance band with both hands, arms extended forward, and pull the band apart, squeezing your shoulder blades.
- **Band Wood Chops:** Anchor a resistance band to a sturdy object at waist height and perform twisting motions, mimicking a wood chop.

- **Lateral Band Walks:** Place a band around your ankles or knees and step sideways, maintaining tension on the band.
- **Band Russian Twists:** Sit on the floor and loop a resistance band around your feet, holding the ends and twisting your torso.

## **Incorporating Household Items for Resistance**

You don't need a gym to add resistance to your love handles home workout. Everyday items can be transformed into effective workout tools.

For instance, two filled water bottles can serve as dumbbells for exercises like bicep curls or overhead presses. A backpack filled with books can add significant weight for squats or lunges. Even a sturdy chair can be used for triceps dips or step-ups.

## **Consistency and Progression**

The most critical element for success with any love handles home workout is consistency. Sporadic workouts will yield minimal results. Aim to incorporate your chosen exercises into your weekly routine and stick to it. Progressively overloading your muscles is also vital for continued improvement.

As you get stronger, you'll need to increase the challenge. This can be done by increasing the number of repetitions, adding more sets, reducing rest times, or introducing more difficult variations of the exercises. Listen to your body and ensure you are allowing for adequate recovery.

## **Creating a Sustainable Routine**

A sustainable workout routine is one that fits into your lifestyle and that you can realistically maintain. It's better to commit to three shorter workouts a week than to aim for seven and burn out. Find times that work best for you, whether it's first thing in the morning, during a lunch break, or in the evening.

Variety can also help maintain motivation. Mix up your cardio and strength training routines to keep things interesting and ensure you are working different muscle groups. Don't be afraid to try new exercises or formats.

## Tracking Your Progress

Monitoring your progress can be a powerful motivator. Keep a workout journal to record the exercises you do, the number of reps and sets, and how you feel. You can also take measurements of your waistline or progress photos periodically. Seeing how far you've come can encourage you to keep pushing forward.

Remember that progress isn't always linear. There will be days when you feel stronger and days when you feel a bit weaker. The key is to stay committed to the process and celebrate your achievements along the way.

FAQ: Love Handles Home Workout

### **Q: How quickly can I expect to see results from a love handles home workout?**

A: The timeline for seeing results varies significantly based on individual factors such as genetics, diet, consistency of workouts, and starting fitness level. Generally, it takes at least 4-6 weeks of consistent effort to begin noticing visible changes. Combining a dedicated home workout with a healthy diet is crucial for accelerating fat loss and toning the midsection.

### **Q: Do I need any special equipment for a love handles home workout?**

A: No, you do not necessarily need special equipment for an effective love handles home workout. Many highly effective exercises can be done using just your bodyweight, such as planks, Russian twists, bicycle crunches, and high knees. Resistance bands or light dumbbells can enhance workouts but are not essential to start.

### **Q: What is the best type of cardio for reducing love handles at home?**

A: High-intensity interval training (HIIT) is exceptionally effective for reducing love handles at home because it burns a significant number of calories in a short period and boosts metabolism post-workout. However, consistent steady-state cardio like jogging in place, jumping jacks, or dancing also contributes significantly to overall fat loss.



**Q: Can I target love handles with specific exercises, or is it about overall fat loss?**

A: While you can strengthen and tone the oblique muscles with specific exercises designed for love handles, you cannot "spot reduce" fat from that area. Love handle reduction is primarily achieved through overall body fat loss. Therefore, a comprehensive approach that includes cardiovascular exercise and a healthy diet is necessary, alongside targeted core strengthening.

**Q: How often should I do a love handles home workout?**

A: For optimal results, aim to perform your love handles home workout 3-5 times per week. Ensure you incorporate rest days to allow your muscles to recover and rebuild. It's also beneficial to vary your routine to prevent plateaus and keep your body challenged.

**Q: What are some common mistakes to avoid in a love handles home workout?**

A: Common mistakes include focusing solely on oblique exercises without addressing overall fat loss, neglecting proper form, not challenging yourself progressively, and being inconsistent with the routine. Additionally, relying solely on exercise without dietary changes will limit your success in reducing love handles.

**Q: How does diet impact the effectiveness of a love handles home workout?**

A: Diet plays a paramount role, arguably more so than exercise, in reducing love handles. To lose fat in the love handle area, you must be in a caloric deficit, meaning you consume fewer calories than you burn. A healthy diet rich in whole foods and lean protein, coupled with a home workout, is the most effective strategy for fat loss.

## **Love Handles Home Workout**

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Millions of women have discovered the benefits of home fitness, and female consumers spend millions annually on home gym equipment. Working out at home can be the ideal setting for a shapeover, but many women are intimidated by the concept or don't know how to make the most of their equipment. In *Women's Home Workout Bible*, fitness expert and best-selling author Brad Schoenfeld makes sense of home-based workouts by covering fitness routines for every training style, budget, and home space. The full-color guide includes 12 four-week programs for conditioning, sculpting, and core stability, plus three levels of fat-burning cardio workouts, all customizable to fit the reader's goals. It also has consumer buying tips for products and guidelines for making the most of any space for a home gym. Applicable to any budget, the book provides plans for creating a personal gym, or adding to an existing home gym, on budgets of \$100, \$500, \$1000, and over \$2500. *Women's Home Workout Bible* is a fitness manual, buying guide, and personal trainer all in one. It can help women get the body they want without leaving the house--or breaking the bank.

**love handles home workout: Home Workout: Learn How to Get Fit Without Leaving Your Home (Moves to Make the Maximum of Your at-home Workout)** Heidi Lorenzen, 2021-10-12 Although most of the logged training sessions were completed using heavy equipment such as barbells, kettlebells, weight plates, pull-up bars, rings, and ropes, i've been able to modify everything in a way that is consumable and executed at home, with room for weights and equipment if you choose. These modified training sessions are based on the originals as much as possible, listed below each original session, and referred to as the home editions. If you want to: Learn how effective home workouts are Learn the advantages and disadvantages of working out at home Find out what basic equipment is needed for a home workout Start right away? You absolutely can. Included is a complete fully detailed recommended workout. Eating healthy and staying active are some of the most important things you can do to prevent heart disease and improve your personal well-being. Whether you're trying to lose weight, stay active as you age or shake-up your normal exercise routine, this fitness basics book is here to help you understand fitness basics and the impact physical activity - or lack thereof - can have on your health.

**love handles home workout: The Men's Health Home Workout Bible** Lou Schuler, Michael Mejia, Editors of Men's Health Magazi, 2002-11-09 Get bigger biceps, broad shoulders, a bigger bench press, powerful legs, cut abs . . . without ever leaving your home! The body you want, in the space you have. The strength you want, with the equipment you have. The muscles you want, in the time you have. You don't need to join a gym to get in shape. In fact, for a lot of guys, the gym is an impediment to getting in shape. The crowds, the inconvenience, the intimidation, the time, the commute-- by the time you add it all up, you could end up investing 2 hours to get 45 minutes of exercise. No matter how little space you have, no matter how little equipment you have, no matter how little time you have, you can get the results you want without stepping inside a gym. The Men's Health Home Workout Bible by Lou Schuler and Michael Mejia, M.S., C.S.C.S. gives you... \* Four full-body muscle plans: The Body Weight Plan The Dumbbell Plan The Barbell Plan The Multistation-Machine Plan \* Custom training plans for strength, fat loss, aerobic fitness, and sports performance \* Buying advice for weights, benches, machines, cardio equipment, and exercise videos \* Complete guidelines for turning your home into a state-of-the-art fitness center With beginner, intermediate, and advanced full-body workouts for each type of equipment, The Men's Health Home Workout Bible gives you more than 400 exercises altogether, photographed and fully described. From pushups to power cleans, from crunches to jump squats, we show you how to get more muscle and strength at home, whether you're a complete beginner or a competitive athlete. The Men's Health Home Workout Bible is a personal trainer, on call 24 hours a day, 7 days a week.

**love handles home workout: Burn Love Handles: The Shortcut to a Sexy Waistline** Shawn Rashid, 2014-06-04 Are you annoyed by your love handles, chubby body and wanted some fast way to loose weight and those extra inches on your waist,but you're tired of buying diet program after diet program or Fitness Product after Fitness product,You've waited for their 'claimed results'... and waited... and waited some more... until your fitness fantasies turn into a dreadful nightmare as you realize that... NOTHING has changed!?!?! In short, there are thousands of diet programs and

dozens of people claiming to be experts. But, unfortunately, none of these so-called 'fitness expert' actually reveal specific information to spot targeting the love handle. Our Guide reveals a real effective way to lose love handles and ultimately gain fitness. You're about to be blown away by the information shared in our easy and simple to follow book. All of which is based off of a Tried & proven System to Shape up Your lovely Love Handles.

**love handles home workout:** *The Complete Idiot's Guide to Quick Total Body Workouts* Tom Seabourne Ph.D., 2012-02-07 Earn the body you've been waiting for with the ultimate guide to quick and easy total body workouts! Today, people are busier than ever before, often at the expense of their health. The Complete Idiot's Guide® to Quick Total Body Workouts acknowledges this trend and gives readers quick and simple exercises they can do for all of their major muscle groups whether at the gym, home, or office. The exercises are as effective as they are easy to follow, giving readers great looking results in no time!

**love handles home workout: Workouts For Women: Fitness For Women Box Set** Linda H. Harris, 2024-06-23 Workouts For Women: Fitness For Women Box Set (3 in 1) Book 1: Bodybuilding For Women: How To Build A Lean, Strong And Fit Female Body By Home Workout Do you want to increase your strength, speed, and overall athletic performance? Do you want to fit a bodybuilding routine into your schedule? You can reach your fitness goals with Bodybuilding for Women. Muscle building has two important components: diet and exercise. If you don't maintain a good balance between diet and exercise, it will be nearly impossible to build a leaner and stronger body. This book provides in-depth coverage of each of these areas by offering nutrition strategies and a bodybuilding training plan that can be used right at home. By reading this book you'll learn: • The benefits of bodybuilding for women • Home bodybuilding exercises, including warm-ups, dumbbell exercises, yoga, and gravity workouts • A 7-day training plan • Bodybuilding nutrition • Bodybuilding tips for beginners This book will show you how to replace fat with muscle, and develop a strong, balanced physique. Book 2: Running: How to Start Running to Lose Weight, Get Fit and Relieve Stress Running is one of the best exercises for those who want to get fit and develop a positive and proactive attitude about health and life. This book provides a wealth of information on how to develop and maintain running habits for weight loss, increased physical fitness and stress relief. This book will show you: • How to use the proper form and techniques while running • How to practice mindfulness while running • How to prepare mentally and physically for your first 5K race You'll also get • A two week training plan that will help you achieve long-term success • The perfect diet plans for runners • Running tips that keep you motivated, focused on your goals and free of injuries The surest way to success as a runner is to begin with modest goals and gradually work your way up. This book will help you get on the right path and will make running challenging, fun and rewarding. Book 3: Yoga for Weight Loss: 12 Best Poses to Lose Weight Fast, Look Better and Feel Amazing Losing weight requires a strict focus on your diet. Likewise, you need to exercise and burn more calories than you consume. Yoga can help you focus on the positive and transformative elements of your weight loss journey. With yoga, you'll work and strengthen your heart, burn calories and fat, and give yourself added peace and mindfulness for this journey. In Yoga For Weight Loss, you'll learn the principles of yoga and the poses that maximize weight loss. These poses begin in a standing position and then head down to the floor, placing you on your stomach and then on your back. Weight loss benefits multiply when you combine these poses and keep your body moving. Plus, you'll glean the confidence needed to get started and have the tools to succeed thanks to great tips for yoga beginners. Order your copy of Workouts For Women: Fitness For Women Box Set now!

**love handles home workout:** *The Women's Fitness Book* DK, 2012-01-16 The Women's Fitness Book is like having a personal trainer in the palm of your hand. It includes advice on healthy eating and weight loss, tips on motivation, setting goals, nutrition, instruction on how to establish and maintain fitness levels, and questionnaires and tests to accurately assess readers' starting point and progress. The Women's Fitness Book is a comprehensive tool, providing everything necessary for women to get healthy, sculpt the body they want, and maintain that healthy body for life.

**love handles home workout:** *The Little Butt & Thighs Workout Book* Erika Dillman,

2007-09-03 With the newest little book in the series, it's easier than ever to get thinner thighs and a tighter tush. Line drawings throughout.

**love handles home workout: Ugly** Anita Bhagwandas, 2024-04-09 Embrace Your Uniqueness and Rewrite Beauty and Fashion "Anita's deep dive into beauty, its history and the pressure to look 'perfect' is essential reading." —Caroline Hiron, writer and "queen of skincare" according to The Guardian Ugly is a powerful exploration of our relationship with looks, challenging centuries-old standards, and empowering us to redefine beauty beyond appearance. Break free from the constraints of "ugly" labels. Author Anita Bhagwandas takes us on a journey to dismantle entrenched notions of attractiveness. She traces the origins of beauty ideals, confronts the impact of pretty privilege, and examines the evolving feminist movement's role in redefining self-worth. With a keen eye on beauty trends and the influence of the media, she empowers us to challenge harmful stereotypes, fostering a more inclusive and positive mindset about looks. Change your self-image. This isn't just a book, it's a transformative experience. Through insightful exploration, Anita delves into the damaging consequences of adhering to narrow beauty standards. By exposing the underpinnings of the cosmetic industry and shedding light on the beauty myth, she encourages readers to reject superficial judgment. This book is a rallying call for you to embrace your individuality, reject self-doubt, and rewrite the narrative surrounding looks, self-esteem, and personal empowerment. Inside, you'll: Explore the roots of beauty standards, from historical norms to modern influences, unraveling their impact on self-perception. Gain insights into the hidden advantages of conforming to conventional beauty ideals and how they affect various aspects of life. Discover the evolving interplay between feminism and appearance, and how it shapes our understanding of empowerment. If you've read books like The Beauty Myth, Women Don't Owe You Pretty, or Ain't I a Woman, you will love Ugly: Redefining Beauty Standards.

**love handles home workout: Weight Loss Explained For Men** Thomas Ugi, 2020-04-08 The WEIGHT LOSS EXPLAINED take what others make complicated and deliver it to you in a step by step, easy to follow format. Never guess again on how to start losing body fat and get ripped, instead start doing what needs to be done to get there. Don't set yourself up for failure by setting the wrong goals. Let me show you how to do it.

**love handles home workout: Top Ten Free Android Apps for Weight Loss** Fiona Gatt, 2011-06-02

**love handles home workout: Smart Marathon Training** Jeff Horowitz, 2011-10-01 Old-school marathon training plans ask runners to crank out 70 to 100 miles a week. It's no wonder those who make it to the start line are running ragged. Smart Marathon Training maps out a healthier, more economical approach to training that emphasizes quality over quantity. With more than 75 detailed exercises plus six easy-to-follow training plans for half and full marathons, Smart Marathon Training will get you to the starting line feeling refreshed and ready to run your best race yet. This innovative program eliminates junk miles, paring down training to three essential runs per week and adding a dynamic strength and cross-training program to build overall fitness. Runners will train for their best performance in less time and avoid the injuries, overtraining, and burnout that come from running too much. Smart Marathon Training builds up a runner's body to resist injury. Runners gain the strength they need to run long using functional exercises that target the hips, glutes, and quads. Running is a full-body sport, so this training program also builds a strong core and upper body to avoid injuries that begin above the waist. No one fakes a marathon or half-marathon—everyone has to do the work. But Smart Marathon Training replaces long, grinding miles with low-impact cross-training. Horowitz outlines a cycling plan to complement run workouts, boosting base fitness while saving runners' bodies for their best runs.

**love handles home workout: LL Cool J's Platinum Workout** LL COOL J, Dave Honig, Jeff O'Connell, 2009-04-14 While it may seem impossible to imagine, LL Cool J didn't always have a diesel body—he chiseled it the old-fashioned way, with hard work and discipline. Together with his longtime trainer, Dave Scooter Honig, LL developed a revolutionary workout system that not only burns away body fat for good but also built the amazing muscle and flawless physique you see in

every one of his latest music videos. In LL Cool J's Platinum Workout, LL let you in on the secrets of his transformation with his uniquely creative, yet no-nonsense regimen—enlivened with humor and sheer force of personality—he will inspire you to enjoy working out as never before, while building a body you never thought possible. LL Cool J and Scooter Honig blend standard free-weight lifts, plyometrics, fighters' moves, calisthenics, endurance training, and much more to create what they call their combination platter—a highly effective, dynamic, and diversified total-body workout. Whether you are just starting a program or looking to get to the next level, you can choose from four levels of fitness, from Bronze to Platinum, including: - THE BRONZE BODY: A 4- week beginners' program that will take inches off your waist and boost your energy. - THE SILVER BODY: A 5-week program for intermediates that increases strength while also maintaining muscular and cardiovascular endurance. - THE GOLD BODY: An advanced 9-week program that turns the body into a muscle-building fat-burning machine—complete with six-pack abs and as much energy as LL Cool J. - THE PLATINUM BODY: A hard-core 3-week fat-torching program LL used to prepare for his Control Myself video—a new level in ripped-to-the-bone fitness and sex appeal. - PLUS, THE DIAMOND BODY: A special 4-week program for women who want to shape up fast for summer or a special event. Jam-packed with photos of LL demonstrating exercises and complete with meal plans and recipes that will fuel your workouts while promoting fat loss, LL Cool J's Platinum Workout will transform your body and the way you think about exercise—for life.

**love handles home workout: Make a Fitness Plan** The Experts at Gold's Gym, 2018-12-15 Provide your readers with an introduction to living a healthy life, both physically and mentally. Students will learn how to set health goals, create fitness plans, and read about different gym machines and how to use them both safely and effectively. They will also learn about the importance of nutrition as they read about different food groups, discover how to eat right on a budget, and how to portion correctly. This comprehensive starter guide gives students a broad introduction into the world of health and fitness, and in doing so, takes away some of the fear and power that may accompany some of these body changes.

**love handles home workout: 7 Years Younger Instant Makeovers** Editors of Woman's Day, 2014-12-30 Lose years in minutes! Includes more than 100 instant makeovers to help you look and feel younger-today. Get smoother skin, thicker hair and a brighter smile. Plus, sleep more soundly, banish stress, eat better and feel great about yourself. You'll discover how to play up your best features, choose flattering colors, fashions and hairstyles, get a good night's rest every night, shop for the best anti-aging products that really work, and feel years younger and light-years more confident! Created by the editorial team of Woman's Day magazine, the book features a new group of test panelists specially recruited to demonstrate the anti-aging makeovers. Bonus: product recommendations from the latest Good Housekeeping Anti-Aging Skincare, Hair and Makeup Awards and dozens of youth-boosting recipes from Today show nutrition and health expert Joy Bauer, MS, RD. Color photos throughout. Praise for the New York Times bestseller, 7 Years Younger Follow this plan-it works! -Dr. Oz; Professor and Vice-chair of Surgery, NYP-Columbia Medical Center; host of The Dr. Oz Show; and founding editor of Dr. Oz The Good Life Praise for 7 Years Younger The Anti-Aging Breakthrough Diet This diet contains innovative weight-loss tools that can work for anybody. Use them - and you'll achieve the dream of a thinner, firmer, and more youthful body. . . -Daily Mail

**love handles home workout: Authentic Love** Jon Jorgenson, 2014-03-10 Jesus talks about having a child-like faith. The phrase always confused me until I spent eight summers working with children at summer camp in northern Illinois. After all that time of trying to teach them about Jesus, I have come to one conclusion: they had more to teach me. I hope they teach you something as well.

**love handles home workout: The Total Fitness Manual** Gold's Gym, 2017-01-03 Transform your body in just 12 weeks. Take the challenge--Cover.

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