

HOW A WEIGHTED VEST HELPS YOU LOSE WEIGHT IN 5 STEPS

To achieve significant weight-loss results you need to progressively challenge your body.

How do you do that? Just follow the 5 steps below:

STEP 1

Get Moving!

Walk. Run. Jump rope! Anything that will get your heart pumping and the sweat dripping. **Now you're burning calories!**

STEP 5

Rinse and Repeat

As results once again inevitably begin to slow, add more weight to your vest. **You're now able to continuously challenge your body and break through any weight-loss plateau!**

STEP 2

Results!

Congratulations! **You've lost a few pounds!** The number on the scale starts dropping and you're well on your way to the body of your dreams!

STEP 4

The Weighted Vest

Add weight back to your body via the weighted vest. **Your body is now forced to work at the same intensity as it was previously.** You're scorching through those calories again!

STEP 3

The Workout Plateau

Results screech to a halt. What happened? Notice how you've begun breezing through your routine? You weigh less and you're in better shape, that means your body is running more efficiently! That also means it's using less fuel - **you aren't burning as many calories!**



Read the full article at: <https://sportsandtrainingessentials.com/weighted-vest-weight-loss-do-weighted-vests-help-you-burn-fat/>