



3 Moves that Boost Metabolism at Home

No Gym Needed - Just Simple Moves to Fire Up Your Energy Right at Home.

Move 1: Jump Squats

Boosts heart rate and tones the lower body.

- Stand with feet shoulder-width apart.
- Lower into a squat, then jump explosively.
- Land softly and go straight into the next squat.

Do 3 sets of 10-15 reps.

Move 2: Mountain Climbers

Fires up your core and gets your heart pumping.

- Start in a plank position.
- Quickly drive knees toward your chest, alternating legs.

Keep your back flat and pace steady.

Do 3 rounds of 30 seconds.

Move 3: High Knees

A great cardio burst that engages your core.

- Stand tall, arms at your sides.
- Run in place while lifting knees to hip level.
- Pump your arms to keep momentum.

Do 3 sets of 30 seconds.

Do this quick routine 3-4 times a week to stay active and energized without equipment or gym time.

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