**3 Total Body Fat Burning Workouts**

Going to the gym regularly is a great way to get the exercise your body needs. Depending on which gym you’re a member of you can use almost every machine you could dream of. Plus, you’ll find trainers and other health professionals that can help you with your fitness journey every step of the way.

The simple fact is that going to a gym is not ideal for everyone.

There are a few different reasons why you wouldn’t want to go. One concern could be the money. Gym memberships run you $50 or more every month, plus a lot have a year contract – so even if you wanted to cancel you would have to pay a fee. This might not be the best idea for you.

Another reason could be the hassle of driving to and from the gym after a long day at work. If you’ve got children especially young ones this doesn’t work most of the time.

Thankfully, a fitness membership is not the only way you can get a total body workout that burns fat. There are certain exercises you can do at home that can deliver the same results.

**Exercise Your Upper and Lower Body With Burpees**

Burpees have gained popularity in the last few years - and for good reason. It is a full body routine that manages to strengthen the core and your entire body all at the same time.

Starting from a standing position, squat low with your hands on the floor right by the side of your feet. With your hands in firmly in planted in place, hop both feet into a push-up position. Then quickly get back on your feet - jumping straight up as high as you can.

Check out this article for further instructions.

https://www.fitnessblender.com/exercises/burpee-lv-2

**Nothing Wrong with a Classing - Jumping Jacks**

Jumping jacks are often considered a child's play. However, this exercise might look simple but it is actually a pretty tiring exercise and is a great cardio routine that gets your heart pumping and accelerates your heart rate up without the need for any special equipment.

With your feet together and your arms on your sides, jump up - spreading your legs and raising your arms above your head with a clap. From this position, jump back to the starting position.

Still not sure how to perform them correctly? Check out this article.

https://www.fitnessblender.com/exercises/jumping-jacks

**Strengthen Your Arms With Push-Ups**

Push-ups are more than just for the arms. It targets the pectoral muscles, the triceps and the rest of the upper body. This simple move is very effective in burning fat and calories.

In a kneeling position with your hands firmly on the floor and your knees at least shoulder width, bend your elbows and move your body to the ground without touching the ground or breaking the straight lined formed by your back. Slowly press back up - with the effort coming from your arms, until your elbows are unbent.

If you’re still not sure how to do a push-up check out this article.

https://www.fitnessblender.com/exercises/push-up-lv-2

Here are three exercises that you can get a total body workout if you do them. There are definitely more, but these are easy to start because they don’t require any extra equipment, but they make a huge difference.