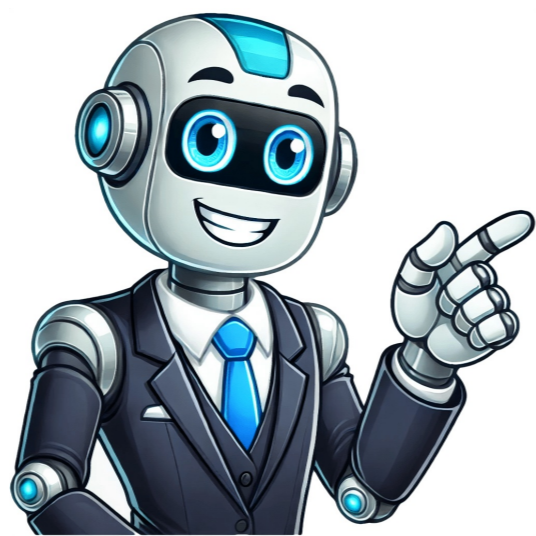


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Workout Routine. 4x/week. PHUL stands for Powerlifting Upper Lower and is a popular 4-day workout routine that combines training for strength and hypertrophy. StrengthLog's 5-Day Split. 5x/week. A premium program designed for the intermediate to advanced lifter who wants to build muscle like a bodybuilder and get stronger in the three powerlifting lifts. Or you can see all of our training programs here. In summary, lifting weights for 30 minutes burns roughly between 110 and 210 kcal, depending on your body weight and the workout volume. You can calculate how many calories you burn lifting weights with our weight lifting calorie calculator. What's next? You can read more about weight loss in our article on losing fat while keeping your muscle. Or you can read about how to build muscle and lose fat at the same time. Protein is important for maximizing your muscle growth and fat loss, and you can find everything you need to know about it in our guide on protein for strength training. More nutrition calculators. Thanks for reading, buddy! While there are many forms of exercise, strength training is preferred by most fitness professionals due to its multiplicity of health benefits, including muscle mass enhancement, increase of strength, and improvement of overall fitness. Despite this, many gym-goers still question the number of calories burned by strength training. Strength training is often associated with gains in muscle volume and strength, but many overlook how many calories are burned by lifting weights. As an experienced personal trainer, many clients who explain that they'd like to lose body fat and "tone" their physique tend to discount weight training as a credible means of exercise that would help them achieve their desired physique because they feel that strength training will cause them to look "too bulky." Or, they associate cardio with fat loss and assume that's the only way to burn calories. The number of calories burned by lifting weights throughout a strength training session can be significant and, when done consistently over time, can result in substantial weight loss. For these reasons, in conjunction with superior muscle and strength enhancement, weight lifting is the preferred mode of exercise with regard to improving body composition. On average, weight lifting can burn approximately four calories per minute. This number will be dependent on many variables that we'll discuss in this article. Let's dive into the factors that influence the number of calories burned by lifting weights! Calories Burned Strength Training Before we discuss how many calories are burned by lifting weights, let's explore what calories are. Calories are a measurement of energy, and when referring to a specific number of calories burned from a specific activity, we're attempting to represent and quantify the amount of energy expended. Strength training is the preferred mode of exercise by many fitness professionals for those looking to improve body composition (lose body fat and increase muscle mass). Several factors can influence the number of calories burned by strength training. Most prominently, the intensity and duration of the workout will significantly impact the number of calories burned throughout a strength training session. Later, we'll discuss the number of calories burned from lifting weights for 30 minutes vs. 60 minutes. As you can imagine, a 60-minute strength training workout will burn more calories than a 30-minute session. In general, the longer the session, the more calories burned by lifting weights. The intensity of the session will also impact the number of calories burned from strength training. In this context, intensity refers to the pace of the session as well as the amount of weight lifted during each exercise. As a personal trainer in Austin, Texas, I often remind my clients that it's not enough to go to the gym and "go through the motions." We want to challenge ourselves every time we lift weights by increasing the weight, reps, sets, or a combination of these. By challenging our bodies through these means, we can ensure that we will keep the calorie burn significant throughout a weight training session. Keeping the strength training session intense by not exaggerating rest periods is another way to ensure a significant number of calories are burned by lifting weights. That's not to say you shouldn't rest between sets, but rather that you should be mindful to track your rest periods so they're not longer than necessary. Suppose two people lift weights for 60 minutes, and one of them completes 20 sets during that session while the other completes 10 (due to longer rest intervals). In that case, it's very likely that the individual who completed 20 sets during that time burned more calories while lifting weights. A person's body weight and fitness level can also influence the number of calories burned from strength training. The more conditioned someone is with a specific activity, the less energy their body will expend to perform that activity. So, if someone has been lifting weights for several years, they're likely to burn fewer calories throughout a strength training session compared to someone who's a beginner (provided that all other metrics of their training sessions are equal). Typically, the heavier an individual is, the more calories they burn throughout the day, and the same is true during exercise. Therefore, if two individuals lift weights for the same amount of time but one weighs considerably more than the other, then the odds are the heavier individual has burned more calories during that strength training session. Calories Burned Lifting Weights For An Hour Based on my experience as a personal trainer, the average amount of calories burned by lifting weights for a minute is approximately four. How many calories are burned by lifting weights for an hour? If someone is lifting weights for an hour, we could then do the math and multiply those figures by 60, and we find that the average person could burn anywhere from 180-300 calories during a 60-minute strength training session. As mentioned earlier, several factors will impact the number of calories burned during strength training. Consider the amount of weight being lifted and how quickly you're moving through a training session when estimating the number of calories burned by lifting weights for an hour. The specific exercises being performed throughout a strength training session will also influence the amount of calories burned by the end. Exercises like squats and deadlifts, for example, will generally burn more calories than exercises like bicep curls since they activate more and larger muscle groups, resulting in more energy expended. Calories Burned Lifting Weights For 30 Minutes When estimating the number of calories burned by lifting weights for 30 minutes, consider the previous section; we can assume the average person can burn three to five calories per minute while lifting weights. If we multiply those estimates by 30, we can surmise that the average person can burn 90-150 calories by lifting weights for 30 minutes. Calories Burned Doing Squats Barbell squats are considered to be one of the best "bang for your buck" exercises due to their engagement of several large muscles and muscle groups. Not only are they great for strengthening the lower body, but they're also a great calorie burner. As such, squats can be a great strength training exercise for runners. Squats are a great exercise for activating multiple muscle groups and burning significant calories. I've observed clients burn 15-25 calories per minute doing squats (tracking using a Fitbit or similar device). This number will fluctuate from one individual to another based on several factors we've already detailed in this article. Nonetheless, the calories burned doing squats can be substantial, making barbell squats a reliable exercise to include in a weight loss regimen. Exercise intensity will play a considerable role with regard to the total amount of calories burned from squats. If someone is doing bodyweight squats, they're unlikely to burn a significant amount of calories unless they perform an exceptional amount of repetitions or they're a true beginner. Barbell squats will typically result in more calories burned by the end of the set than dumbbell squats. Calories Burned Doing Bench Press The bench press is another popular exercise due to its ability to engage several muscle groups, thus resulting in a significant calorie burn. The bench press is one of the most effective compound exercises for upper body development. In addition to muscular development, you can expect to see more calories burned doing bench press repetitions than you would see from a machine chest press, for example. How many calories are burned doing bench press? According to the American Council on Exercise, an individual weighing around 160 pounds can expect to burn approximately 365 calories per hour during a moderate bench press workout. Exercise intensity will dictate the number of calories burned from bench press repetitions. Someone bench pressing to failure vs. someone bench pressing to within 3-5 repetitions of failure will typically burn more calories than the latter because they're challenging themselves to a greater degree. How Many Calories Do Deadlifts Burn? Deadlifts are perhaps one of the most popular exercises among fitness enthusiasts. Deadlifts engage multiple muscle groups including the quads, hamstrings, glutes, and back. It's regarded as one of the best exercises to engage and strengthen the entire posterior chain (backside of the body). As deadlifts engage some of the largest muscle groups in the body and are typically a very challenging exercise, deadlifts burn many calories. In my own experience, from tracking my individual calorie burn after an hour of deadlifting, it's possible to burn 350-450 calories from deadlifts. Again, this number will be different from one individual to the next. I'm an experienced weight lifter and certified personal trainer. Less experienced or conditioned individuals will likely burn more calories, while more experienced lifters will likely burn less. When performed correctly, deadlifts can burn a significant number of calories in a relatively short period compared to other exercises. Beginners should seek professional guidance to master the form of this exercise. Regardless of how conditioned you are, though, if you're incorporating deadlifts into your fitness regimen, odds are you're burning a substantial amount of calories. Deadlifts aren't for everyone, though, and if you're unsure about deadlift form, consider asking a fitness professional to help you master form to avoid injury. See our recent article about how to properly perform the Good Morning exercise and partial deadlifts for other effective back exercises. Calories Burned Lifting Weights The number of calories burned by lifting weights can vary for many reasons; however, doing so consistently and efficiently can result in significant progress toward one's fitness goals. Therefore, strength training can be a reliable component of a weight loss regimen. If you're trying to estimate how many calories are burned by lifting weights for a specific amount of time, consider that the average person can burn three to five calories per minute when strength training. Multiply that figure by the duration of the considered workout routine, and you have an estimate of the calories burned from strength training over that time. When trying to maximize the number of calories burned from strength training, remember to consistently push yourself to maintain a sufficient intensity throughout the workout. Incorporate rest periods as necessary, but avoid exaggerating them, and only incorporate exercises you feel comfortable performing with the correct form. Safety is always the priority! If you need more than the total calories burned by lifting weights to produce the weight loss results you desire, consider incorporating cardio workouts into your routine. As a certified personal trainer, I still maintain that weight lifting is a preferred mode of exercise over cardio (for weight loss or body composition). However, there is a limit to the amount of weight training that is safe to perform on a daily and weekly basis. In this instance, cardio may be a sufficient addition to a weight loss routine! Please note that I'm not a medical professional, and you should always consult with your doctor before beginning an exercise or nutrition regimen.