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New York is a busy place. And NY women are busy. Many of us are headed to the gym before or after work, or squeezing in a quickie workout during our lunch hour. Let's face it, time is precious. So when we work out, we want to make sure it's working! There is no time to waste, and Fitness Expert, Natasha Linton, is now telling us what exercises should be skipped altogether, and why they are simply a waste of time.

If your goal is to burn the most fat in the least amount of time then stop spending so much time on these 5 exercises.



- 1) The bicep curl
- 2) The tricep extension
- 3) Seated leg extension
- 4) The assisted crunch (on machine)
- 5) The abductor (on machine)

Here's why:

First of all rather than dividing your workouts up into body parts (legs today, triceps tomorrow, shoulders the day after) focus on the whole body each time you exercise. This is safe if you're just trying to lose weight and "tone up". If you happen to be in too much pain, go easy or skip the day. With total body you're getting more bang for your buck.

Often I see gym members standing around bicep curling all day and pausing and sitting in between sets for 30 seconds or so. This won't get you what you're looking for in your physique. For weight loss you've got to constantly move and focus on movements that work more muscle groups at once. For example the seated row, the bent over row and the standing row work the arms and back. All rows lead to great arms. Other exercises that work alot at once are the squat, the lunge and the over head press.

So unless you are mixing in these 5 exercises with other exercises I'd skip them.

About Our Contributor:
Recognized by the National Fitness Hall of Fame and Museum as "Top Rising Star in Personal Training", Natasha Linton is a New York City based fitness professional certified by the International Sports Sciences Association and holds several other certifications in health & fitness promotion. Her individualized exercise programs guarantee results leading to high client satisfaction. Clients range from high school students to busy executives and from ex Marines to busy moms. For more information about Nastasha go to her website.

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