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4kg in pounds

I counted 102 kilos. Photo: A.RICARDO (Shutterstock)The first time I lifted myself in the gym, where the weights are in kilograms, my well-felt mathematical skills became suddenly useless. The numbers were different, the plates were funny colors, but some time ago I found that I liked it that way. If you're checking out a new gym, moving sides, or switching sports to one that's more fancy and international, here's what you'll need to know. Pop quiz: you want to raise 185 pounds. How many plates do you put on both sides of the bench and... Read moreKnow the conversion ruleFirst distance, what is kilo? This is an amount of mass (not weight) approximately equal to that of one liter of water. It is used for technical definition as the mass of a particular piece of metal in France; Now it's something about Planck's constant. But that's not important now. In Earth's gravity, it's equivalent to about 2.2 pounds. Sounds too annoying to do in your head? Think again. To convert kilograms into kilograms, just double the number, and then add 10%. Like this: 10 kilograms = 22 pounds = 44 lbs30 kg = 66 lbs40 kg = 88 lbs50 kg = 110lbsIt is kind of beautiful. How does it behave with larger numbers?80 kg = 176 lbs (160 + 16, get it?) 100 kg = 220 lbs150 kg = 330 lbs200 kg = 440 lbs You get the idea. Just remember that the kilogram is larger than a kilogram, so kilo numbers tend to be small, and pound numbers tend to be large. Are you happy you raised £100? That's only 45 kilos. Anyway, if everything else fails, take out your calculator and multiply or split into 2.2. Or for another thumb rule, if you're used to breeding at 45 (because the energy band is 45 pounds and the big pounds are 45 pounds), just know that 45 pounds is about 20 kilograms.... But don't drag yourself back and forth during the workoutthis of the thumb are good for when you need to convert, but as you do your workouts, do not try to calculate every single lift in your head. Especially if you are going to work out in kilograms for the foreseeable future, you just need to learn to think in kilograms. The same if you've been learning a foreign language: it pays to be able to come up with the right words without running for the dictionary every time. When I started lifting Olympic weights, the lifts were as new to me as the unit system. So it was like playing with Monopoly's money: these numbers mean something in the gym, but it doesn't matter what they mean outside of it. I could steal 35 kilos in a few weeks. How many pounds does 35 kilograms cost? Who cares? We're talking about a kilo here. In the end, you may need to convert back and forth, but for daily workouts, stick to one set of units. One thing to remember, though: if you are used to working with weight, add 10 pounds at a time, do not add 10 kilograms and you think you are making a similar leap. Five kilograms be more like what you're looking for. (5 kg = 11 lbs.) Learn colorsTekey are often black or plain iron, but kilo plates - especially bumper, the kind you'll find in Olympic gyms for weightlifting - follow standard color coding: red is 25 kilosheve is 20best 15g is 10white is 5If there are smaller colored plates, they are 1/10 the weight of their older cousins: small reds are 2.5s fewer blue are 20-year-olds are 1.5c green are 100 0.5 White 5-kilos are usually smaller than full-size plates, but won't confuse them with 0.5's, which are small. Many gyms have full versions of the 5 kilo and 2.5 kilo plates, which will appear as large red and white. You will know the difference between 25 kilos red and 2.5 kilo, because one is monstrously heavy and the other feels like a toy. Also, they are labeled. (This can lead to some hilarious Insta videos if the label is hidden from the camera - I remember one with a woman who was a curling bar who, I believe, had four red plates on one side. Learn to recognize what you see at the barAs color signs are standard, you will quickly learn to recognize how much weight is on the bar, based on the colors you can see. When I raise a 15-kilometre women's bar, I know that if I put on a pair of greens, I raise 35; yellow, 45; Blues, 55; and big red, 65. At a 20-kilometre bar, greens make 40, yellows make 50, blues 60 and big red 70s. Two red plates are 110 kilograms in a bar with 20 kilos, or 105 per woman's place. (In Olympic weightlifting, women use thinner bars because it bends more at lighter weights and it's easier for smaller hands to skirmishes. If you're watching a weightlifting or weightlifting competition, remember that racing collars add 2.5 kilograms per side or 5 kg in total. (In the gym, most of us go without collars or use small ones that are not worth counting.) The first step in lifting the boom is the loading of signs on the bar. In some sports halls... Read moreA moment you can get the wretched of it, counting in kilograms is no harder than counting in kilograms - and in fact, it may be easier for you. In the meantime, if you're having problems, consider printing this kilo for pounds and putting it in your study journal. There are approximately 226.80 grams for half a pound. One imperial pound is equal exactly 453.59237 grams, while 1 gram equals 0.0022046 per kilogram. Pounds can be divided into 16 ounces, meaning 1/2 pound is equal to 8 ounces. An ounce equals 28.349 grams, while 1 gram equals 0.035274 per ounce. Although the imperial pound is the most common type of some elements are still measured with Troy pounds. This measurement is often used for precious metals such as gold and silver. Troy pound weighs less than the imperial pound, with 1 troy pound being approximately 373 grams. A mass of 20 kilograms is equivalent to 44.09 pounds. One kilogram is the basic unit of mass used in the International Unit System, while pounds are a measurement of the mass used in the imperial system. To convert mass into kilograms into pounds, one must multiply the number of kilograms by conversion factor 2.2046, since 1 kilogram is equal to 2.2046 pounds. Many countries around the world still regularly use the imperial measurement system, including the United States and the United Kingdom. Spend an hour running every day hoping to lose weight, but out of luck? You're not alone if you've been crushing your weight loss journey, but hit a frustrating plateau. Here's what science has to say about how to lose the last 10 pounds - the ones you just can't seem to be moving past - and when you have to ignore the scale anyway. Why you can't lose the last 10 pounds, there's a good reason so many people have hit the wall in the final 10. In short: biology. We all have a built-in mechanism that protects against starvation. When caloric intake drops below caloric costs, there are a number of metabolic and physiological reactions to preserve and replenish energy reserves, explains Barry Levin, M.D. neurologist at Emerson Hospital in Concord, Massachusetts. So when you first start shedding the pounds, metabolism slows down, energy use becomes more efficient, and the brain starts sending SOS messages that you're hungry. But why aren't you trying to figure out how to lose the last 10 pounds? Your body is struggling to recover and will hold on to every ounce healthier and healthier. (Related: Proof that cutting calories like crazy won't get the body you want) That everyone manages to keep dropping out and keep losing is testament to that person's determination. After all, motivation was highest at first, when the first fell pounds were mainly water, says Judith S. Beck, Ph.D., director of the Beck Institute for Cognitive Therapy and Research in Philadelphia and author of Beck's Diet Solution. But once weight loss slows down or plateaus, impatience can creep in, she notes. What's more, with your last 10, the finish line is within reach, so you want to sprint. No Fixate on Number So what is a frustrated woman to do when trying to determine how to lose the last 10 pounds? Beck recommends re-evaluate the weight of your goal; you may not have to lose any more. (Have you heard of unruly victories?) Maybe you'll be able to reach your number. But the point is, once you get there, you can maintain roughly the same and diet rhythm for the rest of your life? she says. Instead of aiming for your lowest achievable weight, you may want to shoot for your lowest weight that can be maintained. It doesn't give up, she adds. This is realistic and transferred to a support strategy before they are fully demoralized. (Related: #1 something to keep in mind before setting weight loss goals) Another good way to gauge whether you've lost enough weight is to consider

body fat, Levin says. The simplest test is to see where it is deposited. If this is in the stomach, you should probably keep trying, as abdominal fat poses a real health risk for everything from diabetes to breast cancer. But if fat is in your hips and buttocks and your body mass index is within the healthy range (18.5 to 24.9), Levin suggests rethinking your mission to lose those last 10 pounds. They are probably not medically harmful, and in trying to get rid of them, you will activate all the protective mechanisms, which in turn make it even more difficult to mobilize fat, he explains. Alternatively, measure waist and hips. If your waistline is higher, the risk of chronic disease increases, says Diane Findwood, M.D., a professor in the department of biomedical physiology and kinesiology at Simon Fraser University in Burnaby, British Columbia. In this case, you have a medical reason to lose more weight; the same applies if your waist is more than 35 inches in size. (Of course, you've heard of BMI, but how about BVI? Finally, there is the body fat composition, the percentage of your body that is fat. That number is a much better measure of how capable you are than what the scale tells you, because muscles are denser than fat, says Steve Ball, Ph.D., a professor of exercise physiology at the University of Missouri at Columbia University. You can determine this number in several ways, but one method you can use at home is a bioelectric impedance analysis that calculates body fat based on how quickly an electrical signal moves through your body. Nowadays, it is accessible as a rock. (Wonderful is FDA-approved for Anita, FDA-approved, model BC533; \$110, amazon.com.) What's the number you need to target? There's absolutely not, but women usually want to be under 35%, Ball says. (Here's more on the science of how to build muscle and burn fat.) If you still think they might lose the last 10, experts agree that you need to make a difference. Here are four strategies. Carefully diet. You've probably loosened up with your program, Beck points out. To correct this, she recommends writing down what you plan to eat for the day and checking each item as you go. In doing so, people will often become aware of what they are eating and help themselves to control, Beck explains. (See why food diaries can be 100 calories from your daily intake. You may need to reduce more than before, as the lighter you are, the fewer calories you may need. (See also: Exactly how to reduce calories to lose weight safely) When you're on a weight loss trajectory, you need to continually reduce your intake, Says Findwood. Switch your workout to a different part of the day or go to a different gym. This will make you feel fresh again. Change stimulates and can motivate you to exercise harder, Ball says. Increase the number of calories you burn. Longer workouts aren't necessarily the solution, says Ryan Andrews, R.D., an exercise physiologist, registered dietitian, and author of Drop the Fat Law and Live Lean. Try a new activity to work different muscles. Either raise the speed or intensity level, or make intervals, Andrews suggests. The how to lose weight on the last 10 pounds workoutIf your weight loss has hit the plateau, it could be because your workout has hit a plateau. The answer isn't necessarily to train more, but you may need to exercise at a higher intensity instead of logging in long, slow sessions on the aisle or ellipse. To boost your metabolism and keep you from throwing in the towel while dealing with the last 10, we asked Jay Cardiello, personal trainer and author of Bodyweight Strength Training to create How to Lose the Last 10 Pounds Workout. This 10-minute exercise collection will challenge your mind and body, and help you push to lose the last part of your weight. (Also read: Science found the best workout for ongoing weight loss) How it works: For each exercise, perform as many repetitions as possible in 60 seconds. Don't rest between moves. Burpee TwistStand high with wide hip width, with hands on the sides. Quickly lower hips in squats (avoid these six common squats) and put your hands directly in front of the legs. As soon as the hands touch the ground, kick both legs back into the position of push-ups. Skipping the leg under the hips. I jump up, reaching for the ceiling as the torso rotates 180 degrees. Completely expand the body while jumping. Land that overlooks the starting position. Burpee Back UpStand high, with wide hip width, with hands on the sides. Quickly lower hips in squats and put your hands directly in front of the legs. As soon as the hands reach the ground, they return to the right leg in a position of frontal support, while the left leg is suspended in the air. Pause.Reverse direction (left foot) foot) (off the floor) and drag yourself to the ceiling. Landing, squatting. Skip the left leg back into the position of push-ups, with the right leg suspended in the air. Continue alternating legs. One shoulder BurpeeStand high with a bus width of legs, hands on the sides. Quickly lower the hips in the squat and place the right hand on the ground in front of (and evenly between) the legs. Put both legs back in a lifting position. Skipping the leg under the hips. Jump up, reaching for the ceiling. Earth and repeat, this time puts the left hand on the ground. Continue to alternate between hands. Half MoonCram in a traditional lifting position, the legs touch each other, touch their hands. Reach the right leg to remove as much as possible. As soon as your right leg lands, twist your left leg to join in the right. Continue this sequence, turning your body like a hand on the clock 180 degrees. It's the other way around. Plank DipStart in a traditionally uplifting foot on your feet and arms under the shoulders. Clamp core, raise the right hand from the ground and lower right forearm to the ground, elbow directly under the shoulder. Return to your right hand by lowering your left hand to the ground. Continue to alternate. (Related: Combine how to lose 10 pounds workout with our 30-day dust challenge for killer core) Break Dancers almost all four. In one powerful move, swing your left leg under the hips (as if you were threading a needle) and extending the legs completely to the ceiling. As a disc left leg under the thigh, simultaneously take the right hand and reach it to the side. Extend the left leg as high as possible and touch the right hand of the left leg, the arm expands. Return to the starting position and repeat on the other side. Continue to alternate back and forth. In and OutStart in a traditional position for push-ups with hip-width legs apart. Tighten the core and turn the right hand in front of you as far as possible. Pause, then reach the same distance with the left hand, so that both hands are shoulder width and side by side. It's the other way around. Continue, alternating between the first stretch with the right and left hand. Catapult Squat JumpKneel on the floor, the glutes rest firmly on the heels, hands on the sides and hands slightly behind the hips. In an explosive move, swing your hands in front of you to the ceiling, while pressing on the floor with your feet. Jump up, swinging legs from the ground and under the hips until they land firmly on the floor, positioned slightly wider than the width of the shoulder. Go back to the original starting position. Swinging old in a traditional position with a right foot forward, both knees slightly bent, hands firmly on the hips. Lower hips to the floor and drop left knee until it is approximately 1 inch from the floor. Pause and pin the core. Quickly lift the hips, turn right while pressing the hips back, moving all your weight to your left leg. Upon landing, drop backwards position of the lungs and repeat. In 30 seconds, turn off the sides. Seconds.

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