If you want to lose 10 pounds in 2 weeks, there are 2 main areas to hit: food intake and exercise. Resistance training will keep your muscle mass up while cutting back food intake plus increase calorie burn. Cardio exercise will give you a high calorie burn and increase fat burn. Remember, you need to be roughly in a 2,500 calorie deficit every day. It may be possible to lose 10 pounds in 2 weeks, but it will take a lot of hard work and dedication. You should talk to a doctor before increasing exercise if you have a history of heart disease, on medication for heart issues, joint problems, have chest pain or have had dizzy spells. Following a healthy diet is important when trying to lose weight; focus on eating vegetables, fruits, lean proteins and some whole grains. You can safely lose 10 pounds in 2 weeks if you use the following tips as a base to get you started. I'm not going to recommend a “miracle” nutritional supplement, expensive workout equipment, or hokey gimmick. Just 3 things that work, quickly. When you workout this way, your body will continue to burn calories from your stored body fat for up to 36 hours post-workout. This means you'll continue to lose weight after your workout is done. These workouts will help you build muscle, too, which will have you looking better when the weight you want to lose is off. Advertising. Circuit style workouts are easy to perform and are great if you want to lose 10 pounds in 2 weeks. You can do them with barbells, dumbbells, and machines at your gym. See what's new with book lending at the Internet Archive. Lose up to 10 pounds in 2 weeks. Item Preview. remove-circle. Share or Embed This Item. EMBED. Presents advice about strategies for losing weight, discussing healthy, low-calorie meals, exercise routines, nutritional needs, lifestyle changes, food choices, and the impact of emotional eating. Access-restricted-item. true. Is losing 10 pounds in 2 weeks a better, safer, and more realistic goal than doing it in 1 week? Yup, of course it is. It's literally twice as better/safer/realistic of a goal. Reading this article brought up a question I had reading the book regarding the theoretical aspect of fat loss. Taking your above example wouldn't it be an option for someone who needs 2500 calories to maintain his weight to just fast every 3-4 days for a whole day? Fasting for two days a week would allow said person to eat at maintenance for 5 days and still lose fat while “draining the bathtub” significantly.