

How to Lose Tummy Fat Fast - Get A Slim Body Quickly

More and more people are now concerned about their health and body shape. It is needless to say that a belly bulge is what everybody hates to have.

Losing tummy fat can be tricky, but you can lose it with proper exercise, nutrition and a good fat burner stack.

If you want to look and feel fit, it is time to get rid of that tummy fat. Most of us think it is really hard to lose weight and get those perfect abs but the fact is that with little more attention to your diet and proper exercise you can get rid of excess belly fat.

One of the best workouts that can make you lose weight and that layer of fat from your tummy is an interval workout.

Interval training is exceptionally good and can make your body burn fat at a much quicker rate. No wonder, more and more people are trying it out to get back in shape.

Make a Treadmill or any cardio machine Your Friend. It's better to mix up machines so you don't get used to a particular one and get stuck in a plateau.

Here is what your workout should be:

Step on the machine and warm up for about 5 mins at a pace that feels slightly uncomfortable.

When you reach the 5 min mark begin running at a high

speed. Now, you should run at a speed at which you are really pushing yourself. However, it does not mean that you have to kill yourself. What I mean to say is that you need to push real hard.

after about 30 seconds to minute or so, back off the running to a slow walk to recover. Usually rest has to be somewhat longer than the workout period

so that you are able to get back your breath. So, if you run for a minute, try to relax for about a minute and 30 seconds before beginning again.

Try to follow this routine again and again for at least 10-15 minutes building up to 25mins before 5 minutes of cool down. Your cool down should be

dropping the speed back to warm up pace (slightly uncomfortable pace) and every minute back the speed off about 1kmh, this should continue for 5 mins

or until you feel your heart rate has dropped significantly.

Now, this can be a real challenge but it can make you lose weight and belly fat really fast.

Ideally, you must try to do this work out for about 3-4 days a week. Once your body gets used to it, try to increase the speed, or if running with the treadmill

use a slightly inclined position.

This kind of a workout can push your body to the limit but the results can be dramatic.

Besides following such an exercise, it is also important to take care of your diet. No matter how hard you workout, it is not possible to lose weight if you do

not eat sensibly. Try to cut down on carbs (keep carbs for breakfast i.e.: oats wholemeal bread), fats and sugar in your diet and I am sure you would be

delightfully surprised to see the difference in your body.

In addition to the above, a good fat burner can also help a great deal. The best fat burning stack I recommend is - 1 cup of black coffee 4 hours (or as soon as practical) before working out and then 30 mins before your cardio session drink a 250ml glass of water with 1 teaspoon of L-Carnitine, these two ingredients work together to give the best fat burning results without spending a heap of money on weight loss pills.

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