

There is no such thing as a specific target area for fat loss!

Written by

DATE_FORMAT_LC2 -



There is no such thing as a specific target area for fat loss!

Tennis players train basically with one arm, but have in both the same amount of fat.

Studies show that whenever your body is forced to burn fat, it will attack the complete body fat tissue and not just the fat in the trained area.

Unpack your Abs!

Everybody has a six pack – they are mostly just hiding behind a fat mass

You never lose fat exclusively in the trained area, like many people believe. Stomach exercises will not burn fat specifically in this area, because such exercises involve only very small muscle activity, and therefore are not very effective. An intensive aerobic session using the body's main muscles is much more effective for burning fat.

?