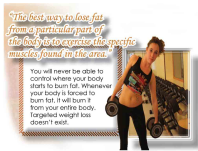


"The best way to lose fat from a particular part of the body is to exercise the spec

Written by

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"The best way to lose fat from a particular part of the body is to exercise the specific muscles found in the area"

You will never be able to control where your body starts to burn fat from. Whenever your body is forced to burn fat, it will burn it from your entire body. Targeted weight loss doesn't exist.

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