

There is no such thing as targeted fat loss!

Written by

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Training targeted areas of the body will not necessarily make you lose fat in that specific area. When our body loses fat, it does not do it from specific area. The body is genetically predisposed to burn fat from its less used parts, for example women's upper body.

So whenever women want to lose fat from their stomach, they should lose weight in general because targeted exercises such as front and side abdominals are exercises with very low muscle activity that have no real effect on the fat-burning process, making it a waste of valuable training time. It is much more beneficial to use that time doing cardio training to speed up the metabolism and so burn more calories.