

Lose Belly Fat - How To Lose Belly Fat

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Whether you want to admit it or not, most of us spend far too many months of the year overeating and then scramble at the first sign of warm weather in order to remove what's been packed on over the time. Regrettably, if you're trying to learn how to lose belly fat, it's not exactly a quick fix.

The problem most folks run into is they overlook how tricky it can be to lose belly fat off their body. If the truth be told, a fat belly is probably one of the hardest areas to successfully remove because it's made up what is known as 'stubborn' fat.

You're body is actually physiologically slightly different when it comes to fat around the mid section. What's the reason for this? Above all, it's the first place we tend to store fat and where body fat is needed for protection the most - to protect the organs and internal structures.

As such, your fat belly is going to do everything it can to hold onto it. Not a good situation in your quest to lose belly fat.

In order to outsmart this, you're going to have to work extremely hard. That's not to say it can't be done - it most definitely can, you just have to have realistic expectations about the time line you will achieve this goal over and how much effort you'll have to put in.

Now let's talk about exercise to lose belly fat. First, hit the weights. When lifting, be sure you are lifting as heavy as you possibly can, as this is what will ramp up your metabolism the best. You want to shoot for the 6-10 rep range, as this is most suitable for metabolic effects.

Second, get that cardio up there. Don't do hours and hours though, focus on doing sprints. Better yet -- sprint first, then do more steady state cardio afterwards. This will help to release the fatty acids from the tissue (mobilize them) and then burn them off during the steady state cardio. This type of set-up can be far more efficient at getting that stubborn fat off your body than doing a typical cardio session.

Finally, check over that belly fat diet. Too many fat or carbohydrates calories will slow your progress, while protein, generally speaking will help due to the fact the body burns more calories just digesting it.

This can be taken too far though - there is no need to go beyond 1.5 grams per pound of body weight, but keeping it up around that level is your best bet. Then, fill in the remainder of your calories with carbohydrates around the workout period and fat during the other times.

As long as you are patient with the process and continually push yourself in the gym, there is no reason why within time, you can't be sporting your own set of six-pack abs.

About the Author:

Vince DelMonte is the author of Your Six Pack Quest found at Your Six Pack Quest

He specializes in helping chubby guys and gals get six pack abs without gimmicks, supplements or dieting.