

## How to Lose Belly Fat and Survive Cardio

So you want to lose belly fat, but you don't want to do cardio. I hate to burst your bubble but something has to change. Cardio isn't really that bad, you just need something to preoccupy yourself.

### How to Lose Belly Fat and Survive Cardio

So you want to lose belly fat, but you don't want to do cardio. I hate to burst your bubble but something has to change. Cardio isn't really that bad, you just need something to preoccupy yourself.

Right now, I am in the middle of a cut for summer. Would I much rather be bulking and not do cardio &ndash; as well as have my fill of food &ndash; DEFINITELY. However, life is tough. So how do I make cardio bearable?

I distract myself!

Right now I am doing cardio 4-5 days a week, for 30-45 minutes a session. I like to alternate between the elliptical and

the bike, occasionally I will jog as well.

45 minutes is a fairly long time, and if you aren't distracted, or driven, then you're going to be tempted to jump off that bike and go do something better.

My personal favorite distraction is my MP3 player. Losing belly fat has been a breeze for me, I don't even think about it anymore. I jump on the bike, throw on my MP3 player and ride. All my concentration is on what I am listening too.

For actual weight lifting, I like to listen to music. Something that really gets me pumped up; however, for cardio and losing belly fat, I like to listen to audio books.

I don't have the time to read all the books I really want to, so I get them in MP3 format and listen to them while I do cardio.

It's great &ndash; two birds one stone.

Right now, I have a vocabulary booster, a non-fiction book by Christopher Hitchens, as well as some self help material.

I tend to do cardio at about 70-80% of my max heart rate, so I am still able to really listen to everything without being too tired and out of breath.

Remember,  
if your goal is to lose fat, shoot for 1-2 pounds a week and no more. Any more than that and you will be losing water weight as well as lean muscle tissue.

Cardio is just one  
part of the equation however, nutrition is extremely important &ndash; so check out  
this link on how to cheat your way thin.