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What the best workout to get a flat stomach fast

If you're determined to get a flatter stomach and put your abdominal muscles on display for the world to see by summertime, your to-do list includes a healthier diet rich in whole foods (see here for the full shopping list), at least 7 hours of sleep per night, drinking at least half of your bodyweight in ounces of water every day (so, if you're 120 pounds, you'd need 60 ounces of water), and good stress management. Also, as it pertains to the gym, there's at least one secret way you can really fast-track your flatter stomach starting now: You can perform "targeted fat loss training." Here's how it works (and please know that it's much simpler than it sounds): To reduce fat on a certain area of your body, you want to drive as much blood flow to the area as possible and then apply some intense muscle contractions. (Don't worry, I demonstrate all of this below.) Now, our abs and obliques don't receive the same amount of blood flow as muscles such as our legs and arms, and this is why it's harder for people to lose belly fat. But by driving more blood towards your abs and then working the abdominal muscles, you help mobilize and break down fatty acids, which can help you achieve a flatter stomach. Here's how you do it: You're going to pair a cardio conditioning exercise and an abs exercise together. The conditioning interval part should be a tough 45-60 seconds, where your heart rate should be elevated pretty high. (It will be intense.) Once you get your heart rate up, then you'll immediately jump over to an abs exercise for the same time frame. Make sense? Below I've provided two example workouts that show this put into practice. For best results, I'd advise you to perform 4-5 sets of the following exercises back-to-back—and do them 3 times per week. And for more great exercise advice, see here for The 10-Second Trick That Will Help You Lose Weight. Set the treadmill on at least a 1-degree incline. Keeping your core tight, start sprinting hard at a speed where you can maintain a good pace for the duration of the entire sprint. To sprint properly, keep your elbows tucked to the side when your arms are swinging. With your feet, you want to be on the balls (not the heels), with a slight forward lean. And for more great targeted workouts, don't miss the 5 Things You Need to Do for a Perfect Butt. Laying flat on your back, rotate your body up by taking one elbow and bring it towards the opposite knee. With the other leg, fully extend it by reaching your heel straight out. Flex your abs hard as you finish, then repeat with the opposite side. Hop on an exercise bike of your choice, and set it at a medium resistance. Slightly lean forward, and begin sprinting at a pace that you can maintain the entire time. Start the movement by laying down with your lower back flat on the ground. Keeping your core tight, raise your feet back towards your body, flexing your abs hard. Lower your legs slowly, maintaining tension in your core before performing another rep. Remember: Getting a flatter stomach takes time and consistency, but if you incorporate these tricks, it can help you achieve results in shorter order. For more great workouts you can try at home, read about how you can Walk for Weight Loss With This Amazing 20-Minute Walking Workout. It's not easy to get a flat stomach. To lose belly fat and reduce waist size, you'll need to be serious about exercising, eating right, and taking care of your body. While it's not necessary or realistic for everyone to develop rock-hard abs, trying to cut down on excess abdominal fat can still come with health benefits. And there are many proven strategies to do it — though it will take time. Important: The strategies in this article can help you lower overall body fat, which may result in a flatter stomach. It's not possible to specifically target weight loss only for a single part of your body. Here are 20 tips to help you get a flatter stomach. 1. Create a calorie deficit By eating less and exercising more, you can create a calorie deficit — when you burn more calories than you take in. That will cause you to lose weight all over your body, including in the belly. "The way to achieve fat loss is very straightforward: you reduce the amount of calories you consume and you increase the amount of calories you burn, and this will create weight loss over time," says Jillian Michaels, celebrity trainer and creator of The Fitness App. "That said, those two habits, while simple, are not easy for most."How many calories you should eat is highly individual, but being mindful of your calorie intake is key. "Don't eat more than your body burns in a day," Michaels says. 2. Exercise regularly Exercise helps create a calorie deficit that can lead to weight loss and can also help strengthen the core muscles, which help your stomach look flatter. While certain exercises like HIIT workouts will burn more calories, the most important thing is to just get moving. "The key is to make absolutely sure you get no less than four thirty-minute training sessions in a week," Michaels says. General advice: The CDC recommends that adults get 30 minutes of exercise, five times per week. 3. Work your whole coreMost people like about crunches to get a flat stomach, but working your entire core — including your back, your sides, and chest — is essential. Related How to sculpt abs and burn belly fat without leaving your home "Developing an exercise routine that includes a well-rounded core exercise routine is critical for eliminating belly fat," says Brian Quebbemann, MD, weight-loss expert and bariatric surgeon with The NEW Method Weight Loss Clinic in Orange County, California. Try incorporating the following exercises into your core workout routine: Planks Bicycle crunchesPush-ups 4. Break a sweat When it comes to exercise, not all workouts are created equal. Exercise that is more vigorous tends to burn more fat, including in the abdomen, Quebbemann says. Try the following high-intensity workouts to burn more fat: 5. Choose whole foods Eating whole foods, rather than processed ones, will help you avoid excess salt and increase your fiber intake. Related 6 health benefits of fiber and how to add more to your diet Whole foods that are high in fiber take longer to digest and cause you to feel more full, allowing you to eat healthier and achieve a calorie deficit. Reach for an apple rather than juice, whole-grains rather than white bread, and wild-caught fish over lunch meats, Michaels says. 6. Skip the saltSalt can contribute to water retention, which might leave your stomach looking bloated, Michaels says. The FDA recommends limiting sodium consumption to less than 2,300 mg per day, or about 1 teaspoon. Try to avoid high-sodium processed foods like: 7. Eat more fruits Most fruits are high in fiber and can help you feel more full throughout the day, preventing frequent snacking. In particular, berries are also high in antioxidants like quercetin, which can reduce inflammation and bloating. Try making a smoothie for breakfast with nutritious fruits like bananas or blueberries. 8. Go without processed grainsProcessed grains, like white bread and pasta, take less time to digest and are quickly converted into sugar — and eventually fat. "By frequently eating highly processed grain products, even in moderate amounts, you will be signaling to your body to store the high levels of sugar as fat," Quebbemann says. What the research says: A 2010 study found that people who limit refined grains and eat more whole grains have lower levels of visceral fat, which is located around abdominal organs. 9. Try a plant-based dietResearch has shown that eating a plant-based diet can reduce body fat in overweight and obese subjects. And you don't need to go fully vegetarian to see these benefits. To start a plant-based diet, you can try cutting meat out of one meal — like having a tofu scramble or avocado toast for breakfast. 10. Grow a healthy gut When your gut microbiome is healthy, your stomach will appear flatter. "Abdominal bloating will not only feel uncomfortable, but will make your belly protrude," Quebbemann says. Feed those good bacteria with plenty of fiber and probiotics, he recommends. Eat fiber-rich foods like fruits and vegetables, and those with live cultures, like yogurt or kefir. 11. Keep water close by Another way to keep bloat from building up is to drink plenty of water. Related 5 science-backed ways drinking more water can help you lose weight — and how much you should drink per day Again, the amount is individual, but drink water "until your pee looks like lemonade," Michaels says. "That's how you know you are hydrated." 12. Avoid alcoholAlcohol is simply the worst when you are trying to lose weight," Michaels says. When you drink, you consume lots of extra calories, but the problem is deeper than that. With alcohol in your system, your liver focuses on metabolizing alcohol, not metabolizing body fat, Quebbemann says. That can cause belly fat to accumulate. 13. Limit sugary foods and drinksConsuming a lot of sugar — like soda, candy, or sweetened coffee — can spike your blood sugar. In turn, that signals your body to store fat, especially in your belly. Too much sugar can also create an inflammatory response in the body, and when that happens, belly fat will accumulate. Cutting back on your sugar intake can help you avoid this storage of belly fat. 14. Manage stressThe stress hormone cortisol causes the liver to convert protein into sugar, which is then stored as fat if it's not used up for energy by your body, Quebbemann says. What the research says: A 2014 review concluded that stress is a major risk factor for obesity among adolescents, and that stressful events like school exams can lead to poor eating habits and increased risk of fat gain. It's important to find healthy ways to manage your stress — like journaling, going for walk, or talking to a friend — as opposed to eating unhealthy foods or getting less sleep. 15. Practice mindfulnessUsing mindfulness to manage stress levels can also help reduce abdominal fat. For example, a small 2011 study found that mindfulness training improved stress eating patterns for obese participants. In addition, practicing mindfulness with intuitive eating can help you make better food choices and feel less stressful than a restrictive diet, allowing you to lose belly fat more effectively. 16. Get enough sleepSleep is important for overall health, and might even help you get a flatter belly, Michaels says. Research links sleep to belly fat accumulation, so aim for the recommended 7 to 9 hours of z's. 17. Stand tallHaving a flat stomach is about your body fat, but having better posture can instantly make you look more tall and slim. Related 5 exercises to fix your posture - and why good posture is crucial for your health Don't overlook the importance of the muscles in your legs, back and shoulders that contribute to good posture, Quebbemann says.Plus, good posture can work your core muscles and keep them strong, helping you cut down on belly fat and get a flatter stomach. 18. Be patient and stick with itAchieving a flat stomach takes time. Go in with a long-term outlook. "Going for the immediately perfect result is unrealistic and, when you fail, you will likely quit," says Quebbemann. Instead, commit to these lifestyle changes for a period of several weeks or months and enlist the support of a friend who can help hold you accountable. 19. Focus on your health In order to keep yourself motivated, focus on your health, not just your washboard abs. "All the things you need to do to get and maintain a flatter tummy are things that increase your quality of life," says Quebbemann. 20. Know your bodyAiming for a flat stomach is great, but some people are just biologically likely to have rounder tummies, no matter how healthy they are. "We all store body fat differently," Michaels says. In fact, Quebbeman says that men often store stomach fat internally, which means it may be easier for them to maintain a flat stomach, even with fat stores. Women, on the other hand, tend to store their fat at the surface, making it easier to spot. You can still work toward a flatter stomach, but know that "flatter" for you might not be the same as for others. Insider's takeawayHaving a flat stomach can be appealing, but the most important thing is to focus on your well-being, says Michaels. Many of the steps that can lead to a flat stomach — like eating well, exercising, and getting enough sleep — are critical for overall well-being, and a good idea for everyone. "This isn't about perfection. No one needs to look like a sports illustrated model. This is about health," Michaels says. "And while a flat stomach is associated with health, it doesn't mean you aren't healthy if you have a little roll on your tummy." by adidas Runtastic Team | 26.04.2019 | 3 minutesIf you consider your belly a problem zone when it comes to fat loss, you are not alone. This is especially true if you already lost some weight, but still feel far away from a "flat tummy". Is it really so hard to get a flat stomach or are you doing it wrong?Here's what you should know: Focusing solely on problem areas can backfire: The more you obsess about your belly, the further away you get from feeling confident in your body, no matter the size. Start with a reassessment of your goals. Focus on making healthier choices long term and getting your core powerful and able to support you in all activities of daily life Bloat vs. fat: It is unrealistic to expect that you can have a flat stomach 24/7. Even if you lose a lot of fat from your abdominal area, you will still notice daily fluctuations from bloating. A completely flat stomach is not a "natural state" for your body. Can you get your stomach flat fast?It takes a lot of dedication to get a flat stomach, and, as always, it starts with a healthy lifestyle. Your belly won't disappear from one day to the next, no matter what miracle cure you try. One thing you can do is reduce bloating by avoiding certain foods, such as legumes, cruciferous vegetables, and dairy products.The following 4 tips are key to achieving a flat stomach.. 4 vital tips for a flatter) stomach! 1. Focus on intense, total-body workouts!s's nearly impossible to get abs with targeted exercises when there is a layer of fat on top. It's better to focus on total-body workouts, like those in the Results app, that recruit many muscle groups at the same time. This will result in more calories burned and more overall body fat lost. When you are working out at an intensity level that is challenging for you, you don't need to spend hours working out. Find out how to crank up the intensity and burn more calories during your next workout.Having a hard time pushing yourself to train hard? Try recruiting a friend to join you for your workouts.2. Get that core strongThe best exercise to strengthen your core is the Plank! And when your core is strong, you will get stronger overall. You will have better form and be more fit for all types of activities. So get to know and love this exercise, as well as many other exercises that challenge your core. Not only does the Plank hit the core muscles hard, it also helps you improve your balance and strengthens your back and chest. Even your legs have to do some work. Make it your mission to try a plank variation during every single workout. Once you start getting a feeling for your abdominal muscles, you will feel much more confident about your midsection.3. Stay away from alcohol!This might get a "BOOO!" from the crowd, but it's really important. Not only is alcohol full of empty calories, it also releases estrogen into the bloodstream which, in excess, can cause you to put on weight. If you're really serious about getting a flat belly for summer, keep your alcohol intake to a minimum.4. Take control of your eating habitsI say this all the time, but you can't outrain a bad diet. In fact, your eating habits are the key here. Check out the steps you can take:Get rid of all the processed foods, microwave dinners, fast food, chips, soda, etc. All the extra sugar and sodium will surely prevent you from getting rid of the belly pooch. Don't forget - sugar is hidden in many foods where you wouldn't expect it.Think whole foods: fruits, vegetables, lean protein, and heart-healthy fats! This fruity quinoa salad is perfect for summer and, when that sweet tooth starts calling, sink your teeth into these deliciously moist brownies made with kidney beans!Drink plenty of water. This will prevent that extra bloat and help boost your metabolism. Some other drinks can help you reduce your belly bloat, too.The bottomlineGetting a flat stomach is not an overnight project, but it's also not impossible.Before deciding that you really want to go for it, be aware that it will likely require bigger changes in your nutrition and current lifestyle. If you start working out, take control of your eating habits, reduce alcohol intake, and strengthen your core - you will already be much more confident on the beach.Start today with a 12-week workout plan you can do at home without equipment!***

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