



## Tummy Trimming: Belly Fat Bible (Paperback)

By Oswin Dacosta

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We all know that the men and women do not have the similar physical structure. Similarly this applies to the exercises we do. The exercises are not the same for the men and women. It is mostly observed that women usually have fat around the hips and thighs. On the other hand, most men gain weight at the middle portion of their body. Female exercises are intended not only to reduce weight but also toning up their physique. There are various female exercises that can help to reduce weight fast. An ideal weight loss exercise plan consists of cardio exercises, core strengthening exercises and weight exercises. Before starting up any fitness program you have to be sure that weight loss is a gradual process and takes reasonable time to show the measurable effects. Once you are comfortable with the present routine only then should the intensity be raised. You should not cause any pain to yourself and if you notice any pain then stop the exercise immediately and confront physician. It is essential to keep your body healthy and to...

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