



This is one question that gets asked a lot.

Truth be known it's actually one of those fitness industry folklore myths.

The short answer to this is no. Targeted fat loss, commonly known as spot reduction, is not possible.

I'm afraid this is the myth of spot reduction and way too much time is wasted on body part exercises. There is no solid scientific evidence to prove that you can burn fat on specific areas of your body.

Plus, this myth is one of the ways infomercials use to trick you into buying useless gadgets.

For example, doing 300 sit-ups a day will not burn the fat around your belly and no amount of tricep extensions is going to torch off those bingo wings.

Fact is, muscle does not own the fat that lies on top and when it comes to losing fat, you do not decide - your body does where it takes from (Usually from places that do not readily store fat)

Fat loss is a total body process.

The good news is that when you work out in ways that boost your metabolism using full body exercises or weight training you will create the lean and toned look that you desire, plus you'll have an abundant amount of energy - all in minutes a day!

Combine this with a solid nutrition plan and you can burn fat from your entire body, and get fitter, healthier and leaner in the process.

You can improve muscle growth and improve your body composition with bodyweight and weighted exercises.

What's the best way to burn fat?

If you know anything about me and have been following me for a while, then you'll know I'm a fan of High Intensity Resistance Training.

Some coaches will put it down in favour of other methods of training, but over the years interval resistance training has been my go-to method of training and it's super effective at burning fat, improving cardiovascular endurance and building lean muscle all at the same time.

Because with a resistance training element in your training routine, you will begin to lose more inches and look more defined AKA 'toned'

**Remember:** Resistance training can be bodyweight, kettlebells, free weights or Olympic/Strongman training, if it can be progressed it will be a good addition

Seriously though if you combine HIRT fat burning workouts with good nutrition principles you'll feel awesome and healthier, fitter, stronger and leaner as well.