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Thread: [how to lose belly fat?](#)

XmysteriousX - April 15, 2018, 12:24 am

Any tips to lose belly fat and build muscle? I Am Skinny But Have Excess Stomach Weight and i have high metabolism
Should i Bulk Or Cut First?
Anyone with the same problem?

int main() - April 15, 2018, 12:32 am

exercise and drop all non-necessary food items

can't be more straight forward

Wolf - April 15, 2018, 12:34 am

If you are skinny fat, I'd suggest you going to the gym in fasted state and eating enough calories after the gym and taking enough protein so you can build muscle after the gym, preferably when you are going to sleep (so exercise during night), and lose body fat in the morning and during the day.

You will be weaker in the gym, but that shouldn't be an issue, since you are just starting out and your body will adapt and put on some muscles real fast.

You might want to focus on your core and abs in other for your belly to get a shape, if you will, since it seems it's bothering you.

Eliot155 - April 15, 2018, 12:35 am

I'd bulk if you want to build muscle. And you cant really target which part of your body you want to lose the weight from.

I'd suggest working your abs 3 times a week and taking them very serious so try to execute every exercise perfectly.

Sketches - April 15, 2018, 12:35 am

You can do both bulking and cutting at the same time. Do a regular workout, and do some low intensity cardio at the end of your workout. I recommend not eating a lot of carbs, and try to keep your daily food intake to 2 times a day.

Cut out all sugar as well (coke, etc) and replace them with water.

EDIT: Forgot to mention, if you're a beginner at the gym, you can do a full-body workout routine for a week till you get comfortable, and then start working on separate muscle groups on each day (monday chest, tuesday back, etc)

selfmademillionaire - April 15, 2018, 7:05 am

Do more cardio and try removing carbs from your diet. Drink only water !

Caliban - April 15, 2018, 1:22 pm

I recommend a sort of low carb/high protein diet its best to maintain muscle and keep the appetite low for weight loss

Carta Production - *October 7, 2018, 7:15 am*

Effective Tips to Lose Belly Fat

- Eat Plenty of Soluble Fiber. ...
- Avoid Foods That Contain Trans Fats. ...
- Don't Drink Too Much Alcohol. ...
- Eat a High-Protein Diet. ...
- Reduce Your Stress Levels. ...
- Don't Eat a Lot of Sugary Foods. ...
- Do Aerobic Exercise (Cardio) ...
- Cut Back on Carbs, Especially Refined Carbs.

Dekux - *November 9, 2018, 4:05 pm*

Exercise, do some situps and try to drink water with lemon.