

Forum:[Hack Forums](#)

Thread: [Dumbbells help reduce belly fat?](#)

kungfupandas - April 16, 2022, 7:48 am

Dumbbells help reduce body belly fat?

Komodo - April 16, 2022, 7:49 am

Dumbbells are a tool.

Depends what kind of exercise you're doing.

Yes, with proper nutrition if you're trying to lose weight most likely a calorie deficit, and some cardio with ab workouts you will reduce body fat.

kungfupandas - April 16, 2022, 7:53 am

(Apr 16, 2022 07:49 AM)Komodo Wrote: [\[CITE\]](#) Dumbbells are a tool.

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how much time per day should i be spending with dumbbells? i have just a small "pop out" of my belly

Komodo - April 16, 2022, 8:08 am

(Apr 16, 2022 07:53 AM)kungfupandas Wrote: [\[CITE\]](#) how much time per day should i be spending with dumbbells? i have just a small "pop out" of my belly

30 minutes to an hour a couple times a week. For a beginner should be fine.

Doesn't have to be dumbbell, body weight exercises are also great.

Running, sit-ups, planks, side planks, push-ups, there's tons of exercises you can look up.

Nutrition is also extremely important. Check your macros and don't overeat.

Really you need to do research on your level and what you want and you'll find tons of guides online to help you.

Wannacry - April 16, 2022, 8:45 am

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Yeh Komodo is correct, i would organize a nice diet for yourself do some research that will make everything so much easier

koshka1 - April 16, 2022, 8:32 pm

A particular exercise will not net you a reduction in belly fat.

What will is a clean diet, consistent exercise including both cardio and weights and good sleep. You can target certain areas to build muscle there but it will not target fat of that area.

Fat is stored by the body differently across all humans. The belly is most prone to fat because well it's literally right in front of your stomach

razartazat - April 17, 2022, 4:17 am

(Apr 16, 2022 08:32 PM)devkitty Wrote: [\[CITE\]](#) A particular exercise will not net you a reduction in belly fat.

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Exactly this. You cant "spot reduce" fat with working out. You will loose it in proportion to the rest of your body.