



# WILL CRUNCHES GET RID OF MY **STUBBORN** BELLY FAT?

By James Thompson "JT"

**Short answer: No! (Sorry) Unfortunately, it's impossible to remove body fat from any one specific area (known as spot reducing) by any one strength training exercise.**

The term "SPOT REDUCING" has been and will continue to be the unicorn of fitness and weight loss. Like the fabled unicorn, it will never exist. Simply stated, you can force your body to metabolize body fat for fuel, but you can't tell it where to take it from. Lunges, crunches, squats and any other strength training exercise are great for muscle tone, strength, flexibility, injury prevention, etc. Unfortunately, they have absolutely zero [direct] bearing on fat loss. I will elaborate on this in a discussion about genetics and BMR at another time. For example; you could do 1,000 crunches a day (not recommended), and it would not help your stomach lose body fat. It will tone your muscles underneath, but it will not help you see them. As I've said for years, "Abs are made in the kitchen, not in the gym." Body fat loss (from anywhere on or in our bodies) is the result of "metabolized fuel for energy". So, fat loss



comes back to nutrition and cardiovascular exercise. Let's be clear, strength training is equally if not MORE important overall. It plays an essential, ongoing role in keeping fat off. In fact, the better muscle-to-fat ratio you have, the higher your metabolic rate is all the time. This translates to the more "fuel" aka fat your body uses for basic daily function... even while you sit at your desk reading the latest copy of **MVP magazine**.

**MORE MUSCLE = LESS BODY FAT.  
MORE MUSCLE = INCREASED ABILITY TO STAY LEANER  
NUTRITION & CARDIO LOWER BODY FAT  
NUTRITION & CARDIO LETS YOU SEE YOUR RESULTS!!!**