

Dispelling the Myth of Spot training for purposes of burning fat

By Mike Pellegrini – Team Trainwithmike

Q: I have been working out for over a year, weights, cardio and yoga. I feel that I have made some progress but I have not lost my gut at all. Am I doing the wrong exercises for my abs? What abs exercises are best for getting rid of stomach fat?

A: This is the age old question asked to every personal trainer; simply put the answer is NONE! The concept of spot training (applying a muscle or area specific exercise in order to melt the fat away) is a popular misconception, and any health professional that tries to tell you otherwise is just dead wrong!

Abdominal exercises will help you strengthen and build lean muscle tissue around your mid section. It is important to perform a variety of different stomach exercises so that you train all of the fibers in the abdominal wall. But, as you have now experienced, you can do every crunch, leg raise, sit-up and “ab blaster” machine and have really strong abs, but still not achieve the famous six-pack. A more global approach is required.

Burning fat anywhere on your body is achieved through the combination of both a balanced exercise routine and diet.

In fact 80-90% of losing body fat comes from following a balanced nutrition plan. I know that is not the answer you wanted to hear, but there is just NO way of getting around it if you want to lose the stomach. I always tell my clients that if they are willing to invest in working out 3-5 times a week, but ignore their diet, then they are wasting their time and money because they will never achieve their fat loss goals!

So, it’s time to get serious about your eating habits. Consult a trainer who has a background in nutrition, or seek out a Nutritionist, (preferably someone who has experience in dealing with active people), and get yourself a plan that works for your lifestyle and goals.

TIP OF THE WEEK

In order to maximize fat burning, do your cardio activity (swimming, jogging, biking, elliptical...etc.), first thing in the morning before breakfast. To kick it up a notch further, sip on your favorite sugar free caffeine beverage while doing your cardio.

RECIPE OF THE WEEK

Workout Sangria Tea

4 cups of boiling water
3 bags of your favorite fruit tea (try mixing teas – lemon zinger with raspberry)
2 bags of your favorite black tea
1 - 2 tablespoons of Splenda

2 cups of sliced fruit (lemons, oranges, strawberries, raspberries)

In a teapot, pour boiling water over teabags; cover and brew 5 minutes. Remove teabags and cool. In a large pitcher, combine fruit with sweetener. Pour tea over fruit. Let stand for 1 hour so that fruit get incorporated. Serve on ice.

**For a Caffeine free version use 5 bags of your favorite fruit tea.

- Recipe courtesy of Santemobile