

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Targeting Those Trouble Spots

By Jesse Cannone

Targeting Those Trouble Spots

by: **Jesse Cannone**

Wouldn't it be great if you could get rid of that excess fat on your stomach or tighten up those hips and thighs? How many times have you tried diet and exercise to target your trouble spots only to see slow or no progress? How many people do you know that have been down that same path, probably multiple times?

Having worked with hundreds of individuals, mainly women, the two things that I found with almost every client was that they ALL had specific areas of their body that they really wanted to change.

For some it was the back of their arms and for others it was their rear end. And the second thing is nearly all of those people also felt it was impossible to achieve their goals. Oh, I forgot to mention, there was a third similarity among all those individuals...SHOCK! Shock when I told them not only could they flatten their stomachs, lose their love handles, thin out their thighs, and get rid of the flab on the back of their arms, but they would do it with just 15 minutes of exercise just three times a week!

You are probably finding that you are just like the people I'm talking about. People are constantly looking for the quick fix to get rid of their problem/trouble spots and often never find out there is a "secret" method that does work, and not only does this secret method work, but it's EXTREMELY effective!

So by now you're probably wondering what this secret is, right? The "secret" method for eliminating those trouble spots is a technique I like to call "BLASTING". Before I tell you what it is and how it works, it's important that you understand a few basic principles of how the human body responds to exercise.

The reason most diet and fitness programs fail to deliver the desired result is simple; they aren't progressive! Part of the blame can be put on the so-called "experts". Have you ever heard or read anywhere that exercise needs to be progressive? If so, you are one of the few. And even still, the rare

Targeting Those Trouble Spots

few out there often fail to emphasize the importance of it and often don't explain it in a way that is simple and easy to understand.

So let me give you my explanation and show you why it's the most important factor when it comes to exercise, especially when you're really trying to make big changes in those trouble spots.

Progressive exercise means forcing your body to work a little bit harder each time. That doesn't mean you have to build up to doing 60 minutes of aerobics like many people do, nor does it mean you should try to keep piling on the weight on the strength training exercises.

You just need to challenge the body with a stress that is strong enough to force the body to make improvements. You can do this in so many ways but here are just a few:

For strength training Increase resistance Perform more reps Move the weight slower Add an additional set Use static holds Change the exercises

For cardiovascular exercise: Go faster Increase workout time Incorporate intervals Use an incline (if possible) Cross-train (change activity)

If you are unfamiliar with some of the techniques I mentioned above please visit the [FREE Resources](#) page of my website

. Again those are just a few of the hundreds of ways to keep your workouts progressive.

Let's say that you are really trying to tighten and tone your hips and thighs. Rather than waste your time on the inner/outer thigh machine week after week, you should incorporate some of the techniques I described above and use with caution my **BLASTING** technique which I'll cover now.

Just as it sounds you are trying to really shock the muscles into making large improvements in a short period of time. Normally you would strength train a muscle group once or twice a week at a moderate to hard intensity level. When you are trying to **BLAST** an area you train it more often, perform more sets and reps, and with higher intensity.

Here's a sample strength training program that uses multiple techniques combined over a 5 week period for a **BLASTING** effect on the hips and thighs:

Workout A Leg curl Leg extension Glute machine / raise

Workout B Leg press (wide stance) Hamstring bridge Wall sit

Workout C Stationary lunge Leg curl (no rest to next exercise) Squat

Targeting Those Trouble Spots

Week

Monday

Tuesday

Wednesday

Thursday

Friday

1

Upper Body

A Lower Body

Upper Body

2

B Lower

2 sets 15–20 reps

C Lower

1 set - slow 8–12 reps

B Lower

3 sets 6–10 reps

3

Upper

A Lower - moderate workout

Upper

4

C Lower - 2 sets 6–10 reps slow

Targeting Those Trouble Spots

Upper

A Lower - 3 sets 10–15 reps

5

B Lower - 4 sets 10–12 reps

Upper

C Lower - 2 sets 12–15 reps

This is just a quick example I just came up with off the top of my head and it may not be right for you but I just want you to get the point. You need force change. The human body doesn't like it... it disrupts things. I should also say that techniques like this should NOT be used often as you can quickly and easily over train and that does not help you meet your goals.

If you apply just some of the techniques I talked about you will be sure to see some noticeable if not dramatic changes. Just remember, work hard and smart!

If you would like to learn more about BLASTING or progressive exercise please give me a call at 240–731–3724 or email me at jesse@achieve-fitness.com

Jesse Cannone is a certified personal trainer and author of the best-selling fitness ebook, Burn Fat FAST. Be sure to sign up for his free email course as it is full of powerful weight loss and fitness tips that are guaranteed to help you get the results you want.

The Truth About Losing Fat On Your Stomach

By Melanie Mendelson

Do you know anybody who does not wish to get rid of the fat on one particular area of their body? I have not met anybody like that!

"If I could only get rid of my big belly"! "Oh, I wish my thighs were slimmer"! Does it sound familiar?

Even skinny people are often unhappy with the excess fat in some areas of their body. We've all seen those skinny men with huge bellies!

This common problem is accompanied by a widespread belief that you can lose the fat on a "problem area" by exercising that particular area. Some people do hundreds of crunches in attempts to flatten their stomachs, others buy the "miracle" ab gadgets and bulky "hip slimming" machines from TV.

Were you about to call the 800 number to buy the "latest and greatest" ab roller?

Targeting Those Trouble Spots

Hold on to your hard-earned money!

The belief that you can lose fat on a specific part of your body by exercising that area is a myth! Targeting the "spots" of your body for fat loss is called "spot reducing", and it simply does not work.

Exercising certain areas of your body will strengthen the muscles there, but it will not remove the fat from them. Your newly developed muscles will be hidden under the layer of fat.

What about those heavily pitched creams, wraps and rubber belts that supposedly "melt the fat away"? Those are just plainly scams.

The creams and body wraps can temporarily give your skin smoother appearance, but they will do absolutely nothing for fat loss. All kinds of weight loss belts, pants and other clothing will make you sweat, thereby causing some loss of water weight which is mistaken by most people for fat loss. But they will not help you lose even one gram of the actual fat!

There is no way to tell your body where exactly it should lose its fat.

Each person's body has its own unique shape and fat distribution pattern. The places where the fat goes first are, unfortunately, where it comes off last. So the only way to lose that fat is by losing weight in general.

The only healthy permanent way to lose weight is by making lifestyle changes to incorporate healthy eating and increased activity. When you do that, the fat will come off everywhere on your body, including those "trouble spots". And yes, you will then have that body that you always dreamed of!

Melanie Mendelson

Author of "Practical Weight Loss"

A Guaranteed Way To Lose Fat For Good

[CLICK HERE =>](#)

Melanie Mendelson is one of those select few people who succeeded in losing weight and keeping it off. She lost 23 lbs and got down to her ideal weight, and she reveals all her weight loss secrets in her special guide. Visit Melanie's site at

Related Content:

[The Truth About Losing Fat On Your Stomach](#)

[Ground Zero Targeting!](#)

[E-marketing Basics: Pro And Cons Of Hour Targeting](#)

[The Plain Man's Guide to Making Money Online](#)

[Marriage Counseling For Prevention](#)

Read more Content at

Related Products:

Tame Your Personal Computer
RSS ADVERTISING SECRETS
Travel Cheap! Travel Well!
Adwordiser
AX Gold's Website Guardian

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!