

## **How to remove sides: excess weight**

The most common reason for the presence of "sides" is precisely subcutaneous fat, and in this case there are no special secrets. All that is required of you is to lose weight, and for this you need to combine a low-calorie diet and exercise so that the calorie balance becomes negative. When your energy expenditures exceed your daily calorie intake, the body is forced to cover this deficit due to the accumulated subcutaneous fat and muscles. Since we are interested in getting rid of subcutaneous fat, because we want to remove the sides, it is important to force the body to utilize exactly the adipose tissue. This can be achieved with a protein-carbohydrate alternation diet and anaerobic exercise. Anaerobic exercise is the load that muscles receive in the gym when oxygen is not involved in the supply of energy to the muscles.

Follow the link to find out more information - <http://bodybuilding-life.tilda.ws/>

Aerobic exercise is just as important, so you can spin a stationary bike or run on a treadmill for 30 minutes before and after your workout. In this case, it will be effective to use fat burners and amino acids, since the first will allow you to quickly remove fat from the sides, and the second will preserve muscle tissue. As for the training itself, you can use the standard training program for women, but in connection with a specific goal, you should intensively train the abdominal area. The bottom line is that local fat reduction is not possible by itself, but accelerating lipid utilization through pumping is a normal practice in fitness and bodybuilding. To do this, at the end of the workout, you need to perform 2-3 abdominal exercises, and these should be multi-repetitive exercises so that blood rushes into the training area, this is the pumping effect.