

Fat Losing

- 90% of the battle against belly fat is FIX YOUR DIET!
- Not only belly one. If you are into losing weight then 90 percent is about good diet. It is work of the nutritionist to lose weight. I lost 18 kg in 5 months with half an hour walk
- Dont eat Snacks/processed foods/sugar, then you are not on diet. Fries are high in carbs. Carbs make sugar in your body
- You need Good sleep and Consistant Workout routine.
- Move your body once in a while.

Supplements

- vitamin c
- Zinc
- Water lots of water
- Lemon water at morning with honey and ginger.

Tips

- Do Workout at the early morning before being distracted with other stuffs.
- Don't be lazy
- you can do it.
- Do Cardios in every 30 Mins.
- Cold shower.
- Relax youreself.
- Don't sit for too long even if you sit do consistent workout and move around.

Workout

- Cardio
- Plank (Always)
- Crunches
- Pushups
- Pullups
- Squat

Optional

- HIIT
- Isometric Exercises