

Download 15 Minute Fat Blasting Workouts Lose 3 Pounds Each Week

Set yourself up to lose excess belly fat by setting realistic goals. You won't be able to lose fat exclusively from your belly -- it will come from all over your body, including your midsection -- or shed 20 pounds in just a week. Does any of the following sound familiar: You often struggle to put on your favorite pair of jeans. You feel a slight twinge of unease as you look in the mirror and see that you no longer look as skinny as you used to be. My daughter & I have been doing these kind of exercises for the past week (just started an exercise routine). I really hope these will help because I need to lose about 40 pounds at the very least. Get latest on all things healthy with fun workout tips, nutrition information, and medical content. Whether you love yoga, running, strength training, or outdoor adventure, we've got advice to ...