

# How to lose belly fat secrets

Vince Lasalvia February 01, 2014



how to lose belly fat

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([Newswire.net](#) -- February 1, 2014) --

Just recently I had the pleasure of meeting a fellow fitness professional named Mike Geary.

Now Mike is a well-known expert who deals exclusively with the most effective strategies for losing stomach fat so that you can finally uncover those elusive six pack abs that

everyone desires.

Some of Mike's strategies deal with nutrition aspects and others deal with training techniques, but I was impressed to see that Mike has put together one of the most comprehensive resources for dealing with all of the aspects necessary to finally get rid of that nasty belly fat for good.

The key is that Mike focuses on the REAL techniques that are going to get you lasting results, and teaches you how to avoid all of these "quick-fix" scams and gimmicks that are all over the infomercials and the internet these days.

Several of the mistakes that Mike see's every day about [how to lose belly fat](#) where people are going wrong in their fat loss attempts are:

1. Most people are wasting too much of their time doing hundreds of reps of ineffective crunches, situps, and other "abs pumping" exercises in their attempt at losing stomach fat.

Mike has discovered that there are certain highly effective exercises that stimulate your metabolism much better, and increase your fat burning hormone levels much more. These exercises that Mike outlines are the best of the best for getting a lean, chiseled body.

Surprisingly to most, the majority of these most effective exercises for stomach fat loss are NOT "abs-specific" exercises. Not only that, but Mike shows you how to combine and sequence them to get the best metabolic and fat loss results possible, changing the shape of your entire body.

2. Most people are wasting way too much time doing hours upon hours of boring monotonous cardio routines.

Mike has researched this topic extensively, including an entire course he's taken comparing different modalities of cardiovascular exercise. After all of this research on [how to lose belly fat](#), we've come to the conclusion that the majority of people out there are not doing the right types of cardio exercise. In fact, most people may actually be inadvertently decreasing their metabolic rate by doing too much of the wrong types of cardio!

The strategies that Mike reveals in his program go beyond "interval cardio" too.

3. Most people are failing miserably with fad diets.

Mike reveals exactly why most low-carb or low-fat diets are actually working against what your body needs to become lean and ripped and maintain it for life! Mike shows you exactly how to stop falling for the gimmick diets and finally develop a truly healthy eating style that you can actually enjoy for life without being overly restrictive. It's actually easier and more enjoyable than you believe!

[Click here](#) to discover the exact system that Mike is using to help thousands of his clients from all over the world to finally discover how to lose belly fat. This system will help you to lose that stubborn stomach fat that has plagued you for years, so you can finally get that sexy six pack that you've always wanted.

Here's the video & site: <http://www.youtube.com/watch?v=2esvdJ3H154>

Don't forget to visit Mike's site today, as he's giving away some great free bonus reports and other tools that might not be available much longer.

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