



# 3 FAT LOSS STRATEGIES

FOR TONED BACK AND ABS

BY BUSY PRO FITNESS

# 3 Fat Loss Strategies for Toned Back and Abs

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Do you struggle with carrying a few pounds of body fat around your waist, mainly on the back and the abs? Many people do and find very hard to lose it.

Trying to lose fat from your mid-section is no different from trying to lose it from anywhere else on your body. Very simply put you need to create lifestyle habits that aid fat loss in general and you need to stay consistent with them. For most people belly fat is the last thing to disappear so you need to be patient.

Here are the 3 essential components you need to master for a flat and toned tummy and back.

## 1. Nutrition

“Abs are made in the kitchen.” You hear it everywhere, because it’s true.

There are many ways to approach your nutrition habits, the internet is full of cookie cutter type diets you can download and follow. However, we believe the best diet for you is the one you can stick to long term and it doesn’t feel like a punishment.

Here is the framework we at Busy Pro Fitness use with our clients. Keep in mind that plans are always tailored to individual needs, so unless you have a solid understanding of calories,



macronutrients and you know how much you should be eating, try to get help from a professional or learn more about the topic before applying.

At the start of the process our clients complete a 7-Day cleanse diet if it suits their goals and lifestyle and is required at the time. Typically, this is low in calories. We also use that week to focus on their sleep pattern and managing their stress levels too.

Afterwards we apply a food plan high in protein that include a significant amount of vegetables and the use of healthy fats. Other guidelines include cutting back on refined carbs, sugar, soft drinks and alcohol and drinking plenty of water throughout the day.

Majority of our clients are busy professionals who can't find time for cooking their meals. We advise them to follow the **5:2** or **Intermittent Fasting Diet** plan which will take care of the calorie deficit required for weight loss without them having to count calories, applying the same guidelines as stated above.

Remember, if the above sounds too technical, do your research and/or get in touch before making changes to your nutrition habits.

## 2. Workout Plan

We believe that exercise should be fun and easy to follow, otherwise you won't be able to adhere to your programme. We recommend finding a combination of strength training combined with cardio activity that you enjoy. You see, consistency is key here too.

### Strength Training

For toned abs and a lean back it's crucial to master and practice the "big lifts". These require your whole body to focus and performing them is the best way to strengthen your core area too. We mean deadlift, squat and bench press.



Before engaging in heavy weight lifting you'd want to ensure you are able to use and activate the right muscles and perform these exercises with excellent technique for safety and efficiency.

At Busy Pro Fitness, we assess our clients before creating their workout plan and ensure we include exercises to improve posture and core strength.

### Cardio Plan

The principle of working your body at a higher intensity for short bursts of time works well for most people when the goal is to lose body fat. A combination of rowing, swimming and hill sprints are recommended to complement an individually designed strength training plan.

What works the best for you depends on your skills, fitness levels and the activities you enjoy. Therefore, we pride ourselves in finding out as much about our clients as we can so we will be able to recommend activities that make them love exercise.

### 3. Progress Tracking

When you have a goal, the only way of understanding your progress is to build in check-in points and measurable parameters into your plan.

The best ways of tracking progress of your fat loss is to take pictures regularly. Visual understanding changes in details of your body is motivating. You can also use tape measure around your waist, hips and belly button.

Measuring body fat % is also a great way. We at Busy Pro Fitness take this assessment regularly for our clients.

### Summing Up

Losing fat is simple and easy when you have the motivation, knowledge and tools. Understanding that a good balance of nutrition, exercise and lifestyle habits is key to achieve your goals is the first step in the progress.

If you feel you need clarification on any of the points or have other questions, feel free to get in touch and our team will be happy to assist.

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