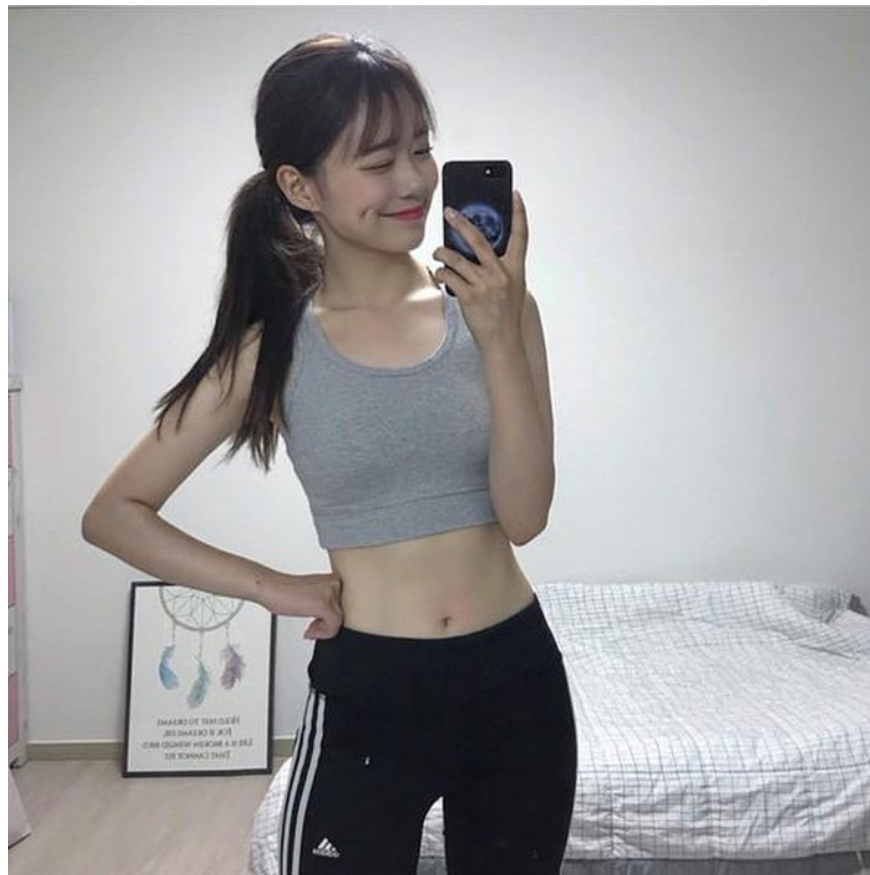


4 exercises before bed to help eliminate excess fat

After a long day, we have loaded into the body quite a lot of food and drink so please find a way to eliminate accumulated fat through the 4 movements below!

Excess fat on the belly area is always something that girls are afraid to wear bikini or croptop. In particular, after a long day of eating, the fat accumulates even more. If you do not want this to happen again, do the following 4 exercises before going to bed as stubborn fat will quickly be burned.



The following 4 exercises before going to bed are stubborn fat that will quickly be burned.

Step 1:



Step 1:

****Doing:***

- Lie on your back in a horizontal position, with your head and hands outside the edge of the bed.
- Hold your hands up and tilt your head all the way down. This will stretch your back muscles and squeeze your abs to burn fat.

Maintain this action for 3-5 minutes.

Step 2:



****Doing:***

- Lying on the bed, lift your legs up so that the thighs are perpendicular to the surface of the bed.
- Then, raise your hands to pull the tips of your toes to the sides.

Maintain this action for 2-3 minutes.

Step 3:



***Doing:**

- You lie on the bed, arms stretched out to stretch with you.
- The legs are raised and moving in an aerial cycling position at about 45 degrees from the bed surface. Repeat 10 times.
- Next, straighten your staggered legs so that your thighs are perpendicular to the surface of the bed. Repeat 10 times.

Perform a total of 3 times for the above 2 actions.

Step 4:



****Doing:***

- Lie on your stomach on your bed with your hands on top of your cat in a cat position.
- With your chest close to the bed surface, your butt is fully raised and stretched for about 30 seconds.

Perform 3 stretching actions and finish the exercise.

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