

Spend 10 minutes a day to lose belly fat quickly, this is the way for you!

For the sake of the hourglass body, try out the following 5 simple exercises to get rid of belly fat quickly!

1. 18 simple movements help stretch muscles in each position on the body
2. Workout exercises for 4 minutes work equally well with 1 hour of gym
3. 10 simple exercises that help improve posture at home

Belly fat is always the persistent enemy of many people, especially girls, and reducing belly fat is something that we have to worry about from day to day.

If you want to build a healthy body with 3 perfect rings, you don't have to waste time visiting expensive fitness centers, special diets or using any weight loss products. All you need is to spend 10 minutes a day doing exercise exercises with chairs.

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1. The movement twists



1. Behind a chair with a backrest and a hand on the back of the chair.
2. Backing a few steps backward, **bending down in parallel with the floor** , still making sure that his back was straight.
3. Slowly turn to the left, raise your left hand over your ear. Do the same with the other side.
4. Repeat this movement 20 times, alternating between the two sides.

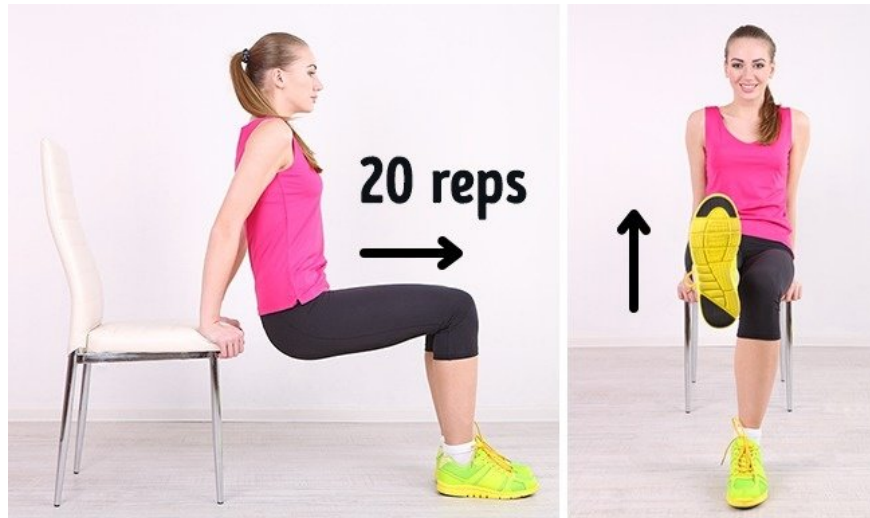
2. The action is twisted when lying on the floor



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1. Use a chair and a carpet. Lie on the floor, move closer to the chair and put your foot on the chair.
2. Two hands straight across the body.
3. Using your full strength to lift yourself off the floor, your left elbow touches your right knee. Do the same with the other side.
4. Repeat 20 times, alternating 2 sides.

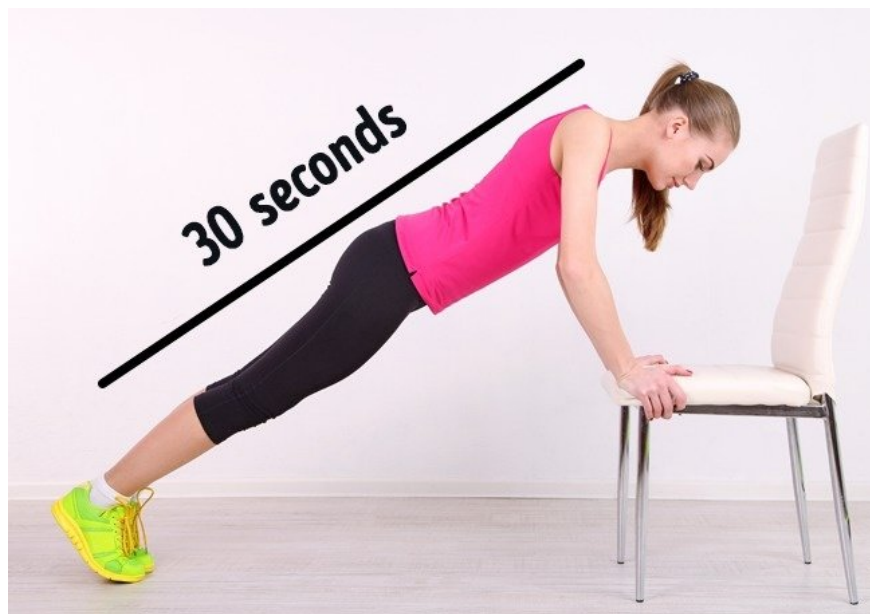
3. Foot raising action



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1. Place the chair behind your back, leaning down so that your knees bend in a right angle, straight back.
Note: Move your butt forward slightly to not touch the chair.
2. Slowly raise your right leg, hold it straight in front for a few seconds, and when it cannot hold it, slowly lower it. Do the same with the other leg.
3. Repeat the movement 20 times, alternating the legs.

4. High Plank movement



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1. Put your hands on chairs, bend over in an anti-push position, keep your back straight.
2. Hold that position for 30 seconds.
3. At the next training session, each time you try to increase by another 10 seconds.

5. The Squats movement (Squatting)



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1. The posture is similar to the movement 3. Sitting on the edge of the chair, bend your knees and place the palms on the edge of the chair behind your back.
2. Slowly bend your elbows, lower yourself and hold for a few seconds and then return to the original position.
3. Repeat the movement 20 times.

Maintain this exercise every day, just take 10 minutes before you will have a desired waist.

See also: 6 "bed" exercise helps burn excess fat effectively every morning

Having fun!

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