

# The Top 10 TIPS to get a flat belly



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# The Top 10 TIPS

Who's body do you admire? How would you like your body to look like? For unattainable that it seems, I want to remind you that it's possible. Just remember, everyone has 24 hours in a day and it's all about your attitude and the choices you make to reach your full potential.

## **Are you tired of working out with not so much improvements?**

If you feel disappointed with the lack of considerable results then it is time for a change!

This guide will give you for Free my favourite Tips and advice to help you getting a lean, defined and strong body **without having to spend timeless hours working out.** It might contradict everything you've known about losing weight and getting fit and it will help you to re-programme your body to burn fat all day so you get a nice flat belly without losing lean muscle.

My 10 favourite tips are also about the main mistakes that sabotage your efforts and stop you from getting fit in the fastest possible way.

I will show you some common exercises that are just a waste of time and that are ineffective towards getting you burning fat and building a toned physique.

**So, here are my 10 Top tips to get you a flat belly and fit body.**







1

Fitness is about Intensity and not about time. Long workouts do not equal faster or better results.

The secret to reduce your waistline and getting rid of belly fat permanently is NOT about working out longer. This is great news if you are like most of us with a very busy schedule trying to juggle between all activities. What you need to do is train smarter, this means shorter sessions at high intensity and not wasting any time by doing ineffective exercises (which I mention below).

**It's about the quality of the workout and not the quantity.** Smart training doesn't allow you for distractions! Doesn't allow you

to call your friend or watch the TV at the gym because even if you were on your rest time you would be so tired trying to recover and getting mentally ready for the next exercise. The higher the intensity, the more time and energy (calories) you would need to recover, therefore bigger gains.

I recommend you to train between 30 and 60 minutes including your cool down and stretches.



Long and boring traditional cardio sessions on the treadmill, bike, etc. won't help you to lose fat and slim down.

2

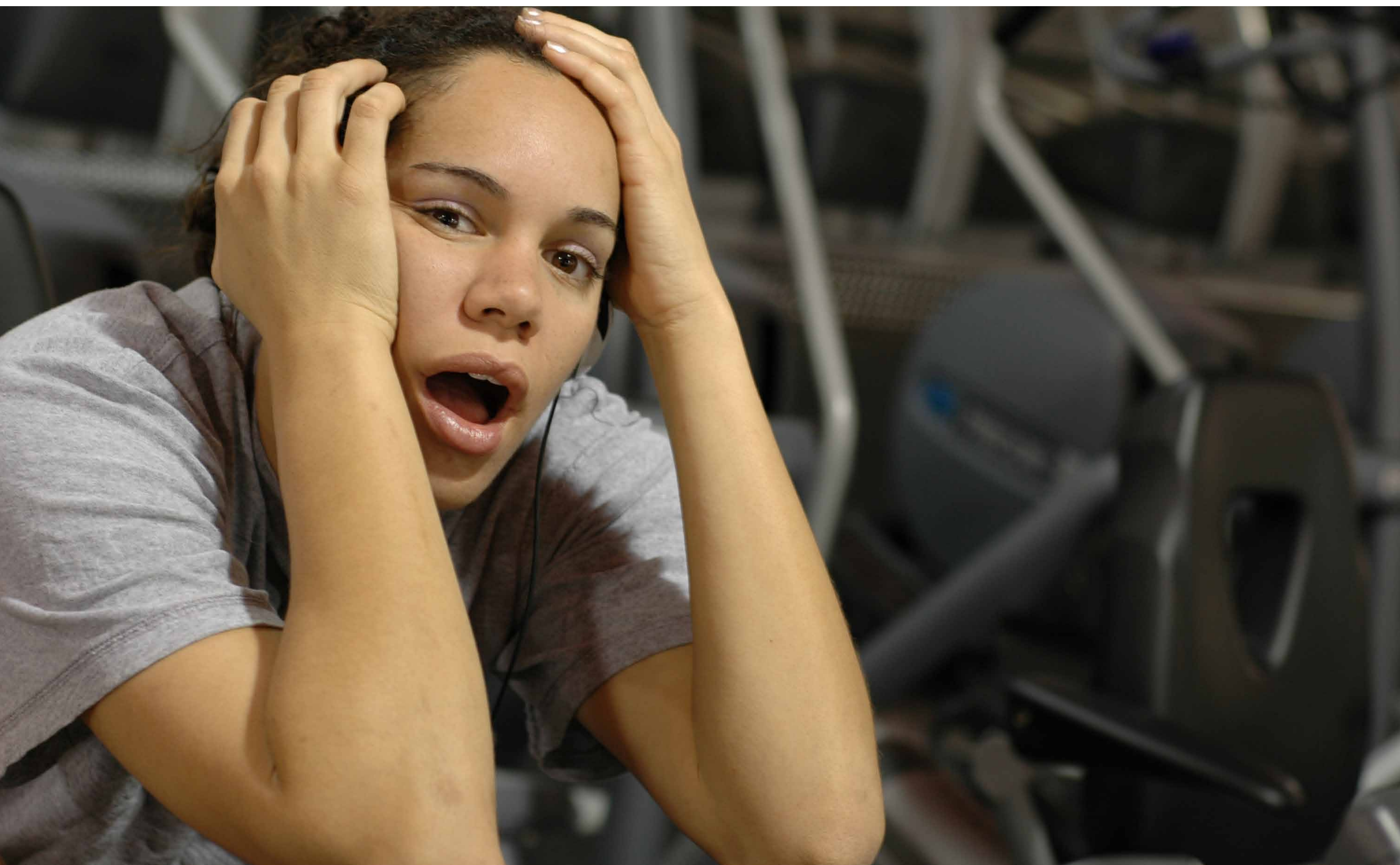
And for long I mean the 40-60 minutes low intensity cardio, which is huge time for not a lot of results. These long sessions along with the 'burning fat zone' came from the bodybuilding programmes and top elite fitness models that couple low intensity cardio with hard-core weightlifting and conditioning, plus a lot of discipline to get them ready for a competition. But if are not a bodybuilder or a full-time professional athlete then you are absolutely wasting your time burning too little amount of calories in a very inefficient and boring way. Don't get me wrong; there is a time and place for Long-Slow duration (LSD) cardio sessions but not when you want to burn belly fat fast and have limited time to train.

Cardio is fantastic to lose fat and at the right intensity will get your body into naturally

producing fat burning hormones all day and not only during your workout.

**So the most effective way to do it's with short high-intensity intervals that multiply your calorie burning** because it excessively increases your heart rate and melt your fat away. It's so effective that you will keep burning calories even after 48 hours and this is a scientific fact known as EPOC or "Afterburn" effect. The higher the intensity of your session the more oxygen and energy are needed to restore your body afterwards. As a result your body continues to burn calories/fat for many hours, even when you sleep.

Try this Cardio session, after warming up, 2 minutes at your maximum effort followed by 4 minutes low intensity for active recovery, 3-5 times.







### 3 Forget isolated exercises such as biceps curl. Focus on full body exercises to really boost your metabolism and burn more calories.

Isolated or 'one muscle at a time' exercises don't recruit enough fibres and stimulate enough your body to burn calories and build lean muscle, the more muscle involve the more you maximize your energy and fat burn. That's why your specific areas might not seem to get any smaller when you spot treat them.

To get rid of that stubborn fat around your belly you've got to workout using full-body

exercises to boost your metabolism and cause that 'good' stress on your body, which responds by producing fat-burning hormones.

Therefore, If you want to finally achieve your full fat-burning potential and get a flat belly, incorporate movement that engage your full body and stimulates as many muscles spending as much energy as you can to get you slim, toned and super fit.

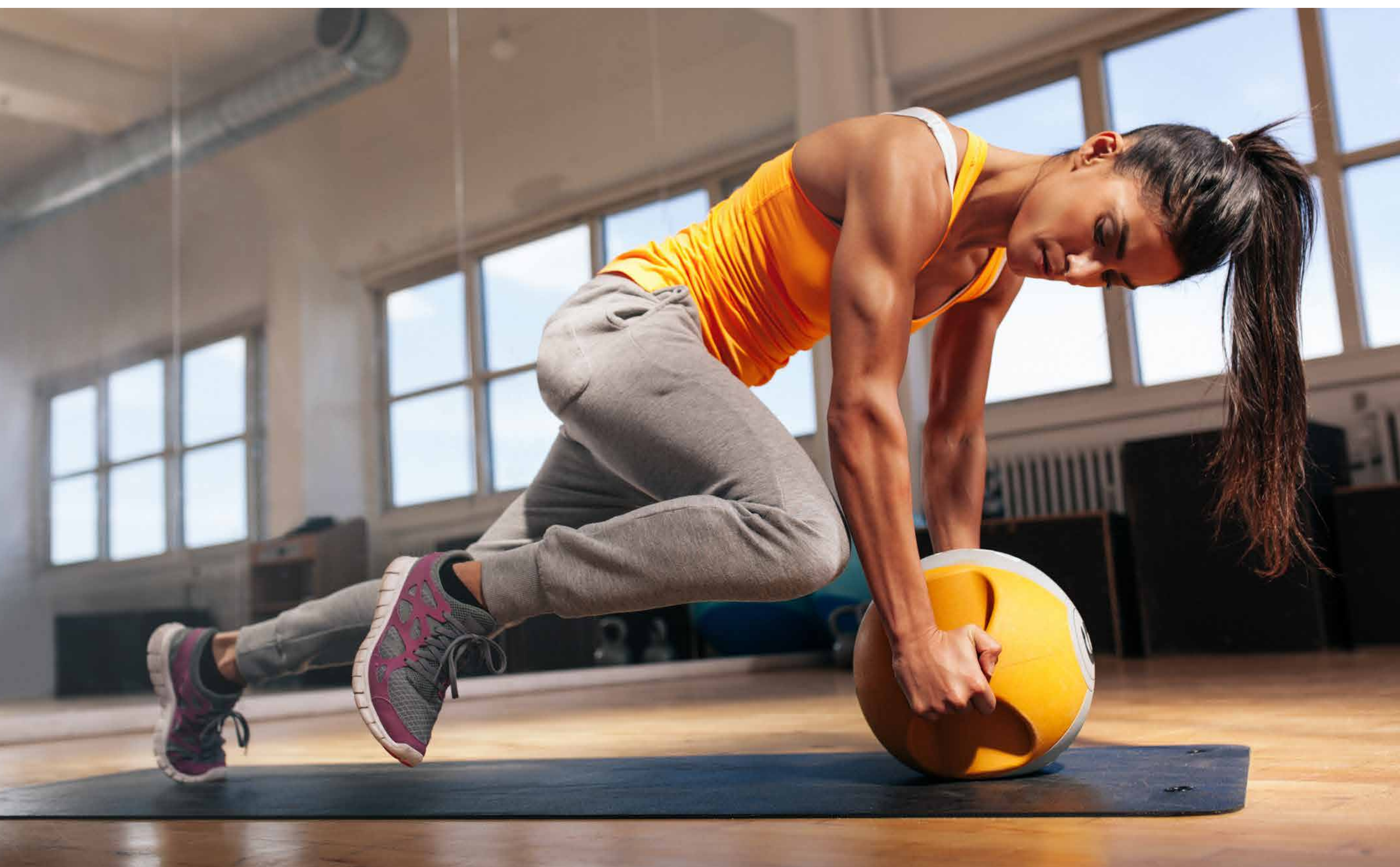


# 4

▶ Avoid the fancy machines at the gym, which limit your body to fully activate all muscle fibres that will get you burning fat.

Working out using machines in the gym is making your body dependent and altering the way it moves restricting the range of motion so it and will create muscle imbalances that can lead to injuries but more importantly to your objective, it won't let you activate all muscle fibres which means less fat burning and less muscle definition.

Use free weight (dumbbells, barbells, kettlebells) or body weight exercise to stimulate more muscle at the same time and increase your calorie burn. Strict technique is a must to avoid injuries and to maximise results.







## 5 | Crunches and Sit ups won't get you a flat belly

Those 100 sit ups you do when you finish off your workout won't help you to burn that little extra muffin you have, because as I mentioned before, we cannot spot treat parts of our body to burn fat.

Even though your body tend to deposit more fat in certain areas as opposed to others, burning it off doesn't work the same way. And that's because crunches and sit-ups are small isolated movements that don't elevate enough your metabolism generating heat and burning calories.

A lot of people think that Abs are made to bend, crunch and twist, however it's the opposite. One of the key functions of the Abs is to stabilise your body and provide postural support, protecting your spine. Therefore when you do sit-ups and crunches you are putting your spine into unnecessary pressure and increasing the risk of injury.

These are one of the ineffective exercises to burn belly fat that I refer at the beginning of this eBook. Remember, is all about intensity, full body exercises that demand for more energy, enough water and good food. Which leads me to the next points.



# 6

Drink enough water everyday.  
Do you know how much is  
enough for you?

As you know, our body is to a large extend water. We need to keep it properly hydrated. But what does this mean?

Firstly you need to find out how much water your body needs when you are at rest, for example: working in an office, reading, watching TV etc. After calculating the minimum amount then you will add water for your exercise sessions and any physical activities. This can get a bit complex but thankfully there are some good tools to make it for us.

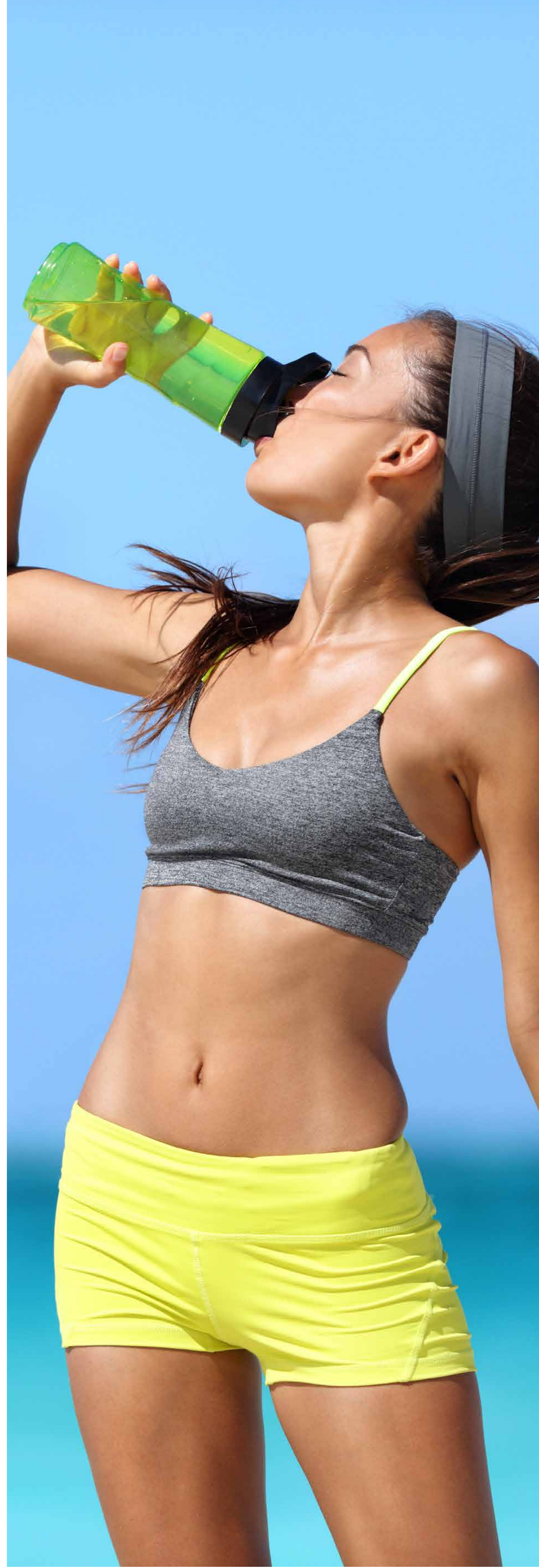
**Minimum water required  
(in Ounces) = Body weight in pounds/2**

**For example:  
Body weight = 128 pounds.**

**Minimum water required  
per day = 64 Ounces = 1.82 L**

I particularly like the link below because in 1 minute you can find out how much water should you be drinking everyday taking into account your weight, sex and activity lifestyle. The most important step is actually measuring your water intake and increase slowly and steadily everyday until you are drinking the optimal amount.

<http://www.h4hinitiative.com/tools/hydration-calculator>







# 7 | Eat enough protein to help you to lose fat and stay healthy.

To get a flat belly it's important eating enough protein. The main reasons are:

- 1) ***Protein is satiating, when eaten with unrefined carbs it regulates better your blood sugar and insulin levels.***
- 2) ***The 'Thermic Effect on Food', which is the energy spent to digest food into absorbable pieces. Protein will spend more calories to be digested compared to Carbs and Fats.***

Our body cannot effectively use fat as energy without the help of carbs and proteins. When we lose weight, our body loses both, fat and muscle ☒. Therefore it's very important having adequate protein intake to fuel that fat burning process and preserve muscle mass.

As you might know, protein is essential for our health, is a building block for our muscles, bones and blood, it also support enzymes and hormonal processes in our body. **But the question is how much protein does you need?** There is definitely not a 'one size fits all' formula; however there are certain guidelines

that you can use to help you find what is right for you.

The recommendation is normally between 0.8 grams per kilogram of body weight, up to 2 grams per kilo for athletes in training.

For an average adult in the UK, that would be around 55 to 100g of protein per day. As an example, one small portion of chicken breast (86g, about the size of a deck of cards) provides about 27 grams.

However, to simplify, try to include a source of protein in every meal, this can be from meats, dairy, eggs, beans, lentils, whole-grains, seeds etc. You tailor it to your preferences.

It's definitely down to what you like as there are a lot of healthy and tasty options, I normally include the following ingredients to prepare my meals: Chicken breast, Eggs, Egg white, cottage cheese, goat cheese and some carbs also high in protein such as oatmeal, brown rice, quinoa and sweet potato.



# 8

## Excess Sugar will make you fat.

Yes, I'm talking about carbs, but before you say "Another low-carb diet!" I want to explain you something that my coach explained me many years ago.

- Carbohydrates breaks down into sugar in your body and excess sugar equals fat in your waistline and other typical regions.

I know how terrible that sounds, but sugar is not evil, we need sugar (or Carbs) to function, our body uses it as a key source of energy to walk, move, live. The problem is very simple, every time you give your body more fuel (Carbs) that it needs to, the storage capacity in your liver will be exceeded and the excess will be converted into fat and stored in your body.

Therefore, if you want to lose fat and get a six pack or a nice flat belly you need to be looking at your food and specifically at your carbs, what kind of carbs are you eating, and in what amount. It's definitely not the same eating a portion of rice or a bowl of oats with fruits and yogurt than eating a piece of cake or a pack of sweets, even if caloric content could be similar. It's very important than your Carbs are nutritious with vitamins, minerals, fibre etc.

I am not saying you should quit the food you most like, however if you are not willing to make some changes it doesn't matter how much you exercise your belly won't get lean and defined. Remember is not only about aesthetics, excessive fat around your belly means higher risk of cardiovascular and other diseases.



### My recommendation for you:

- Reduce soft drinks, fruit juice from carton (YES! Even the ones "Not from concentrate"), sweets, and refined food in general.
- **Always read the label.** If the food has a lot of ingredients you can't even pronounce, don't eat it!
- Remember, generally ingredients are ordered from the higher to the lower amount; be careful with food that contain 'sugar' or any artificial sweetener in the top five.





9

Breakfast is important, do not skip it. For active people the most important meal is the post-workout food to re-fuel the body.

I am sure you have heard that breakfast is the most important meal of the day, however if you are an active person, and by active I mean, if you exercise 2-3 times a week by more than 30 minutes each in a medium to high intensity mode, then the most important meal is your post-workout. If you exercise at night then regardless if you get home only at 10pm you should still have your dinner with CARBS and Protein mainly. Yes, Carbs! Your body has mus-



I hear many times that people don't eat after exercise because they finish very late and they are afraid to eat after 7pm, this is a **BIG MISTAKE**. We need energy to function...

cles depleted from the work you put them to and need energy to recover.

I hear many times some people don't eat after exercise because they finish very late and they are scared to eat after 7pm. This is a big mistake! We need to refuel our body after workout regardless. Especially when we are going to spend 6-8 hours sleeping without any food intake.



# 10 | Trust the programme and commit to it.

**Knowing how to lose fat is just half of the solution; the other half is actually have the determination to do it.**

At the beginning is easy to be very motivated but after a couple of weeks, that motivation fades off and you lose interest because your objective seems so far away.

What you have to think is that losing fat, especially in those difficult areas such as your belly, the length of time will depend on your current stage, for example, your current body fat percentage. If you are someone very overweight it will take you longer and you would have to work harder to get ripped compared to someone who is naturally lean. But you will get

there if you have faith in the process and commit to it!

Another thing for you to consider is that it's easier to drop from 30% body fat to 20% than it is to do it from 10% to 7%. When you have less fat the gains are smaller and the effort required is harder. Think about top sprinters, they will spend years of intense training just to gain a portion of a second in their time.

So remember, the motivation has to come from within and every failure or relapse is an opportunity to learn and keep going. As they say: **"When the going gets tough, the tough get going"**





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Wishing you success in your journey towards a  
healthier and fitter life.

**Angie Landin (aka Sereia)**  
Founder of JINGA JINGA  
Level 3 Personal Trainer and GroupX Instructor

For customised exercise programmes and  
nutrition plans please contact me at:

[angie.landin@jingajinga.com](mailto:angie.landin@jingajinga.com)

