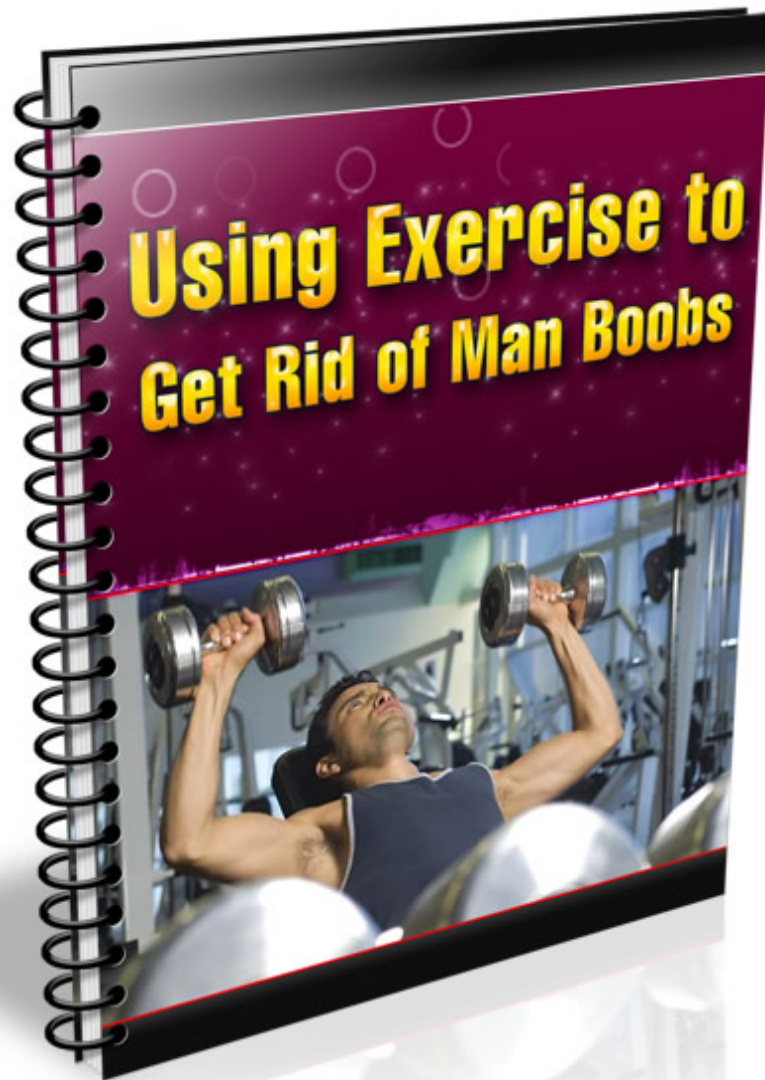


## **Using Exercise to Get Rid of Man Boobs**



<b>SNO</b>	<b>Table Of Contents</b>	<b>Page No</b>
<b>1.</b>	Introduction	03
<b>2.</b>	Exercises for Reducing Body Fat	05
<b>3.</b>	Jumping Rope	06
<b>4.</b>	Walking	07
<b>5.</b>	Swimming	08
<b>6.</b>	Targeted Chest Exercises for Reducing Man Boobs	09
<b>7.</b>	Push-Ups	10
<b>8.</b>	Bench-Presses	11
<b>9.</b>	In Closing	12

## **Introduction:**

Man Boobs, Moobs – whatever the slang name is for them these days, boobs on men are not considered 'natural.'

The men who suffer with this problem must deal with the embarrassment that comes along with them.

It's a painful thing to deal with and can cause serious blows to your self-esteem and confidence.

There are many different things that can cause man boobs, but the most common reason men suffer from them is being overweight.

While hormones and even medications can play a role in the development of gynecomastia, typically the reason is that the man who suffers from them is overweight.

As chest fat develops, so do man boobs.

This guide is dedicated to the exercises that can be used to reduce chest fat and get rid of man boobs.

Know that you must be committed to truly getting rid of your man boobs if you expect this to work.

You must follow the routines and stay determined to work hard and reduce the amount of chest fat you currently have.

When you do this, you will find that getting rid of man boobs isn't that difficult.

## **Exercises for Reducing Body Fat**

Exercises those are great for burning body fat will also help with man boobs. The entire goal is to reduce the amount of fat that your body has, so that you get into shape and can tone your body.

So, any exercises that burn body fat would work. Below you will find some great aerobic and fat burning exercises that you can use to reduce body fat.

## Jumping Rope –



Now, this may seem like a child's game to many individuals, but you can burn up to 165 calories for every 15 minutes of jumping rope.

The best way to do this is to get a mat for indoors or jump rope in grassy areas to reduce the impact on your bones and joints. You should know that jumping rope is less stressful on your body than

jogging, so it's a safe and helpful exercise.

Jump ropes for as long as you're able – if you can make it to 15 minutes, fine but if not – do what you can. You will build your endurance and eventually you will be able to jump rope for a longer period of time.

## **Walking –**

Still one of the best exercises that a person can do, walking will help you to slim your body, tone it and take off the excess body fat.

You should aim for about 30 minutes a day, and if you need to break up that time, feel free to do so. Try 15 minutes in the morning and another 15 in the evening.

Or, if that is impossible for you, try 5 minutes of walking 4 times each day. You should walk at least 4 to 5 times a week. You'll be surprised at how quickly you lose body fat when you make walking a daily habit.

## Swimming –



Swimming is a wonderful all-over body exercise. It burns calories, helps you shape and tone your body and will help you shed the excess body fat.

The great thing about swimming is that it's fun – so it seems less like exercise. You should try to swim between 3 and 5 times a week for around 15 minutes at a time. This is actual swimming – not just playing in the water, although that can be a fun warm up.

By doing these different all-over body exercises, you will reduce the amount of fat your body has. In return, you will be reducing your man boobs and you'll be more proud of the way your body looks.



## **Targeted Chest Exercises for Reducing Man Boobs**

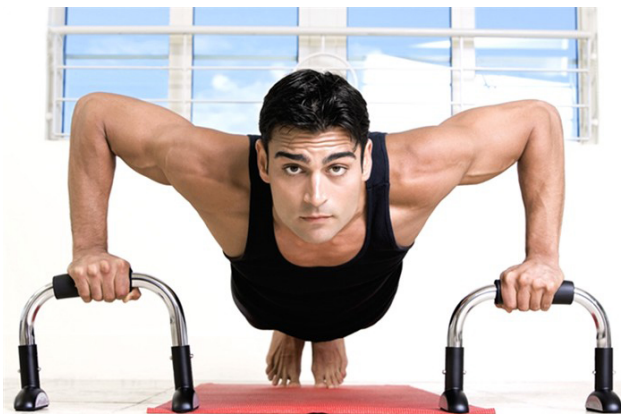


Now that you know your man boobs will be reduced with all-over body exercises, there are a few targeted chest exercises that will really help you get rid of them as well.

These exercises are designed to work the muscles in your chest, which are your pectoral muscles. The goal is to replace the fatty tissue with lean muscle, which will make you look more masculine and reduce the man boobs.

Remember that you must be committed to these exercises or they're simply not going to work. Doing them every once in a while is not going to target and reduce those man boobs the way you want.

## Push-Ups –



Push-ups are a great way to work the pectoral muscles and reduce man boobs. This is a hard exercise which requires a lot of strength.

If you find that you're unable to do real push-ups at first, start with the easier kind which involves using your knees instead of your toes. This kind is easier and will help you build strength in your arms so that you can do the regular push-ups.

Do about 10 pushups at a time, twice a day for 3 to 5 days a week. These pushups will reduce your chest fat, build lean muscle and will shape your chest – making flabby man boobs disappear.

## **Bench-Presses –**



These are some great exercises as well when you're trying to work your pectoral muscles. You may not be able to start out with much weight, but remember

that you will gradually build up your strength.

Bench-presses utilize pectoral muscles and shape them so that they're firmer, leaner and more masculine in appearance.

This is important when you're also trying to build your self-confidence and self-esteem.

Do between 5 and 10 bench presses at a time, and try to do them between 3 and 5 days a week. This will really build the muscle.

If you don't have equipment available, just use something heavy to bench-press. As long as the muscles are being worked, it doesn't matter what you're using. Using these chest working exercises, you will see how quickly you can build muscle and reduce the amount of fat that is present on your chest area.

## **In Closing:**

It may seem like these are simple exercises for removing man boobs, and they are.

It's not going to take some strange or complex exercise routine. The key is consistency and having the determination needed to work regularly on your man boobs.

When you have the dedication and the commitment, you can get rid of your man boobs. This is not a pleasant condition – it's embarrassing and most men find it difficult to take their shirts off in public or jog without experiencing that embarrassing 'jiggle.'

With the exercises above, you can get rid of your man boobs and experience a flatter, more toned chest.

**Good luck!**