

Published based on [Learn How to Get Rid of Love Handles](#)

Learn How to Get Rid of Love Handles

The toughest area to lose weight is around the hips the love handles. These are something that almost everyone deals with, and they can be really hard to get rid of. However, there are many key exercises that will work to alleviate those love handles.

There are also other tips, such as on how to eat right, that are going to be helpful to you here if you want to know how to get rid of love handles.

[Lose Those Love Handles and Beer Bellies Today!! Click Here](#)

Trunk Twists

One of the best types of exercises that you can use if you want to know how to get rid of love handles is trunk twists. These twists are an awesome workout because they focus right on the problem area, those love handles that you want to get rid of. These are also awesome because it is a good way to warm up your muscles and keep you from pulling anything, so if you want to know how to get rid of love handles then it is important to do these at the start of any good workout routine.

Oblique Crunches

This is another really good exercise that you are going to want to try out if you are trying to get rid of your love handles. If you want to know how to get rid of love handles then the oblique crunches are a must have in any routine because they are another exercise that target the problem area.

The first step to these exercises is to lie on the floor with your legs bent on about a 90 degree angle, and you want to have the bottom of your feet vertical. Now you are going to want to place your hands on the back of your head, and then you lift your shoulder blades off the ground and do this until your right elbow touches your left knee.

Now you want to squeeze your abs for a minute, and make sure that you really focus on this if you want to get results. Now you slowly return to the starting position and repeat the steps again so you are repetitive with this exercise.

There are many other exercises that you can do as well if you want to get rid of your love handles, but do not forget to eat right because in the end if you are not they will keep coming back.

[More Ways To Lose Those Love Handles and Beer Bellies Are Just A Click Away!!](#)