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Effective Ways to Get Rid of Man Boobs by John Allen

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Are you unable to get rid of man boobs? Donâ€™t worry; there are many men around the world with excess glandular breast tissue. Man boobs occur due to two main reasons namely gynecomastia and obesity. Gynecomastia is a hormonal condition in which enlargement of glandular tissue in breast occurs in both boys and men due to imbalance of the hormones estrogen and testosterone. It is estimated that three out of every four teenage males will develop temporary excess growth of breast tissue during puberty.

Since, man boobs are composed of fatty tissue, overweight can also cause male breast enlargement. In over ninety percent of the cases, gynecomastia will resolve on its own within three years of onset. In some cases, men suffering from man boobs may experience breast pain.

Most often, men look for surgery as an effective option to get rid of man boobs. However, surgery may not fix the root cause of man boobs. After surgery, build up of fatty tissue in the chest might again cause man boobs. Besides, surgery is expensive and resulting scars can be uncomfortable.

Man boobs caused due to obesity can be fixed easily through effective workouts. However, it is important to pick the effective ways since ineffective workouts might not be able to reduce boobs effectively.

Some effective ways to get rid of man boobs are listed below:

Cardio exercise:

Cardio exercises are effective in reducing the excessive fat and helping to reduce your boobs in time. Among the different types of cardio workouts, running, rowing and playing sports are considered to be best cardio exercises for reducing boobs. To perform cardio workouts effectively, you need to prepare a workout plan and must stick to it. If you are finding it difficult to run or play sports due to joint problems then make use of elliptical training and interval training.

Anaerobic exercises:

Anaerobic exercises such as weight lifting can reduce the excessive fat and tighten up the chest muscles. However, it is important to perform weight lifting on regular basis with more weight to maximize its effects.

Balanced diet:

Just paying attention to workout may not offer instant results unless you check out your daily diet. You need to reduce your calorie intake and must stick to a proper well-balanced diet plan. Reducing your calorie intake might help your body to reduce your excessive calories quickly and you might even find signs of improvement within a short span of time.

These are some effective ways through which you might be able to get rid of man boobs effectively.

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John Allen - About Author:
Performing effective cardio and strength training exercises on regular basis might help you to reduce your a man boobs in time. The author is an expert in the a man boobs arena and has written many articles regarding how to a get rid of man boobs in the past.

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