

# EVIDENCE EXHIBITS

Paper Trail · Some exhibits below are fabricated for this exercise. At least one is real.

## EXHIBIT A

SOCIAL POST

@fitwithdara · posted 5:24 PM · shared 18,200 times

"A NEW STUDY proves this one ab exercise burns belly fat better than ANY other workout. Spot reduction is real and they don't want you to know it. Saving everyone time. Full move in my last post"

## EXHIBIT B

PRODUCT WEBPAGE

fitwithdara.example/the-method

FIT WITH DARA Programs The Method Reviews

### The One Move Science Says Burns Belly Fat Fastest.

✓ CONFIRMED BY EXERCISE SCIENCE RESEARCH

[exercisesciencejournalreview.example/spot-reduction-study](#)

"The method every trainer is talking about" — Core Strength Weekly

## EXHIBIT C

BLOG ARTICLE

corestrengthweekly.example · posted 7 days before the viral post

Headline: "Does Spot Reduction Actually Work? A New Study Weighs In." Excerpt: "Dara points to a randomized trial comparing regional, general, and combined aerobic training in obese women, describing it as proof that targeted ab exercises burn belly fat best." A link under "the study" leads to Exhibit D.

## EXHIBIT D

PRESS RELEASE

fitwithdara.example/press · issued 4 weeks before the blog article

FOR IMMEDIATE RELEASE — The Fit With Dara program cites a randomized controlled trial on regional versus general exercise training. "The science backs up what we've always said — targeted moves work best," the release states. It does not mention which training group actually showed the greatest improvements, and does not quote the study's own description of spot reduction as controversial.

# EVIDENCE EXHIBITS

Paper Trail · Some exhibits below are fabricated for this exercise. At least one is real.

## EXHIBIT E

CITATION

Referenced in Exhibits C and D as “a randomized trial comparing regional, general, and combined aerobic training”

**Zourmand G, Shaabani Ezdini E, Taheri M, Irandoust K.**

*Impact of regional and general aerobic exercise on molecular regulators of lipolysis and adipose tissue composition in obese women.*

Cellular and Molecular Biology. 2025;71(10):111–116.

DOI: 10.14715/cmb/2025.71.10.15 PMID: 41236293

A record with this title, journal, and DOI can be looked up directly. Check which training group — regional-only, general, or combined — actually showed the greatest fat-loss improvements, and how the authors describe “spot reduction” — then compare that to how Exhibits C and D describe it.