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How To Get Six Pack Abs

By Shawn LeBrun

Whether you want to get six pack abs, or just looking to lose a bit of extra luggage you're carrying around the mid-section, there are 3 "key" areas you need to focus on to get six pack abs.

Strong abs not only help strengthen your lower back, but also improve upon your posture. Most lower back injuries occur, believe it or not, due to weak abs. Focus on these three areas and over time, you will see improved results.

Key # 1- Proper cardiovascular work

You can have the greatest, most muscular set of six pack abs in the world, but if they're blanketed by a layer of body fat, who cares. In order to rid yourself of the extra body fat around your midsection, you need to incorporate effective cardio sessions into your fitness plan.

You cannot spot-reduce the midsection by doing extra ab exercises like crunches or sit-ups. You first must burn off the body fat through proper cardio to properly define the area. Abdominal training by itself will not do much. Cardio needs to be intense enough to do the trick.

Three to four sessions a week, 20 minutes at a time, of intense jogging, running, the Stairmaster, the elliptical, jumping rope, or biking should be enough to get the process in gear. Swimming, hiking, and taking aerobics classes are beneficial as well.

Nothing beats jogging or running. It is the most intense, efficient, and effective method of burning calories. If running outside hurts your joints, try running inside on a treadmill or outside on a dirt path. It definitely is easier on the body.

Again, you NEED three to four intense cardio sessions a week, at least 20 minutes a session, to help create a calorie deficit and help rid the body of the fat that covers and lessens your chances of getting six pack abs.

Key # 2- Proper Nutrition

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Do not sabotage your results in the gym by giving yourself a passport to pig out. Ridding the body of fat once and for all is accomplished by proper nutrition more so than incorporating cardio. At the end of the day, if you have consumed more calories than you have expended, you add body fat. So you need to burn more calories than you consume.

Nutrition is important because you can reduce the amount of calories you take in, therefore greatly having an effect on the amount which you have to expend through cardio. Eat five to six small, well-balanced meals spaced apart about every three to four hours. Try to keep something healthy on hand.

If not, when you become real hungry, you will opt for something that isn't as good for you. When you become overly hungry, all rational thinking goes out the window. But it is important to get something in you. Not eating on time or at all is almost as bad as eating too much.

Keep protein intake high (approximately 50% of daily calories), carbs moderate (40%), and fats minimal (10%). Muscle fiber is made of tightly-wound protein molecules that is damaged during a workout, so you need more protein than the sedentary person to help that muscle tissue repair.

Carbohydrates have an important role in the body, but do not base your meals on them. Try to avoid simple sugars like cane sugar, honey, fruit juices, syrups, and even a lot of fruit.

Drink at least a gallon of clean water each day as well. It will help in nutrient absorption and digestion and will help flush toxins from the body.

Bottom line, make sure you are supplying your body with well-balanced, healthy food every three to four hours. To ensure you are creating a calorie deficit, you should find out your daily caloric requirements that you need just to maintain your current bodyweight.

Since you are looking to reduce your current body weight by getting rid of some fat, you want to speed up creating a calorie deficit. One way is how we talked about above, doing cardio.

The other is by reducing the amount of calories you consume by 150–200 calories per day off your daily calorie maintenance amount.

For example, if you require, at your age, weight, activity levels, etc...2000 calories just to maintain your current weight, start reducing that number to 1800 to 1850 for a couple weeks.

If after a couple weeks you still do not see results, lower that number again by 150–200. Now you would be at 1600 to 1650 calories.

Again, the key to getting six pack abs is ridding your body of the fat covering the abs.

The only way to do this is by creating a calorie deficit so that your body burns calories for needed fuel. When you burn stored calories, you're burning body fat. The way to properly do this is a combo of increased, intense cardio and a gradual reduction of calories.

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Key # 3– Weight training the abdominals

Here is where most people go wrong in their attempt to develop their abs. I often ask those I train, "Would you train your biceps with sets of 50 reps with no weight"? Of course, they say no. "How about your chest, 50 reps with no weight?" Another no. I then ask, "Then why would you do that with your abs"?

Here's an important key. If you want proper ab development, you need to add resistance (weight) to your ab exercises. Abs are muscles just like biceps, triceps, pecs, glutes, whatever. You need resistance to properly strengthen and build them. The same goes for abdominals.

Here are some effective ab exercises to incorporate for proper ab stimulation.

Weighted crunches. Grab a dumbbell, either hold it in front of your face, or let it lie on your upper chest, under your chin, and perform regular crunches. You are now using your abs more to work against the leverage the dumbbell has created. Stick with a heavy enough weight where you can handle 10–15 reps, but no more. Remember, you need to create enough resistance where your abs are forced to

work.

Cable Rope crunches—grab the tricep rope, kneel on your knees, and bend downwards, forcefully contracting your abs on the way down. It's basically a crunch, only, you are on your knees. But the contraction is the same. Don't swing with the hips, you are not using the abs very much if you do. Just a slight, 30 degree contraction until you feel the abs contract, hold for a couple seconds, then back up.

Weighted leg raises— Lie flat on your back, with your hands tucked under your butt. Wrap your feet around a small dumbbell, and perform leg raises. Start with your feet about 6 inches from the ground, then raise them about 12–16 inches from the ground and then back down slowly. These can be done on the end of a bench as well.

Seated ab machine— once again, do not swing all the way down, just far enough (30 degrees) to fully contract the abs, hold for a couple seconds, then back up. This is very similar to Cable rope crunches.

Stability Ball Crunches— working on the stability ball will incorporate balance into your abdominal work. They are effective at strengthening your core region, which is your abs and lower back.

You lie down on a stability ball like you are going to perform a crunch. Position yourself on the ball so your lower back is resting on it. Keep your feet close together on the floor making your body less stable (helps incorporate more balance on your part) and place your hands behind your head or folded on your chest. Crunch your upper body towards your knees, exhaling as you contract your abs. Under muscular control, lower yourself back to the original position keeping full tension on the abs.

Regardless of what exercise you do, the key is to add weight/resistance. If not, you will never increase the amount of lean muscle tissue in the area. You only need to train your abs twice a week for maximum results. Once again, treat them like any other muscle group (which means you wouldn't train

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them more often). Combine this weight training with proper diet and intense cardio and that elusive six-pack is yours to be had!

Personal trainer and natural bodybuilder Shawn Lebrun shows you, step by step, how to build more muscle and lose more fat in less time. Go to

<http://www.shawnlebrunfitness.com/getshredded.html>

now

to learn how.

Lose Your Belly Fat And Show Off Your Six Pack Abs

By Chris Chew

Have you noticed that most people will never fail to include abdominal muscle exercises in their routines and yet somehow or other, they can never own that coveted 6 pack abs?

Have you been religiously doing your abdominal muscle exercises? Is your abs showing to your satisfaction? No? Why? Do you know that your abdominal muscle is one of the easiest muscles to build but yet why is it that most people have difficulty in developing that 6 pack abs?

Here is the truth. Those of you who are working out your abs regularly do probably own that much sought after six pack. Yes, you do. The only trouble is that your belly fat is covering them. Your abs will not show up well if you have a body fat ratio of more than 12%. The more fat you burn off, the more defined your abs will be. You will own that rippling washboard abs when your body fat is 10% or less. So if you have fat on your belly, forget about abdominal exercises and burn off the fats first.

There is another reason why people put in so much effort to develop their abdominal muscle and yet their abs are not showing although they have low body fat. Again, there is a simple explanation. They are doing the wrong exercises and working out in bad form.

Let's take for example the most common abs exercises, the sit up and the leg raisers. Everybody seem to be doing these two exercises not knowing that these exercises really don't do much for their abs. Don't believe me? Ok...try this. When you do your sit up or leg raisers, place your palms on your hip on the area connecting to your thigh and perform the exercises. Tell me what did you feel? Ahhh....you are getting it. Those muscles there are doing most of the work. Those are your hip flexor muscles. Since your hip flexors are doing most of the work, how can you develop your abs effectively?

So you say, from now on I will do crunches instead. Well, I have another surprise for you. Most people perform their crunches wrongly too. Think about it. Why is the exercise called the "crunch"? It is because you must squeeze your abs so are that you are crunching them. In order to squeeze your abs hard, you have to curl up like a prawn and breath out all the air in your lungs at the top position and then squeeeeeeeeze the muscles so hard that you feel a burn. That will take a few seconds to crunch

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out all the air before you lower to the beginning position again. You can't do this effectively if you just go up, down, up down, up down rhythmically. So, if you have been doing hundreds of crunches everyday with minimal result, now you know why. In fact, it is almost impossible for the average guy to do tens of properly performed crunches and not to say hundreds of them. The same squeezing principle applies to other abs exercises.

Ok....now that you know why your abs are not showing up well, so get on with burning your fats and perform your workout in correct form. You will then see your 6 pack abdominal muscle in no time.

Chris Chew is a personal trainer of actors, male pageant winners, fashion models and other celebs. More free fitness tips on his websites at

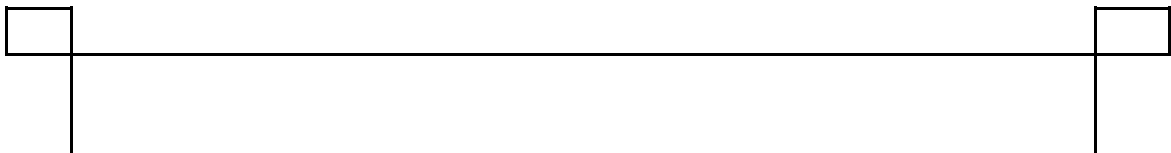
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