

# The 4 Simple Secrets to Six Packs Abs



By Travis Hunt

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## Chapter 1 **How to Get the Most Out Of This Report**

I'll get right to the point. This isn't going to be one of those preachy, 100-page manuals. I know well enough not to waste your time because I, too, don't have the luxury to go over ridiculously lengthy reports.

I knew from the beginning that I wanted this to be as concise as possible, relaxed, and easy to use.

The most important thing is that you retain the key concepts I impart with you here. If you're actually hoping for a novel-long ebook, I'll tell you right now this isn't going to be one. However, if you're looking for something that will positively affect your health, the way you look, your overall lifestyle, and even interpersonal relationships, then this ebook is just what you need.

In this ebook, you're going to discover why...

- Spending countless hours at the gym or on your treadmill are just a waste of time
- There's absolutely no need to spend your hard earned money on fancy ab equipment
- You won't have to starve yourself to death nor count calories like a madman
- Getting the body you've always dreamed of is far from impossible

The results will speak for themselves. The knowledge I share are just catalysts for success. The details are just as interesting as the promise.

### ***So What's the Secret?***

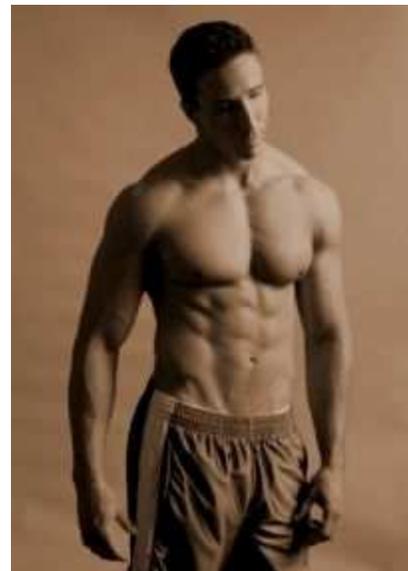
The secret isn't much except that there was no one absolute secret to begin with. It did have plenty to do with a combination of things, as I would gladly share with you in a few.

All I ask is for you to give this a chance; don't dismiss it right away without even finding out what it's really about. Stick it out and you'll soon enjoy the benefits of this one-of-a-kind experience.

Don't worry, I won't ask you to shell out ridiculous amounts of money to score the most advanced and swankiest exercise gadgets out in the market today. Just kick back and take it all in.

Now that we got all that out of the way, it's time to reveal the fitness strategies that changed my life for the best. But before we get into that, I feel that we should first determine where it all went wrong...

### ***The Problem with Indolence and the Sedentary Lifestyle***



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You won't see kids running and playing outside of the house as much. Instead, they busy themselves with the Internet and highly addictive video games.



Adults aren't spared from the emergence of convenient technology either. We tend to be more lazy and dependent nowadays.

### ***It Just Got A Lot Worse***

I'm really not surprised at how the world is quickly becoming unhealthy and fatter each day. The growing sedentary lifestyle alone is indicative of that.

The truth of the matter is that *our health is in deep, deep trouble.*

A huge number of people, regardless of age, sex, ethnicity, or location, are increasingly becoming obese, and developing all kinds of harmful health conditions such as heart disease, diabetes, and cancer. The poor health condition of people in developed countries has undeniably been a growing cause of concern. In the US alone,

the percentage of the population who are overweight or obese is at 70% and still rising at an alarming rate. If things don't change soon, 9 out of 10 people will become overweight or obese in just another decade or two.

Aside from discouraging statistics, another reason why the world is getting fatter is simply because of poor food choices.

Loading up on processed, refined, and chemically modified food doesn't help at all. One excuse I hear people say all the time is simply that they DON'T have the time. I think if you really value your health, you will MAKE the time.

I think it's important that you realize this, too...



### ***It's Not Your Fault***

This might not be new to you, but I honestly believe that it's not your fault. I do think that you've simply been misinformed and misguided. You've based all your food decisions on the constant bombardment of false advertising and diet hype. Most, if not all, of these greedy corporations don't care about your health; they just want to reel in the dough while they watch you get hooked on their products.

These too-good-to-be-true programs and diet products are nothing but empty pages, misleading promises, and ambiguous solutions. What you need is the truth. The kind that really works...

## ***The Answer You've Been Looking For***

This is the part where I tell you what I believe is the answer you've been looking for. So, please, pay close attention to what I have to say.

First, you have to realize that there are no quick fixes, no escape hatches, no easy buttons. These things do not exist. If you want to be successful at losing weight, gaining muscle, or any worthwhile objective you think is for the best, you need to put your back into it. Besides, everything that's real requires some kind of effort.

## ***But Here's the Good News***

It doesn't take as much effort as you think. And it's not as complicated as you think.

- As a matter of fact, you don't need anything at all to start on this journey...
- As I've mentioned earlier, there are no life-altering secrets, only facts...
- Taking money out of your checking account is unnecessary...
- Heck, you don't even need me.

What's the deal then, you ask?

You'll find out soon enough. First...

## ***Baby Steps for Your Fat-loss and Muscle-building/ Toning Efforts***



What I've experienced over the past few years has been a gradual improvement in my health, the way I look on the outside, the way I feel on the inside, and really just my overall outlook in life.

Reaching my fitness goal one step at a time...

Adapting to healthier food choices, developing lean muscle, but not all in one go. Everyday was an opportunity for me to refine those steps. I hoped to look better, feel better, a little at a time.

And the payoff was absolutely worth the wait.

I'll tell you more about how all this came about in just a bit, but first I want to get to the real objective of this ebook and what it can do for you...

### ***The Six Pack Abs Guide Advantage***

Understand that nothing of this is “punishment.” If anything, you’re going to do all this to enjoy what life has to offer. Getting immeasurable surges of energy everyday and a great body out of the experience are just big bonuses. Soon after, you’ll also notice how efficient you are at doing even the most mundane tasks – from household work to highly competitive sports to how you perform in bed! These are only some of the perks to eating right, training hard, and living healthy.

On top of all the things I’ve just mentioned above, you’ll live a longer, happier life and reduce your risk of degenerative diseases.



### ***This Is Not New***

More than anything, the Six Pack Abs Guide is simply that – a guide. No doubt, all these concepts already exist.

Here’s the thing...are you even aware of these concepts? More importantly, do you know the best way to carry each one out to maximize and sustain results?

What I do offer are strategies to really make the most out of your fitness routine. That and other helpful information that you may or may not already know, but NEED to know anyway.

You can expect various powerful strategies to make your nutrition program and training more fun and result-oriented. You’ll get the lowdown on cardio. You’ll get a lot of new ideas, strategies, and tips on effective strength training. You will also discover fresh training styles and ideas that have started to become recently popular.

I also have a lot of valuable nutritional strategies and healthy meal ideas minus the gimmicks. I’ll give you the straight hard facts and spare you from empty promises so you can start to build those ripped abs and get in shape right away!

## **Chapter 2 Training Strategies for Maximum Fat Loss**

### ***The Good, the Bad, and the Absolute Truth about Cardio***

**L**ow to moderate intensity aerobic training, also known as cardio, is something commonly prescribed by medical and fitness professionals to those who wish to lose weight or prevent heart disease. Usually, these recommendations would involve 30 minutes to a full hour of steady pace cardio, anywhere between 3 to 5 times a week – just enough to keep your heart rate at an equally steady level. But what if I told you that steady pace endurance cardio workouts are simply not enough?

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You must first realize that, as humans, our bodies are designed to execute motion in periodic bursts of effort followed by stop-and-go or recovery movements as opposed to steady, single-tracked movements. This is exactly why physical variability is considered to be indispensable in all forms of successful training. As you may have observed with animal nature, different species rely on stop-and-go movements for food and survival. It is most likely that only humans rely on “endurance” type of activities. If you think about it, almost all competitive sports, excluding cycling and endurance running, show properties of bursts of exertion, stop-and-go motion, and recovery. To give you a better picture, imagine the bodies of typical sprinters vs. marathoners. The former would appear to have leaner, more muscular physiques. Meanwhile, the latter would often look bony and frail. Which of the two would you prefer?



Physical variability also has a huge impact on internal body functions and processes. Studies have shown that prolonged steady state endurance cardio, usually defined as steady pace exercises that go on longer than an hour 4 to 7 days a week, can lead to many adverse effects such as pro-inflammatory response that may cause various chronic conditions, an increase in free radical production, muscle wasting, degenerate joints, and compromising the immune system. They also limit the heart at one specific heart rate range, therefore making it less equipped to handle stress. On the other end of the spectrum, we've got highly variable cyclic training which have been associated with an increased metabolic rate response, increased antioxidant production and anti-inflammatory response, and a more efficient nitric oxide response, which all ultimately promote a healthier cardiovascular system. These exercises train the heart to adapt, positively respond, and recover from everyday stressors, eventually making it more resilient. We are all aware what stress can do to our bodies – it can cause heart rates and blood pressure to rise drastically. Bottom line is that endurance training does not train your heart to be at its best condition because it has a very limited heart rate range.

The most crucial part of variable cyclic training that makes it way better than steady state cardio is that window of recovery in between bursts of exertion. That recovery period causes the body to respond positively to exercise stimulus. With variable cyclic training, you'll never get bored, that's for sure.

To wrap up the whole cardio issue, here are just some of the countless advantages to performing variable cyclic training over steady state endurance training:

- increased residual metabolic rate after exercising
- reduced risks for joint injuries
- improved immune system
- reduced muscle wasting
- increased capacity of the heart against stress
- increased antioxidant protection
- and an overall improved cardiovascular health

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How exactly can you take advantage of variable intensity or stop-and-go physical training? Hill or wind sprints have been proven to be one of the best, if not the best, kinds of variable intensity training because they successfully define your muscles and eliminate excess body fat. A variety of competitive sports like tennis, basketball, hockey, and football are also very good examples of stop-and-go exercises. Weight training and interval training, which could either be high or low intensity, depending on what cardio equipment is used, epitomize short bursts of exertion followed by recovery as well. Here's an example of interval training performed on a treadmill:

- Warm-up for 3-4 minutes at a fast walk or light jog
- Interval 1 - run at 8.0 mi/hr for 1 minute
- Interval 2 - walk at 4.0 mi/hr for 1.5 minutes
- Interval 3 - run at 10.0 mi/hr for 1 minute
- Interval 4 - walk at 4.0 mi/hr for 1.5 minutes

Repeat those 4 intervals 4 times for a very intense 20-minute workout.

Our goal is:

- to get you in better shape
- improve your heart's health vastly
- get rid of excess fat
- and maintain muscle development

Clearly, you won't be able to do all that effectively with just boring steady pace cardio. After going through this short sub-chapter, I hope you have a better understanding of and appreciation for variable intensity physical training.

### ***Body Part Isolation vs. Complex Movements in Strength Training***

Why are people so hung up on "isolating" muscles? One of the first things I teach is that our bodies are just not designed for isolated muscle development. In fact, everything is so interconnected and interdependent that some areas of the body depend on other parts to complete complex movements (a.k.a. kinetic chain), rendering muscle isolation done through single-joint exercises, as opposed to multi-joint complex movements, practically pointless.

Performing single-joint exercises in an attempt to isolate muscles can actually do you more harm than good. You can incur a number of injuries and other risky side effects like muscle strains, storing excess body fat, tendonitis, and joint problems. Basically, you're trying to improve on your body one part at a time rather than create a single, fully functional and powerful unit.

If you really want an injury-free, lean, muscular, functional body that's fully capable of performing complex movements like it was meant to, then you must put the idea of muscle isolation to rest. Take a look at football players and sprinters – their training hardly includes muscle isolation and they look, perform, and feel absolutely spectacular.

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To put it simply, you can lose more body fat effectively with complex movements over muscle isolation any day. With multi-joint complex movements, you end up:

- burning a significant amount of calories
- stimulating production of muscle-building
- fat-burning hormones (e.g. testosterone, growth hormones)
- and increasing your metabolism

Case in point: the machine leg extension. It's considered a single-joint exercise because it mainly works the quads. If performed frequently, this exercise can potentially cause knee joint instability. It doesn't even burn a lot of calories, so why even bother? Instead, you should go with multi-joint complex movements that involve more than just one muscle group (e.g. step-ups, lunges, deadlifts, squats) to build strong and more stable joints, burn a whole lot more calories, and promote holistic muscle development.

### ***Tired of the Same Old 3 Sets of 10? So is Your Body! Discover How to Manipulate Training Variables***

If you think you've hit a wall during your training and feel you aren't going anywhere, don't worry; it happens to everyone. Most often than not, you will notice a sudden decrease in your progress and might even feel a little more sluggish than usual. That's completely normal. These so-called "plateaus" generally occur when your body gets so used to your current training.

To boost your muscle building response to exercise and maximize fat loss, you must continuously and strategically adjust your training variables, and I'm not just talking about increasing your reps or sets here. Other training variables that are just as crucial include:

- changing the sequence or order of exercises
- number of exercises per workout
- time under tension
- training duration per workout
- exercise grouping (e.g. tri-sets, circuit training, super-setting)
- base of stability (e.g. seated, standing, one-leg, stability ball)
- exercise type (e.g. multi-joint, free-weight, machine-based)
- repetition speed, exercise angle (e.g. flat, inclined, declined, upright, bent over)
- range of motion
- rest periods between sets
- volume of work (sets x reps x distance)
- repetition speed
- training frequency in a weekly basis

"3 sets at 10-12 reps per exercise with 2-3 minutes rest in between sets." If you've memorized that sentence by now, I say it's high time you try something more creative and fun. The following methods can easily turn bland workouts to blazing hot routines.

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- Try 10 sets of 3, with only 20 seconds rest between sets.
- Try using a fairly heavy weight and complete 6 sets of 6 reps, doing a 3 minute treadmill sprint between each weight lifting set.
- Try using a near maximum weight and do 10 sets of 1 rep, with only 30 seconds rest between sets.
- Try a workout based on all bodyweight exercises such as pushups, pull-ups, chin-ups, dips, bodyweight squats, lunges, up and down stairs, etc.
- Try your usual exercises at a faster repetition speed on one workout and then at a super-slow speed on your next workout.
- Try completing six 30 minute workouts one week, followed by three 1-hr workouts the following week. This should keep your body guessing.
- Try doing drop sets of all of your exercises, where you drop the weight between each set and keep doing repetitions without any rest until you experience complete muscular fatigue (usually about 5-6 sets in a row).

These are only a few examples; there's so much more you can do to give your training a lot of variability. Exercise your creativity and get cracking.

### ***Forget About Hard-fast Rules***

Keeping your body continuously challenged is one thing, but utterly confusing it with baseless routines, erratic set and rep schemes, and ridiculous rest intervals will only bring about adverse results. In this case, consistency and continuous improvement on a specific training method for specific period of time are vital. It's the only way you can successfully structure your workouts for best results. It would be wise to allow your body to acclimatize to a specific routine for a period of 4-8 weeks before making any drastic changes in your workout. It's usually during the last couple of weeks when progress tends to slow down.

Once you've noticed a steady decline in your progress, that would be the best time to create and implement some changes in your training variables for the next 4-8 weeks.



### ***The Ultimate Hard-Body Exercise***

Squats, with deadlifts not that far behind, have got to be the most effective overall exercises that evoke the most fat loss, muscle gain, and hormonal responses (e.g. testosterone, growth hormone). The reason for this is that both exercises involve multiple muscle groups compared to other weight-bearing workouts. Scientific studies show that unlike other exercises, squats increase both upper and lower body development. If you're looking into losing excess body fat, improving athleticism, gaining muscle mass, or simply building and maintaining a strong, functional body, then squats, deadlifts, and variations of both exercises are exactly what you need to do. Thanks to these heart-pumping exercises, countless

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people have successfully built lean, powerful bodies without having to resort to any boring cardio workouts.



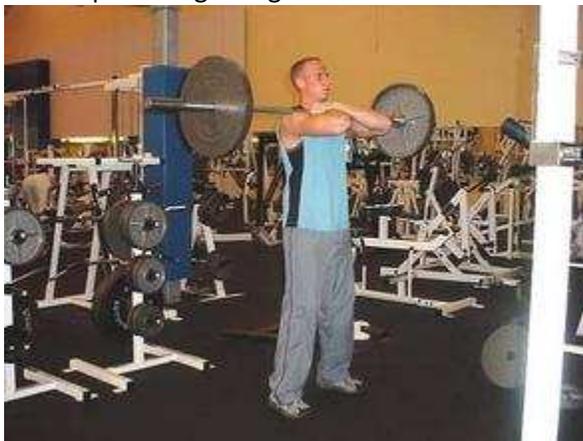
The beauty of squats is that you could do them by completely relying on your bodyweight for resistance, or you could crank in up a notch by using free weights (e.g. dumbbells, barbells, sandbags, kettlebells). It's important to note, however, that squats must not be done with anything else but free weights. Using a Smith machine or other squat machines hinders your body from moving naturally and decreases workout intensity because the machine stabilizes the weight for you. As a result, you don't get the most out of your workout.

The most common type of squat is the barbell back squat, where the bar rests on the trapezius muscles of the upper back. However, a lot of seasoned strength coaches feel that overhead squats (where the bar is locked in a snatch grip over our head) and front squats (where the bar rests in front and on the shoulders) are the safest, most functional types of squats that improve athletic performance. I personally think that utilizing all three, either sporadically or in the same phase of your workouts, can maximize athletic performance, body fat loss, and overall muscular development. Front squats prove to be more challenging than back squats, but I must say

that overhead squats push me harder than the previous two. If you've been performing back squats, switching to front squats may take a little getting used to. But ease your way into it by doing light versions and you'll get there.

Compared to back squats, front squats require you to start off in a more upright position, making it extra challenging since you will need your abdominals to work harder at keeping your body stable. They're more known for building strong lower body muscles, but, when done properly, they also simultaneously develop stability and core strength.

Front Squats: Beginning Position



Front Squats: Middle Position



Courtesy of <http://www.GetSixPackAbsGuide.com>

## ***Barbell, Kettlebell, and Dumbbell Complexes - a Different Style of Weight Training for a Ripped Body***

Complexes, unlike repetitive circuit training, are perfect for increasing your workout's intensity and building huge amounts of musculature in a short period of time. It really pushes you to your limits. In my own personal opinion, this type of training probably draws out a good growth hormone response due to the large amount of full body work completed in a given time period.

I like to use around 5 exercises in my complexes. Using more than 5 might just make it difficult to remember, so it's best to stick to a comfortable yet adequate number. Take a look at this great example of a barbell complex. It gets me pumped up every time:

### ***Example Barbell Complex***

- High pull from floor (explosive deadlift right into upright row in one motion);
- Barbell back to thighs, then hang clean (explosively pull bar from knees and "catch" the bar at shoulders);
- Barbell back to floor, then clean & push-press;
- Barbell back to thighs, bend over, then bent over row;
- Barbell back to thighs, then finish with Romanian deadlift.

Make sure you use a weight that you can handle even to the last and weakest lift, but not so light that you don't get a good amount of resistance. 2-3 repeats of the sequence will consist 1 set. Increase the number of repeats, the number of actual sets during subsequent workouts, and, eventually, the weight you use as you progress over time. Let's say you completed the above complex with 155 lbs for 3 sequences per set for 3 sets on day 1. Next time you perform the workout, try to do 155 lbs for 3 sequences per set for 4 sets. Once you successfully complete 5 sets with 155, increase the weight by 5 to 10 lbs, and drop back to 3 sets. This is a great way to make improvements over time, while cycling your training volume.

Let's move on to a great kettlebell complex that never fails to challenge me. I've used kettlebells in my own training, and I have to say that they've increasingly affected my body composition, strength, and general physical condition. Professional athletes use kettlebells as one of their main training tools because they produce great results. You can start off with just one bell and familiarize yourself with various single kettlebell workouts before moving on to double bell drills.

### ***Example Kettlebell Complex***

- One arm swing;
- One arm snatch, keep the bell over head;
- One arm overhead squat;
- Bell back down to bottom, then one arm split snatch;
- Bell back down to bottom, then one arm clean & press.

Just like with the barbell complex, repeat the sequence 2-3 times on each arm without resting in between.

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### **Example Dumbbell Complex**

- Upright row with each arm separately, then both together;
- Front lunge with one leg, then the other;
- Back lunge with one leg, then the other;
- Curl to overhead press;
- Keep dumbbells at shoulders and squat

Just to reiterate, the same sequencing and progressions scheme work great with dumbbell complexes. One strategy you can use is to perform barbell complexes on one day then alternate with kettlebell or dumbbell complexes on other days. For example, you could do barbell complexes Monday, K-bell or D-bell complexes Wednesday, and back to barbell complexes on Friday. Maybe hit some sprints and bodyweight drills on Saturday or Sunday; then Monday would be K-bell or D-bell complexes, Wednesday would be barbells, and so on. Try this program for a month and be amazed at how fast you'll beef up in front of your very eyes.

### **The Best Non-Traditional, Muscle-Building, Fat Blasting Workouts**



You can easily incorporate the alternative training techniques listed below into your weight training on the same day, solely perform alternative workouts on specific days of the week, or try out some of these styles for a period of time before reverting to a more traditional weight training routine.

**Wind and Hill Sprints** – Find a park, clear street, vacant lot, track oval, or any open field and do 50, 75, or 100-yard high-energy wind sprints. In between each set, rest for about 1-2 minutes, and immediately start on the next one until you complete a total of 6-20 wind sprints. Performing inclined sprints on a nearby hill are even better because they provide a little more oomph. Sprint up the hill as fast as you can go, walk back down for your rest interval, then start all over. Like stair exercises, sprint workouts also work your body's biggest muscle groups, increase fat-burn and muscle-building, and stimulate your metabolism.

**Kettlebell Training** – For those of you who aren't familiar with kettlebells, they pretty much look like cannonballs with handles on them, and are used for free-weight training. It's their distinctive weight distribution, construction, and wide-range function that sets them apart from their free weight counterparts (e.g. dumbbells, barbells). Many people have made it a part of their regular fitness routine and never get tired of it. Kettlebells are a little bit pricey, going for about \$100-150 each, but I consider them as long-term investments so they're actually worth every penny. Go to <http://www.KettleBellsExercise.com> for more information.

**Bodyweight Workouts** – Do bodyweight based exercises like alternating bodyweight squats, lunges, floor abs exercises, and pushups variations at home for 1-2 workouts a week. That's actually equivalent

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to a high intensity workout that's just 15-30 minutes long per workout without even having to leave your home. Since it's a short workout to begin with, perform the exercises continuously for 15-30 minutes and take short rest periods only if needed. For a more challenging twist, go for even more intense bodyweight based exercises like one-arm pushups, one-legged squats, and handstand pushups. Pick up a copy of Pavel Tsatsouline's *The Naked Warrior* when you get the chance – it comes in very handy for those who want to seriously increase body strength through bodyweight exercises.

**Swimming** – Although it is considered as an excellent full body workout, this type of resistance training is unlike any other in terms of working the joints and the muscles. Swimming 1-2 times a week can really do wonders for your body. Instead of doing steady strokes, you should try swimming “sprint” style so you can build more muscle. Simply swim as hard as you physically can, keeping rests at a bare minimum, and only 20-40 seconds long – just enough to catch your breath. Swimming has no eccentric movement (the negative portion of a lift), and that's exactly why it stands out among other typical weight training exercises; you get all the benefits of weight training without having to feel so sore the next day. The only downside is that it doesn't do anything for the bones, so you will still need to resort to regular weight training for that.

**Mountain Biking** – With brisk leg pumps, uphill climbs, and a clear adrenalin rush when you're going downhill (recovery intervals), you get a high intensity, extremely stimulating, leg burning workout that will sculpt your legs to perfection and get rid of fat from all over your body. I have to warn you, uphill climbs can be very physically and mentally demanding as you move along the steep hills without getting off your bike. Riding downhill, however, is just utterly rewarding.

**Indoor (or Outdoor) Rock Climbing** – Rock climbing really works your forearms, biceps, shoulders, back, and grip strength. I don't do it more than once, maybe twice, a month because my forearms really take a beating.

### ***You Already Know What To Do...BUT...***

You've equipped yourself with the know-how. Now, you just have to start and follow through.

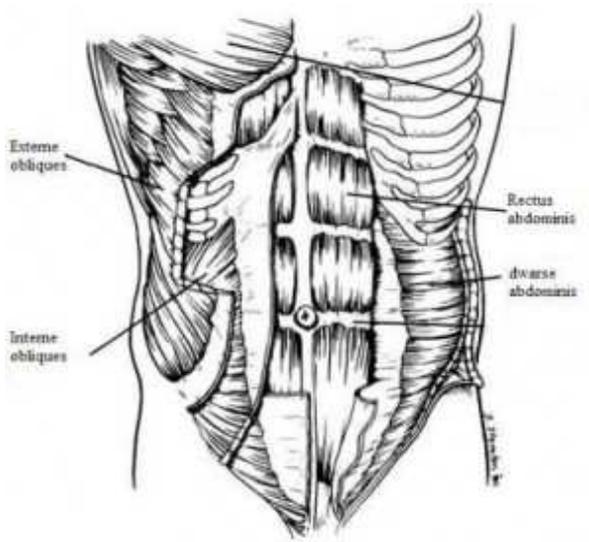
### ***Here's an Example***

You work out regularly for a little while then you get bored with doing the same old cardio and weight training over and over, or you stop working out entirely because you don't see results anymore.

Your workouts should never get boring nor should they stop reaping health and fitness benefits. Before you even think about quitting, try opening your mind to other training techniques and don't be afraid to implement them. Combining a variety of training styles will not only keep things fresh and fun, but it will also build stronger joints. In doing so, you actually modify your training stressors and reduce repetitive movement patterns.

## Chapter 3 Exercising Your Abs

### *Abdominal Anatomy*



### *Benefits of Strong Abs*

Having strong abs will greatly improve your:

- **Appearance.** Having washboard abs is indicative of an individual's concern for the way they look. In this day and age, well-defined abs are considered to be sexy and attractive.
- **Performance.** Abdominal muscles play a crucial role in everyday tasks and motions. Having strong abs is a plus if you want to do well in physical activities, such as dancing and sports. It also facilitates effortless and non-strenuous movement.
- **Health.** Feeling good is just as, if not more, important than looking good. Well-built abdominal muscles provide support for your lower back, promote good posture, and alleviate back strains. Having really strong obliques (transverses abdominis) also gives more protection to vital internal organs.

### *Myths about Abs*

Don't let common abs-building myths get the best of you. Before you start on your abs workout, here are some of the misconceptions that will help you get the facts straight:

- **"You can only get really great results if you do countless of crunches."** A hundred crunches done in bad form will not get you great abs. Instead of working your muscles, you're using momentum to replicate each crunch. You need to feel the strain in your muscles to know that you're actually building them. Once your abs tightens and feels like it can't do any more (also known as muscle fatigue), then you know it's working.

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- **“Buying exercise equipment is the best way to workout your abs.”** Although some, like an exercise ball, can really help you get in great shape, you can still workout your abs just as effectively by doing simple exercises that don’t involve any gadgets.
- **“Abs exercises can get you totally ripped, washboard abs.”** non-stop crunches won’t get rid of belly fat. A truly lean, well-defined midsection requires you to reinforce targeted abdominal exercises with a healthy diet, regular cardio workouts, and progressive strength training.

### ***Form and Safety***

When done improperly and hastily, these abs exercises can get you injured, especially with your back and neck. To avoid any untoward injuries, just follow these simple precautionary measures:

- **Keep your head in line with your spine.** Don’t bring your head too far forward. You can avoid this by simply keeping your eyes off your knees and on the ceiling.
- **Don’t pull on your head with your hands.** When doing crunches, there’s this urge to pull on your head to create a bigger gap between your back and the mat. To avoid using your hands for pulling your upper body, simply touch your ears lightly with your fingers and allow your abs to do all the work. Another trick is to keep your chin from touching your chest.
- **Keep your back stable.** Avoid releasing, overly arching, or hyperextending your lower back. Once you feel like your back is going over what it’s supposed to do, exhale and suck your belly in toward your spine. This will help stabilize the lower part of your back.
- **Don’t hunch at the shoulders.** When you hunch your shoulders, you’re taking away resistance from your abs. Instead, keep your upper body stable and anchor your weight at the waist, pushing your shoulders down.
- **Keep those ab muscles taut.** Maintaining tight abs during your workouts will only get you better and faster results.
- **Refrain from lifting your upper body too high.** Ab exercises work against gravity, not with it. Keeping your body’s inclination at 45 degrees will push your abs to work really hard. Going beyond 45 might only cause back injuries.

### ***Stretching Your Abs***

Stretching your muscles before and after every workout helps loosen them up, prevent injuries, and reduce soreness. Before engaging in your abs workout, here’s what you can do.

Standing Stretch:

1. Stand with your feet slightly apart.
2. Stand up straight and keep your abs nice and tight.
3. Lift your right arm straight up and stretch reaching out to the left side. Breathe in then breathe out.
4. Hold that position for a couple of seconds, just long enough for you to feel the right side of our torso stretch out.
5. Do the same on the other side.

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There are two types of stretches you can do for cooling down after your abs workout.

### Side Stretch:

1. Lie on the floor and bend your knees.
2. Put your arms behind your head and rotate your hips and legs to one side, still with your knees together.
3. Stay in that position for 10 counts. Breathe normally throughout.
4. Return to your starting position and do the same on the other side.

### Cobra:

1. Lie face down on the mat, position your palms on each side, and keep your arms bent.
2. Using your arms, push your torso upward.
3. Keep your arms aligned with your shoulders while your legs are stretched out. Refrain from trying to touch your shoulders to your ears.
4. Stay in that position for 10 counts. Breathe normally throughout.

### Crunch



1. Lie on the floor and bend your knees. Touch your fingers to your ears.
2. Crunch upward, moving toward the direction of your knees. Raise your head, shoulders, and upper body and stop when you've reached a 45 degree inclination.
3. As you come up for that crunch, keep your upper back as straight as you can, your eyes on the ceiling, your belly button pulled in toward your spine, and your shoulders relaxed.
4. Keep your abs muscles nice and tight.
5. Return to your starting position and start all over.

If you want to push yourself harder, you can do a weighted crunch. Simply take a weight plate, or any weight simulator, hold it behind your head or across your chest.

## ***Abs Exercises***

### **Bicycle**



1. Lie flat on the floor.
2. Touch your fingers to your ears.
3. Bend your right knee while keeping your left leg extended at a 45 degree angle off the floor.
4. Lift your left shoulder toward your right knee. Remember to keep your abs tight.
5. Do the same on the other side; bend your left knee, extend your right leg, and lift your right shoulder toward your left knee.
6. Switch it up continuously at a steady rate.
7. Focus on your abs instead of your legs or shoulders.
8. Keep the movement constant, tight, and small. Don't let momentum dictate your motion.

### **Low Plank**



1. Lie face down on the mat, position your palms on each side, keep your arms bent, and feet together.
2. Push yourself up onto your elbows while keeping your hands apart and thumbs up.
3. Try to form a straight line with your body. Don't bend at the waist so your butt won't stick up in the air. Don't hunch your shoulders or sag your pelvis on the mat. Don't forget to keep your head in line with the rest of your body.

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4. Hold that position. Breathe normally throughout.

### Ball Crunch



1. Lie on your back on a yoga ball (an oversized, inflatable exercise ball) and plant both feet on the ground.
2. Touch your fingers to your ears.
3. Crunch upward, raising your shoulders and head off the ball.
4. Keep your muscles tight.
5. Return to your starting position.
6. Start all over.

### Ball Pike



1. Rest your stomach on an exercise ball and walk forward until your hands are on the floor under your shoulders and your shins are resting on the ball.
2. While keeping your ab muscles tight, fold over at the hips. Stop when you are in a pike position and your ankles are on the ball.
3. Return to your starting position and start all over.

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### Side Plank



1. Lie on your side, your bottom hand resting under your shoulder and your front foot just in front of the other.
2. Push yourself upward, resting all your weight on your hand and foot.
3. Reach upward with your free hand. By this time, your body would be forming a "T."
4. Keep your ab muscles tight and avoid touching your hip to the floor.
5. Stay in that position for as long as you can.

If you want something a little easier, simply rest your free hand on your hip instead of reaching upward. To make it more challenging, place one foot directly on top of the other.

### Side Crunch

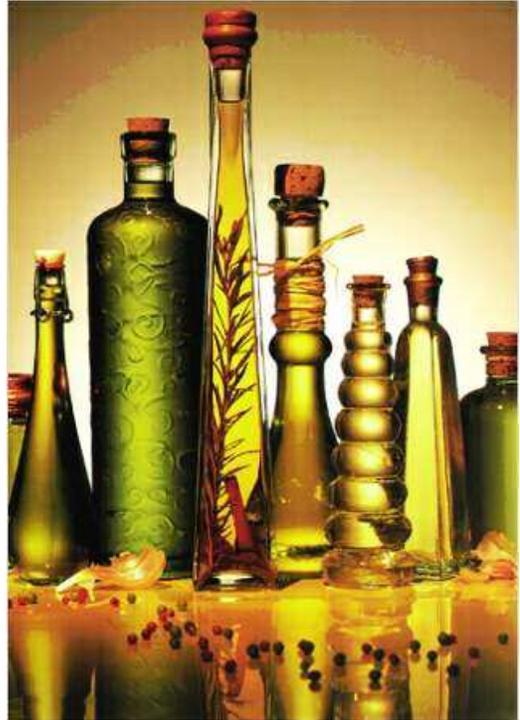


1. Lie on the floor and bend your knees.
2. While keeping your upper body straight and knees together, swing your legs to the right. Your bottom leg should be resting on the mat.
3. Crunch upward. Lift your head, shoulders, and upper body off the mat. Just like a basic crunch, you need to move straight up to your hip instead of crunching toward your legs.
4. Return to your starting position.
5. Perform a few more reps until you complete your set.
6. Switch sides by swinging your legs to the left and complete another set.

## Chapter 4 The Abs Diet

### ***Setting the Fats Straight: Some Saturated Fats are Actually Good for You***

First off, you must understand that including an ample amount of beneficial fats in your diet is necessary to promote and maintain a healthy body. Fats are one of the main components of all the body's cell membranes. Eating enough healthy natural fats ensures that your body's cellular processes run smoothly and normally. On the other hand, not eating enough healthy fats or loading up on damaged fats (i.e. man-made, highly processed, chemically altered fats) that are found in most processed foods will impair cellular function. When damaged fats take the place of healthy fats in the cells, your body is forced to work harder, causing natural processes to break or slow down, and even degenerative diseases. Moreover, healthy dietary fats play a very important role in optimal hormone production and balance. They also contribute greatly to the fat-burning and muscle-building processes of our bodies. Aiding in mineral and vitamin utilization, providing energy, and regulating enzymes are just a few other important functions attributed to healthy dietary fats.



Keep in mind, that I'm not saying you should have an insanely high fat diet. Everyone needs fat, just as much as the next person needs adequate amounts of healthy carbohydrates for energy and muscle glycogen replenishment, as well as good sources of protein for muscle repair.

### ***The Healthy Fatty Food Choices***

Below you will find a list of some of the healthiest fatty foods as well as some of the deadliest fatty foods to try to avoid at all costs.

- **Coconut fat (and other tropical oils):** The health benefits of coconut fat lie in its composition of approximately 65% medium chain triglycerides (MCTs). Specifically, about 50% of coconut fat is a MCT called lauric acid, which has very potent anti-microbial properties helping to enhance the immune system. Instead of being stored as body fat, MCTs are readily burned as an immediate source of energy. That's why coconut oil is one of the most suitable cooking oils utilized for baking, stir frying, and other cooking preparations. Compared to polyunsaturated oils exposed to light and heat, saturated fats are simply more stable and they don't oxidize so they don't create any damaging free radicals during the cooking process. Non-hydrogenated palm oil is yet another kind of healthy tropical oil that's considered to be highly saturated. Avoiding saturated fats "at all cost" just doesn't make any sense since they can be found in a lot of natural foods that have been a part of man's diet for centuries. These fats only become harmful when

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consumed in ridiculously high amounts or when forced to undergo chemical enhancements (e.g. highly processed foods).

- **Extra virgin olive oil:** Olive oil is comprised of 16% saturated, 13% polyunsaturated, and 71% monounsaturated fats. When using olive oil, might as well go for the extra virgin variant, which pertains to the first pressing of the olives, therefore containing higher amounts of antioxidants. Compared to other common supermarket oil variants, extra virgin olive oil has not been extracted with harmful industrial solvents, making it one of the healthiest choices for oils in liquid form. Try mixing olive oil with vinegar and use that base to dress your salad. This is actually healthier than most mass-produced salad dressings out in the market because unlike its store-bought alternative, your olive oil and vinegar dressing is not refined, highly processed, chemically damaged, or extracted with industrial solvents.
- **Dark, bittersweet chocolate (with >70% cocoa content):** Cocoa beans have a high concentrated source of antioxidants. Cocoa butter, or the fat portion of cocoa beans, is basically a healthy natural form of fat. It is composed of around 38% monounsaturated fat, 3% polyunsaturated fat, and 59% saturated fat (mostly healthy stearic acid). Most milk chocolates are only about 30% cocoa, and even most dark chocolates are only about 50% cocoa. Unlike dark bittersweet chocolate with >70% cocoa, lesser variants use high amounts of sugar, milk fat, and corn sweeteners as fillers and taste enhancers. Look for a quality dark chocolate that lists its cocoa content between 70%-80%. A dark chocolate with cocoa content in this range will contain mostly cocoa and very little sugar, but will still have a mildly sweet taste with a smooth and creamy texture. Although dark chocolate can be a healthy treat, you have to remember that it is still calorie dense, so try not to over indulge. A square inch or two would do.
- **Avocado:** Avocados provide fiber, plenty of nutrients, healthful fats, and such rich flavor. Depending on where they're grown, they are typically comprised of 25% saturated fats, 15% polyunsaturated fats, and 60% monounsaturated fats. Instead of using artificial sandwich spreads, try using sliced avocados or, better yet, guacamole.
- **High fat fish (e.g. wild salmon, sardines, mackerel, herring, trout):** Generally, fish and seafood are good sources of natural omega-3 polyunsaturated fats, but the higher fat fish listed above are the best sources of omega-3's. Due to the radical switch to a higher proportion of omega-6 polyunsaturated fats (e.g. soybean oil, corn oil, safflower oil) in our food supply during the middle of the 20th century, the average western diet is currently way too high in omega-6's compared to omega-3's, which wreaks havoc in your body. This is where good omega-3 sources like high fat fish, walnuts, and flax seeds can help balance out the ratio of omega-6/omega-3 polyunsaturated fats in your body.
- **Nuts (e.g. walnuts, almonds, peanuts, cashews, macadamias):** Walnuts are very high in unprocessed polyunsaturated fats (including omega-3), while macadamias, almonds, and cashews have a good amount of monounsaturated fats in them. Always choose raw or roasted over those prepared in oil.
- **Seeds (e.g. sunflower seeds, pumpkin seeds, sesame seeds, flax seeds):** Flax seeds, in particular, have received a lot of attention lately due to their high omega-3 content. However, keep in mind that omega-3 polyunsaturated fats are highly reactive to heat and light, and prone to oxidation and free radical production, so freshly ground flax seed is the best option. Get whole flax seeds instead of store-bought ground flax seed. You can easily grind them with coffee grinders to come up with your own flax seed. Add freshly ground flax seed into your yogurt, cereal, soups, or even salad. If you're using flax oil, make sure you consume it within a few weeks so it doesn't go rancid, and only if it's cold-pressed oil in a light-proof refrigerated container. It's also important to note that flax oil should NEVER be used for cooking.

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- **Fat in organically raised, free-range animals:** Humans have thrived on animal fats for thousands of years. The real problem actually began when animal products were mass produced. The use of unhealthy animals have become prevalent because manufacturers fatten them up with hormones and unnatural animal feed, then bombard them with antibiotics. The best way to reap the benefits of natural animal fat is to choose organically raised, free-range meats, dairy, and eggs.

### *The Deadly Fatty Foods*

- **Hydrogenated oils (source of artificial trans fats):** These are chemically altered, industrially produced, infused with industrial solvents (e.g. hexane for purposes of extraction), subjected to extremely high temperatures and pressure, and possess metal catalysts responsible for artificial hydrogenation, bleaching, and deodorizing. I'm surprised the FDA even allows this. These oils have been linked to heart disease, obesity, cancer, diabetes, and other diseases. Even in small quantities like 1-2 grams, they can still prove to be very harmful. A regular order of fries from your favorite fast food probably consists of about 5 grams of trans fat. If 1-2 grams is already considered harmful, then 5 grams is just plain old crazy. I was just talking about fries here. Now, factor in your other favorite food staples like fried chicken, cookies, donuts, and cakes. That's a total of about 20-30 grams of trans fat! Because of the growing awareness and concern over the negative health effects of trans fats, the FDA mandated that all food manufacturers show the quantity of trans fat on all labels since January of 2006. However, they can still claim that their product is "trans fat free" or "no trans fat" if it has 0.5 grams of trans fat or less per serving according to regulations in the US. So all they have to do is reduce the serving size portion small enough so that it has 0.5 grams of trans, and they can claim "no trans fat." So, don't take their word for it. Do your research and eliminate trans fat from your diet completely.
- **Refined oils:** Even if the oils are not hydrogenated, most oils sold at the store are refined, including most of the so called "healthy" canola oils. Most refined oils still undergo high temperature, high pressure, solvent extraction, bleaching, and deodorizing processes. Anything labeled vegetable oil, soybean oil, corn oil, cottonseed oil, safflower oil, and even many canola oils have been damaged by this refining process. This damages the natural structure of the fats, destroys natural antioxidants, creates free radicals, and produces a generally unhealthy product. Know that the sudden increase of heart disease in the mid-20th century coincides with the rapid increase in the use of hydrogenated and refined oils in the food supply at that time.
- **Anything deep fried:** Chips, French fries, donuts, fried chicken, chicken nuggets, and hard taco shells have been fried in hydrogenated or refined oil, mostly cheap oils like cottonseed or soybean oil.
- **Homogenized milk fat:** In its natural, unprocessed state, milk fat is actually very healthy. In fact, plenty of traditional populations from across the globe thrived on large amounts of raw, full-fat, non-homogenized, non-pasteurized dairy products. Until manufacturers started homogenizing and pasteurizing milk fat, rendering it potentially dangerous to humans when consumed regularly and in large amounts. Alternatively, you can include cultured and substantially healthy dairy products like yogurt into your diet. They contain beneficial microorganisms so they're not so bad for you. The closest thing to raw milk is skim milk, so that's another good alternative to consider. As far as butter is concerned, go for cultured organic butter or none at all.

## ***The Top Fitness Foods to Stock Your Cabinets With...Making Smart Choices Starts at the Grocery Store***

It's always wise to buy fresh produce and stock your fridge with them. In the spring, it's easy to load up on local produce, but as soon as the cold months arrive, it's produce off the grocery store shelves for me. Some of my veggie staples include the likes of onions, fresh mushrooms, zucchini, spinach, red peppers, asparagus, and broccoli. I use one or a mix of these in my morning eggs to add variety and extra flavor. Sometimes, I chop up some lean turkey meat or chicken, and mix some jack, swiss, or goat cheese with the eggs. I also always have to have coconut milk. I add them to my oatmeal, yogurt, and smoothies to make them richer and more flavorful.



Here are some other food items you should get when you're grocery shopping:

- **Cottage cheese, ricotta cheese, and yogurt** – Mid-morning and mid-afternoon snacks are always a blast to prepare when you use any of these three flavorful dairy products.
- **Chopped walnuts, pecans, almonds, macadamias, etc.** – Not only are they good sources of healthy fats, but they're really easy to find, store, and incorporate into your meals.
- **Whole flax seeds** – Grind them yourself to get all the healthful benefits they provide; pre-ground flax contain highly unstable and easily oxidized omega-3 polyunsaturated fats that may cause inflammation.
- **Whole eggs** – One of nature's richest sources of high quality protein, GOOD cholesterol, and other nutrients.
- **Nut butters** – When you get tired of regular store-bought peanut butter, mix together almond butter with sesame seed butter, or even cashew butter with macadamia butter.
- **Salsa** – Use fresh tomatoes as the base and add in a variety of other ingredients to keep things interesting.
- **Butter** – Let's face it, butter just tastes too darn good. Since it's calorie-dense, a small dollop here and there wouldn't hurt. Never indulge in margarine, though. That will literally kill you.
- **Avocados** – I absolutely love them. They're a great source of healthy fats, fiber, and other nutrients. They always give wraps, salads, and sandwiches a little extra.
- **Whole grain wraps** and whole grain bread with at least 3-4 grams of fiber per 20 grams of total carbs.
- **Rice bran and wheat germ** – These may come across as too hardcore and exclusive for health buffs, but they actually add nutrients, fiber, and a refreshingly nutty, crunchy taste to food.
- **Lettuce and spinach** along with shredded carrots – A quick toss and you have a simple yet nutritious salad for dinner.
- **Home-made salad dressing** – Use balsamic vinegar, extra virgin olive oil, and Udo's Choice oil blend. Sometimes making your own from scratch is much better than store bought salad dressings that usually contains highly refined soybean oil (source of inflammation-causing free radicals).

Check out some of the best freezer staples:

- **Frozen fish** – It's good to try different kinds of fish from time to time.

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- **Frozen berries** – Stock up on fresh berries during growing season, but in the cooler months of the year, keep a supply of frozen blueberries, raspberries, blackberries, strawberries, and cherries.
- **Frozen veggies** – Sometimes, frozen veggies are packed with more nutrients than fresh ones because they last longer, especially when they travel long distances.
- **Frozen chicken breasts** – Grill them, broil them, or sear them, then add to salads, sandwiches, or wraps.
- **Frozen buffalo, ostrich, venison, and other "exotic" lean meats** – They're not exactly your typical grocery-bought meats, but they're actually quite healthy.

Now let's move on to pantry or cupboard staples:

- **Oat bran and steel cut oats** – These contain higher fiber than tiny packs of instant oats.
- **Cans of coconut milk** – Remember to transfer these into another container and place in the fridge after opening.
- **Various antioxidant rich teas** – These include green, oolong, white, and rooibos. Even chamomile tea provides important trace nutrients and antioxidants.
- **Raw honey** – These are always better than processed honey because they have higher quantities of beneficial nutrients and enzymes. Honey has even been scientifically proven to improve glucose metabolism, or how your body breaks down carbs. A teaspoon a day should be good for you.
- **Whole wheat or whole grain spelt pasta** – They have higher fiber content than normal pasta.
- **Brown rice and other higher fiber rice** – Stay clear of white rice.
- **Cans of black or kidney beans** – These are surprisingly one of the best sources of youth promoting antioxidants!
- **Tomato sauces** – Deliciously healthy, thanks to lycopene. Just go for brands that are free of high fructose corn syrup.

### ***Make Healthier Choices When Forced to Eat Fast-Food***

Quick tip when you're going out for fast food? Stay absolutely clear of everything deep-fried or breaded (e.g. French fries, chicken nuggets, hash browns, breaded fish, chicken patties). All of these are trans fats from industrial hydrogenated vegetable oils that just happen to smell, look, and taste good. Something with as little as 1-2 grams of trans fat a day can already cause so much harm in your body like heart disease, hardening and clogging of arteries, inflammation, different kinds of cancers, and, not to mention, the accumulation of excess belly fat. That's only a couple of grams of trans fat. I just couldn't stress this hard enough. A fast food meal (e.g. breaded chicken sandwich with fries) can contain as much as 10 grams of trans fat! If you order dessert that's packed with shortening or margarine (e.g. piece of pie, a cookie) and you add about 3 more grams of trans fat. If 1-2 grams a day can kill you, imagine the amount of havoc 13 grams can make, and that wasn't even upsized yet. Some people don't realize it, but they're actually consuming anywhere between 20-30 grams of trans fat a day only because they don't know any better.

A far as drinks go, avoid ordering soda. Think about it; they're nothing but heavily processed high fructose corn syrup mixed with other chemicals that can potentially turn into tummy flab. You can never go wrong with water, that's what I always say. If you really want something flavorfully thirst-quenching, go for the unsweetened or lightly sweetened iced tea.

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Some fast food joints have actually started to provide “healthier” food options on their menu. McD’s, for example, started to add nutritional labels on all their food wrappers so customers will know what they’re actually putting into their mouth.

### ***Top 10 Best Fat Burning Foods!***

#### **Food is NOT the Enemy...Make Friends with the Best Fat Burning Foods!**

Who knew that some foods had the best fat burning characteristics? When I started to be more health-conscious I really didn’t know much about the fat burning properties of these foods. But all that’s changed now, thanks to published scientific studies and research.

By simply infusing these ingredients throughout your diet, you end up with highly nutritious and filling meals that keep unwanted fat at bay...and they work...to my surprise! Check out the best fat burning foods...

**1. Tomatoes.** We’ve all heard about cancer-fighting Lycopene in tomatoes. But did you know that they, too, help burn fat and lower cholesterol? On top of that, tomatoes also contain Vitamin A,C, potassium, fiber, folate, and beta-carotene.



**2. Apples.** You know what they say about having one a day. Apples are one of the best fat burning foods because they contain Pectin. It’s responsible for restricting the absorption of fat and allowing the absorption of water instead.

**3. Oranges, lemons, grapefruit, and other citrus fruits.** Vitamin C is more than just for the immune system. It also functions as a fat-diluting agent during digestion.

**4. Unsalted nuts, green beans, and other legumes.** Have you ever felt “full” after snacking on nuts? According to a fairly recent study, nuts aren’t just one of the best fat burning foods out there, but they also enhance your body’s ability to burn fat while satisfying sudden pangs of hunger.

**5. Cabbages, lettuce, and green leafy vegetables.** Our mothers always made us eat them – and with good reason. Leafy veggies are also one of the best fat burning foods because they usually have very few calories but are packed with Vitamin C, fiber, folic acid, and other essential nutrients.

**6. Apple cider vinegar.** This is not something you’d typically find in any kitchen, but it’s good to have around. It’s loaded with beta-carotene, calcium, potassium, and a host of other minerals necessary to break down fat and decrease bad cholesterol.

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**7. Dairy products rich in calcium.** A research from a university in Tennessee showed that those who consumed high-calcium dairy products had significant reduction of fat in their midsections.

**8. Carrots, beets, ginger root, and radish.** These are the best fat burning foods as far as root crops are concerned because they have very low calories, aid in easy digestion, and increase your metabolism.

**9. Asparagus.** Not only are they easy to incorporate into your meals, but they also help decrease bad cholesterol levels in your body.

**10. Chili peppers.** These hot, hot, hot spices contain capsaicin, a chemical known to help boost metabolism when digested. Although they don't have any long-term effects, including some spice into your meals once in a while can still be beneficial.

Bottomline...There are certainly more fat-fighting foods out there, but these, I have to say, are your best fat burning foods. Mix them in salads, stews, soups, and other viands, or even snack on them. Adding these to your diet will not only move you to a healthier, sexier YOU...

### Chapter 5 **The Six Pack Abs Mindset**

You see six pack abs on a model or your favorite Hollywood celebrity and you think to yourself, "I definitely want that." What do you do next? You plan your work and work your plan, but that's easier said than done.

#### ***Write Down Your Goals***

The secret is in knowing how to effectively set your fitness goals. It's one thing to determine that you want six pack abs. But if you don't consider the details, you basically create a dream bubble that's either beyond your reach or short-lived. Remember, when you have specific, measurable, attainable, realistic, and timely (S.M.A.R.T.) goals, you have a clearer vision of what you want, and superior chances of achieving them.

Having measurable goals is just as important. Follow a concrete set of guidelines and you can certainly measure your actual progress. Don't be afraid of numbers. Seeing and quantifying progress is simply the best motivation there is.

Effective goal-setting is punctuated with a reasonable and equally attainable time frame. Obviously, six pack abs don't happen overnight. It's also important to note that "when" and "when exactly" are two completely different things. You know you want to get six pack abs "soon," but it's just more helpful and encouraging if you set a specific time frame or date like "in 12 weeks" or "by the end of spring."

### ***Write Down the Reason for Each Goal***

Determine what you want and WHY you want it. Working toward something just for the heck of it can lead into a fruitless endeavor simply because you have no real purpose or drive. You probably want six pack abs because you want clothes to fit you perfectly for a change, or because you want to live a healthier, longer life. These reasons can certainly help you through the toughest times.

### ***Plan for Mistakes***

You may have declared your goals on paper, but that doesn't make it fail-proof. There are things that you won't be able to control. Instead of wallowing over each and little thing, come up with contingencies. After a good streak of healthy eating and exercise, your cravings for sugar and junk start to kick in. What do you do? You can ignore it altogether, but that might just snowball into something uglier. Know where to get healthy desserts and snacks. That way, you satisfy your sweet tooth without wrecking your progress.

### ***Re-wire Your Brain for Success***

Cover all the bases so you really know you're doing your best to reach your goals. With hypnosis, for example, you get to tap your subconscious level of thinking as well. Hollywood hotshots and other prominent personalities use hypnosis to triumph over all kinds of hurdles, like weight issues and stress, and further their careers...all thanks to the untapped power of the mind. To get more information on the benefits of hypnosis, you can go to <http://www.HypnosisWorkouts.com/>

### ***Measure Small Gains***

Proof is a great motivator. Stepping on that scale and finding out you just lost another 4 lbs since you started working out – it's truly one of the best, most rewarding feelings in the world. That's why quantifying your progress can be very helpful. Here's a good tip: use the smaller scale of measurement. For weight, use lbs. instead of kilos. For measuring your waistline or any other bodily circumference, use millimeters instead of inches. Seeing bigger numbers regardless how small the change can definitely motivate you more.

### ***Share Your Goals and Your Reasons***

Finally, don't keep any of this to yourself. Sharing your goals, motivations, and even your struggles with people you trust can only help you reach that finish line faster. Not only are you helping yourself, but you can easily motivate family and friends to create goals of their own.

## Chapter 6 **Take Action Now!**

**A**ll the information in the world won't help you achieve your goals if you don't take action. Here's a summary of the top six pack abs sites. Pick the one that work best for you and **take action now!**

The following product has received more great reviews than any other guide from huge number of subscribers that want to get six pack abs fast, I recommend that you check it out:



Best Six Pack Abs Guide

### **Best Overall Six Pack Abs Guide - Truth About Six Pack Abs**

Average User Rating: ★★★★★

I highly recommend the Truth About Six Pack Abs. It's got a lot of information, added features, and special bonuses that other products don't have. But the thing I love best about this weight-loss program is that it puts much emphasis on full body workouts as opposed to just "spot reduction" or targeted exercises. It also has very enlightening information on nutrition and general eating habits that can truly make (or break) one's diet.

Click here to go check it out now at  
<http://www.GetSixPackAbsGuide.com/>

These other guides are also VERY good and worth checking out. I've looked at over 20 'Get Six Pack Abs Fast' & Flat Stomach Guides (in which you'll learn lose stubborn belly fat, get ripped abs, get a flat sleek stomach and a lot more) and these are the best of the best:



Best Fat Burning Guide

### **Best Fat-burning and Stress-busting Program - Fat Burning Furnace**

Average User Rating: ★★★★★

I actually found Fat Burning Furnace to be quite refreshing. From its creative website interface to its product claims and pitches, I thought they marketed this product really well. The product itself lived up to my expectations. With just short but intense workouts 2 to 3 times a week, you get more than what your body needs to blast fat and sculpt your body into tiptop shape. You also greatly increase your metabolism.

Visit Fat Burning Furnace Guide at  
<http://www.BurnFatFurnace.com/>



Best Abs Guide for Athletes

### Best Six Pack Abs/ Muscle-building System for Athletes – Athlean-X

Average User Rating: ★★★★★

Athlean-X is a comprehensive training system that gets you into the best shape of your life in record time. If you're seriously looking into building muscle in your midsection and all over your body, then this is just the program for you. You'll have instant access to loads of muscle-building strategies, exercises, and diet techniques that's been used by professional athletes and even famous celebrities for years.

Visit the Athlean X Guide at <http://www.AthleteAbsX.com/>



Best Fat-Burning/ Abs Diet Guide

### Best Fat-Blasting/ Abs Diet Product - Burn the Fat, Feed the Muscle

Average User Rating: ★★★★★

Burn the Fat, Feed the Muscle is a fat-loss program that incorporates not just the basics of weight-loss – diet and exercise – but also stresses the importance of healthy living in general. Knowing fat-blasting strategies and principles will ensure effective and healthful weight-loss, and that's what Burn the Fat, Feed the Muscle is all about. It also motivates you by giving long-term nutritional tips you can adapt to easily.

Visit Burn the Fat, Feed the Muscle Guide at <http://www.BurnFatFitness.com/>



Best Abs Workout Plans

### Best Abs Workout Plans - No Nonsense 6 Pack

Average User Rating: ★★★★★

The No Nonsense Six Pack Quest is an excellent workout plan that will help you burn unwanted fat and build washboard abs you've only seen in magazines. What's great about this program is that it's all-natural and highly practical. You can effectively lose excess weight without having to buy any supplements, diet pills, or overly complicated exercise equipment. You get to enjoy insider secrets that lead thousands of Six Pack Quest users to shed pounds and gain solid muscle.

Visit No Nonsense 6 Pack Guide at <http://www.NoNonsense6Pack.com/>

Follow this link for Start Getting Awesome Abs Now:

<http://www.GetHotAbs.com>