

Powerful **6 Pack ABS** Article

5 Powerful Article how to get **6 Pack ABS**



compiled by: Gideon Shneor

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Article # 1

3 Six Pack Abs Diet Tips That Will Rock Your Socks!

By [Jake O'Brien](#)

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The Six Pack Abs Diet: And You Thought It Was About Sit Ups and Crunches....

Alright so the very fact you're reading this article tells me you're beginning to see through the hype and garbage spouted out by the fitness industry when it comes to getting six pack abs.

You know what I'm talking about, silly machines with already skinny people on them moving in "revolutionary" new angles to make getting a six pack easier than ever, supposedly.

Well that's all well and good for those companies that want to sell you a new machine every month, but any fitness guru that's worth their bench press weight in gold will tell you that....

You don't need a new exercise machine, you need a realistic, effective Six Pack Abs Diet!

You see while your abs are in fact muscles, and building them does help with getting your six pack abs, all of your hard work will be in vain if your belly fat is covering your strong abs. Makes sense right? You've probably seen some not very muscular people (though skinny) with six pack abs.

Believe, they didn't work out for them, they probably didn't even consciously try but they were likely following eating habits that resembled what nutritionists in the health and fitness field now regard as a six pack abs diet.

So what exactly does such a diet involve?

1. Drink Only Water

This will have a huge impact on your weight loss around your belly, and if you are going to take one thing from my six pack abs diet plan, take this. Seriously, there is a reason I mentioned it first. Soda, milk, and even fruit juices contain a heap of sugar and calories that will keep you plump around your waist despite your best efforts. Don't make things hard for yourself, avoid them.

2. Go Easy On Those Portion Sizes

I know I know, you turn up at a restaurant or burger joint STARVING. So when the waiter or whoever asks you what size meal you'd like, you go for large, or even super size! Don't feel bad, it always seems like better value but you have to change your mindset. Here's why. Even though it seems like better value, every time you order a large meal instead of a medium you are making your life harder. More calories = more time, money and effort that needs to be spent to lose that fat. Don't ruin your Six pack abs diet by falling prey to those greedy marketers that want to keep you fat.

3. Eat a Big Breakfast, a Decent Lunch, and a Light Dinner

We have some funny habits in the west don't we? Why do we usually skip breakfast, denying ourselves food after 6-8 hours of starvation during sleep, then eat our largest meal at the end of the day when we are winding down? Seem unwise to you? Well it is. It has been statistically shown that people that have breakfast are much less likely to eat junk food during the day, and are therefore skinnier and healthier than they breakfast skipping counterparts. Some also theorize that it helps your metabolism speed up, but in my experience it just satisfies my appetite so that come lunch time, I can eat something reasonable instead of stuffing my face.

4. Conclusion

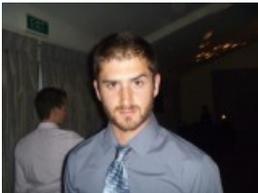
So there you have it, following a six pack abs diet can be easier than you think, and doesn't have to involve you changing your lifestyle much at all. If you're interested in losing weight quickly, and want a more detailed explanation you can [click here](#) and visit [How to Lose Weight In Two Weeks](#) a site with plenty of free info on weight loss that will fit in well with your six pack abs diet.

Article Source: http://EzineArticles.com/?expert=Jake_O'Brien

Article # 2

Who Else Wants 6 Pack Abs?

By [Jamey Kramar](#)



Here I share with you what I have tried, and what has worked, to get 6 pack abs.

Six Key Lessons I Have Learnt

1. You need to have less than 9% body fat to see your 6 pack abs. The key to 6 pack abs is not crunches or sit ups. The key is learning how to burn your body fat to less than 9% (for men).
2. Train less but harder. Sprinting and high intensity full body body weight routines burn fat fast.
3. Eat way less carbs. Try to cut bread, pasta and cereals. Your body will burn fat for energy.
4. Eat way more veggies and nuts. If you fill up on vitamin and mineral rich veggies and calorie dense but good fat nuts, you will stay full for longer.
5. Experiment with intermittent fasting. This means once a week or twice a month skip brekky and lunch. Just eat dinner. This will kick your fat burning genes into gear.
6. Have goals. Find your balance. What do you really want? Do you really need 6 pack abs like some model? Or would you be just as happy with a flat stomach? There is a big difference (7% vs. 12% body fat).

Through The Years

I have stayed pretty lean my whole life. As you will read below I had some abs experiments to see what works. The age 21 photo is my 13% body fat effortless sustaining abs look. Age 23 was well and truly after I had discovered that training less but harder was better. And that shot was taken 4 weeks after my first "6 week abs experiment." I got down to about 7% body fat for the experiment, but in that photo would say I am more like 9 or 10% body fat. I am 26 at the time of writing this and believe I have discovered the balance. In that photo I would say I am 9 or 10% body fat. Am I a good guesser of body fat percentage, do you think?

My Diet Has Always Been "Good"

I grew up in a house that had salad with every dinner and fruit and nuts as a snack. I think my benchmark for healthy and unhealthy eating habits are a bit skewed from conventional thinking. My unhealthy diet would never consist of eating McDonald's and donuts (more than a few times a year). Whereas some peoples idea of unhealthy is just that. And there are even a rare few that would not even think McDonalds and donuts are unhealthy.

I Have Always Exercised

I have always "worked-out" at the gym, on the bike and at the track. I have always been at least a 4/5 fitness rating, averaging 11 or 12% body fat for all my life. Even when I was injured or sick, I have never gone longer than 10 days without exercising. However, it is only when I discovered how to "train" and "feel the pain" that I really got my abs to show.

At 20, my diet was still not 100% and I got really sick of the long lifting weights sessions. I would have measured 12-13% body fat (so flat stomach but not much definition). Without knowing any

better I naturally started experimenting with drop sets and HIIT style body weight routines.

I started going really hard (sprinting) for 15 minutes on the stair master. And then I shortened, but sped up my weights from about 45 minutes to 20 or 30 min...I got hooked on the results

I read an article on sprinting and HIIT, which confirmed what I already knew. It is better, it is quicker - it feels insanely good to work out harder and faster (less time).

"Crazy Abs" 6 Week Experiment

For 6 weeks at age 22 I did an experiment. I wrote up a "short but fast route to abs" routine. I knew that if I could follow it - 6 pack abs would be mine. The written routine was something like:

Monday. Do hill sprints on your bike. Up the steep hill as fast as you can...down....repeat (25 min total)

Tuesday. 5 minute warm up on the bike then do (as quickly as possible) 200 pushups (with variation), 40-50 pull ups and chin ups. Then do bent over row for the back and squats (20 min total with hustle)

Wednesday. The hill sprints on your bike again (20 min total)

Thursday. Lots of light but still weighted squats, lunges, one legged squats, jumping jacks, calves and deadlifts. Basically just a lot of legs at really fast pace (20 min total)

Friday. Rest day

Saturday. Go for a "run, sprint, walk and repeat" type of thing or just do heaps of shoulders and arms - the easier stuff (20min)

Sunday. Off or sports.

I did zero abs workouts, none at all. I stuck to that routine for 6 weeks. I ate well (aside from too much beer drinking).

What I Learnt (My Discovery)

I had equal to the best abs I have ever had by the end of that 6 weeks. I had discovered the key to 6 pack abs. But it was relatively simple...shorter, faster and harder. Less time, more effort -sprinting and HIIT. In 1 month I had dropped 5% body fat (from 13-->8).

Damn Mechanical Engineer in Me

I saw what worked to get a 6 pack in my "6 week experiment" but wanted to find more balance between "training" and living. I am a mechanical engineer by training. I started to really think like one at this point. I analysed the situation and wrote down the most reliable and robust way I had gotten "the 6 pack" in the past. I was essentially doing the same thing you would do to improve the reliability of a machine - human hacking tactics? - 6 pack tactics?

I wrote down: sprinting short and fast, lifting body weight fast and intense and do lots of different muscles groups at once. By realising that fat loss comes when your body is forced to deal with all your muscles being used at once was when it all clicked. It is the extreme exertion that busts fat.

Doing legs, back, chest and shoulder muscles- all in one day...was the key to getting perfect abs.

It was not doing lots of abs exercises, or lifting lots of heavy weights that got me 6 pack abs it was: Sprinting and;

Lots of push ups, pull ups and jumping.

Why Not Another "Crazy Abs" in 6 Weeks Experiment

After writing down my tactics, at age 24, I really strived for abs and full body "superhuman" fitness. For 6 weeks, I sprinted (for 12-15 minutes 2-3 times a week) and did high intensity full body body-weight lifting (for 20-30 min 2 times per week).

I only did about 1.5 hours of fitness training a week for these 6 weeks.

After the 6 weeks I was ripped, 6 pack and all.

A physician took my body fat at 9%. I double checked his measurement with a fancy electronic scale and it said 6.5%. Either way, I was seriously ripped. To note: I ate really well during this period. Lots of veggies, lean proteins and good fats.

I Do Not Really Care About Having a 6 Pack

By now I know what works.

Getting a 6 pack in 6 weeks, for instance, takes commitment (those sprints and body weight sessions are hard!) and focus. The more I saw my abs in the experiments, the harder it was to

maintain them. The 6 week experiments took my mind on hiatus from living. Which is strange, considering they required less time "training." The focus required to do sprinting and high intensity body weight routines is high and seriously hard work.

A little more than a year ago I really discovered the balance.

My personal research of foods and diet gave insight on the "easy way" to get 6 pack abs. I started eating a lot less grains and sugar (carbs) by cutting out breads, rice, pasta and cereals. I replaced those calories with nuts, veggies and clean protein like fish, eggs and beef. I found that I can eat less, yet feel full longer.

I Only Train One Hour a Week and Do No Abs But My 6 Pack is Back

I "train" for fat loss, which means less time (2 x 25 minutes body weight exercises and 2 x 15 minutes sprint routines per week) but I go harder. I have forced myself to find sports and activities that I have fun doing (like mountain biking). My 6 pack is back and in almost "freak 6 week experiment form." I don't even care about it though, I rarely do anything more than ab bridges for my abs.

I hope this helps you on your journey to a 6 pack abs. But wait, were not done here. We still have 4 more posts to go in the course on how to get [6 Pack Abs](#). Don't worry it is free and no sign up required just visit www.BodyFitCheck.com.au/Get-A-6-Pack

Article Source: http://EzineArticles.com/?expert=Jamey_Kramar

Article # 3

6 Pack Abs - Building A Stronger Core

by Six Pack Dan

Most folks that have been sweating it out in gyms across the globe are doing so for a flatter, leaner stomach. A flabby gut is the first sign of excess weight and there's nothing more damaging to one's self-confidence than walking around the beach with a bouncing potbelly.

Only a small percentage of people who work-out regularly are happy with their figure however. Some actually give up exercising due to slow results. The most probable reason for this is they're going about their workouts the wrong way.

Exercising effectively is the best way to stay motivated and keep hitting the gym. Doing the right exercises will produce visible results in a shorter period. In this light, it's quite ironic that only a few people are maximizing their abs workouts considering getting 6 pack abs is one of their main goals. The most effective way of developing the muscles of the midsection and maintaining 6 pack abs is to focus on building a stronger core. Doing core based exercises through Pilates or by using an exercise ball gets more muscles working and this means more calories burned in a shorter period. Most gym goers give too much focus on the upper and lower abdomen and limit their core exercises to crunches, sit-ups and leg raises. Neglecting the other core muscles like the lumbar and obliques will lead to undue strain on the spine and cause back-pain.

Strengthening the abdomen, lower back, and oblique muscles means stabilizing our body's center, its foundation. A stronger core will give us better balance, flexibility and endurance. It will give extra support for our spine and hence give extra protection against injury.

For those trying to lose weight, doing core strengthening exercises to complement their aerobic and bodybuilding exercises will facilitate rapid calorie-burn and hence fat-loss. The only way to flatten a flabby gut is to concentrate on burning as much body fat as possible every work-out session. This not only means doing whatever is necessary to prevent the conversion of calories into body fat, by maximizing the amount of calories that we burn each time we exercise.

True, the proverbial road to 6 pack abs is paved with a lot of sweat, hardship and sacrifice. Knowing which exercises are most effective in eliminating body fat can help speed-up your journey however and get you to your goal of a lean, rippling midsection faster.

About the Author

Dan Solaris is a long-time fitness and martial arts buff that has decades of experience of training under his belt. He recently rediscovered his passion for living fit, healthy and happy and is eager to share what he knows about fat loss and reaching fitness goals. Check-out

<http://DoubleEdgedFatLoss.com>

Article # 4

Killer Workouts to Guarantee 6 Pack Abs

by Mike R Reynolds

Most people will have heard the old saying that you should not put all of your eggs in one basket. The same thing could be said when it comes to building and maintaining the best 6 pack abs you can imagine. The more abdominal exercises that you have at your fingertips the quicker and easier you will build a 6 pack.

Training your abs and building a 6 pack requires a whole lot of work and consistency. Out of all the body parts and muscles the ab muscles are certainly the least enjoyable and most problematic to exercise but the abs are also the first part of your body that will get noticed when you take off your top and are on the beach.

A superb set of muscular abs are most likely the most visually impressive part of many guys ideal body. Not only that, great core body strength is critical for top performances in practically all physical activities and sports.

A great set of ripped six pack abs will not only make you perform better in all sports they can help you with countless numbers of day to day tasks. You will also be pleased to learn that a rock hard set of abs can also make romantic romps more fun, passionate and exciting. All things considered this is all good for what is really just a few minutes of real effort each and every week.

It is recommended, like any other muscle, that you train your abs every other day usually after you have completed a gym workout. All that you need for a awesome ab workout is 2 or 3 different exercises that you can perform 5-6 sets of 10-12 reps for each.

It is worth pointing out at this point that it does not matter how hard you train your abs or how awesome your six pack is if you happen to have a substantial layer of fat over your tummy. You will need to get your overall body fat down to 10% or less before even the finest of six packs will be visible. For this reason you need to make absolutely sure that you consistently eat a healthy diet and include plenty of cardio in your workout. Though hard to believe but the best exercise in the world for developing a set of six pack abs is 30 minutes of jogging on the treadmill.

For simplicities sake and for the sake of this article we're going to assume that you have your diet correct and that you are already including plenty of aerobic training in your workouts to keep your body fat low and your body lean. For this article we are assuming that you are looking for ways to really enhance your training to develop a killer set of 6 pack abs.

In this article we are looking at the best ever ab exercises to get a 6 pack. Some of these ab exercises may look quite absurd and some of them may well look familiar but they are all proven to work your abs from every angle imaginable and therefore allowing them to develop quickly and to the absolute maximum.

Tornado Ball Wall Chops.

As with most workouts, make sure that you are warmed up before you get started. Grab hold of a tornado ball by the rope and stand with your back against a firm wall. Squat down a little as you push back against the wall. Now rotate from side to side so that the Tornado Ball bounces against the wall. Do this as quickly as possible for 30 seconds.

If you prefer you can also do this exercise while sat on a seat rather than squatting against a wall.
Surrender Sit-Up.

Surrender sit-ups get there name because while you perform them you do indeed look like you are

surrendering. Sit on the floor in an upright position and place your hands in the air as if you are surrendering. Place your feet flat on the floor and start to lie yourself down and at the same time keeping your hands in the air. Rather than letting yourself to lie all the way down stop yourself at the point where you can no longer hold your feet flat on the floor. Once at this point sit yourself back up again. Make sure that you really squeeze your glutes through this entire.

Power Wheel Crunches.

Most of you will know that an ab wheel is simply a wheel on an axle that you use as an exercise aid. A power wheel is just the same only that it offers extra resistance as it is rolled back and forth along the floor. For this exercise instead of holding on to the wheel with both hands just strap it to your feet and perform the ab wheel exercises this way.

Swiss Ball Weighted Crunches.

A Swiss Ball (gym ball) gives you the ability to perform quite a few amounts of abdominal exercises. A weighted crunch requires you to choose a dumbbell that you can only just manage to perform around 10-12 reps. Hold the dumbbell across your chest and position yourself across the Swiss Ball so that as you perform your sit up your back is able to arch nicely around the ball. Make sure that you anchor your feet under something or a weight that is at least twice the weight of the weight you have against your chest.

This exercise is excellent for really blasting your abs and giving your spine plenty of support.

Swiss Ball Reverse Crunches.

Get your scapula (shoulder blade) positioned so that it is centred on the top of the Swiss Ball. Take hold of a stationary handle that is over your head and get your knees tucked in towards your face. You can use your eyes as a reference point. Make sure that you allow yourself to exhale during the effort.

Always remember that the number of reps may not be the best indicator of a fantastic ab workout. It is just as important to feel each of the muscles while performing every rep.

Hanging Leg Raises.

There are primarily two versions of hanging leg raises. First you can do the entire motion from a completely stretched out position to a completely contracted position which allows your psoas muscles (hip flexors) to support the movement. Secondly you can begin the movement with your legs at 90 degrees which will eliminate the need to have your hip flexor muscle group aid you in the movement. Personally, and most top personal trainers will agree, it is best that you include both variations in your ab workouts.

Janda Sit-Ups.

Janda Sit-Ups are one of the best exercises for your abs but they do take a little experience to get the hang of them. Sit yourself in the regular sit-up position making sure that your arms are crossed over your chest. If possible get someone to hold on to the back of your calves and pull down a little. Now slowly sit yourself up making sure that you are maintaining a contraction in your glutes. If you find it to difficult to sit yourself up straight away try starting with the downward and negative part of the motion.

Full Contact Twists.

Full Contact Twists are very similar to Tornado Ball Chops. The main difference is that they can basically be done at the gym without the need for any special equipment.

You need to get hold of a 45 lb. bar and place one end of it in a corner so that it is lodged and held in place.

Stand with your feet slightly apart, your knees slightly bent and with your arms fully extended hold the opposite end of the 45 lb. bar then rotate it over your head in a semi-circular motion. Make sure that you are rotating yourself at your waist and can actually feel the movement throughout your entire core. Perform 1-3 sets of 15-20 res for a killer ab and core workout.

Medicine Ball Throws on a Swiss Ball.

Put yourself in the same position on the Swiss Ball as you would if you were about to engage in weighted crunches. Make sure you have your feet secured underneath two weighted dumbbells for safety reasons.

Once you are seated on your Swiss Ball in an upright position ask a partner to throw you an 8-10 lbs. medicine ball in order for you to catch it above your head while you are lay back over the Swiss Ball. Once you catch it sit up (using your abs to lift you) and chuck the medicine ball back to your partner. Perform 3 sets of 12-16 reps.

Cable Side Crunches.

Making sure the cable is at the highest possible position when you grab hold of the handle. Grab the handle with one hand while you rest your other hand on top of the hand that is doing the grabbing. Your hand should be positioned at your temple and while you keep your hand in place here you should crunch yourself down towards your waist and your lower chest. This motion is both isolated and small. Make sure that you work both sides and perform 3 sets of 12-15 reps with a weight that you find challenging.

These Are the Best Exercises for your Abs.

If the exercises listed here cannot get you a killer six pack then I am 100% certain that nothing can. The workouts described here are guaranteed to develop all areas of your abs making sure they become toned and ripped.

Over time you will grow more comfortable with these exercises so you will be able to mix them up as much as you like and develop your own routines to really promote your six pack abs development on to the next level.

If you are committed to get a six pack and want to get a six pack as fast as possible then we highly recommend that you check out the website FitnessJazz.com and their various guides on how to get a flat stomach and [six pack abs](#).

Article # 5

Truth About 6-pack Abs - An Endless Quest

By: [Thomas T. Latimer](#)

So you're all set to shed pounds and need to determine if Truth About Abs will assist? Before I tell you an answer i want to share my story on hand...See, I've been kinda chubby my entire life. And it only got worse into my thirties whenever i seemed to just balloon with fat. Understandably these have lowered my self esteem and self-assurance. But to regain it worse, anytime Cleaning it once a to drop some weight I struggled. And I've struggled to stay weight on. So a colleague of mine recommended i try Truth About Abs.

Many individuals feel that having hard six pack abs is certainly for cosmetic purposes In actual fact, having a flat and well chiseled midsection is often a symbol of which has a stable core that is definitely crucial in living a good and active life. And it's really good that you have a program that deals specifically get back element of the body understanding that program is actually The Truth About Abs. This the Truth About Abs review is actually for individuals who be able to get to recognise before product more.

There's lots of reviews that are positive relating to the Truth About Abs. Hypothetically speaking, only will give keeping a positive review, this implies the items worked. There are no longer more and more negative reviews. By chance this can be a scam, then why aren't there more negative reviews and less positive ones? The testimonials and reviews reflected via the internet are most surely better.

I feel the fact that Truth About Abs is a lot better proper who's interested in burning the spare tire and sexy abs. It covers nutrition and rehearse guidelines that you'll require if you want to lose maximum fat and lead a general healthy life. Unlike a workout machine, the event that you get from your Truth About Abs is that will not break, accumulate dust, or undertake space. Keep in mind it is less than 50 % on the Ab Rocket.

By: [Thomas T. Latimer](#)

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