

ULTIMATE TIP ON
HOW TO LOSE
LOWER BELLY FAT FAST

5 ARTICLES ON SIX PACK ABS



COMPILED BY:

ADONIS JEROME PASIGNAJEN AY-AD

[CLICK HERE TO HAVE A FLATTENED ABS](#)

Article #1

Lower Ab Exercise - The Key To A Complete Six Pack

By [Anthony Myers](#)

Hardly Anyone Does Lower Abs Exercises

That's why it's so common to see somebody who 'almost' has abs, but rare to see somebody with a complete set of six pack abs. It's those 2 stubborn bottom abs that are keeping you from having the perfect beach ready abs this summer. If you've been dieting and training your abs, but just can't make any progress in the lower area then it's time to bust out the these lower abs exercises and reveal the hidden lower abs to complete your masterpiece.

My Top 6 Lower Abs Exercises.

Below you will find 6 of my top lower ab exercises to finally complete your six pack so you can be beach ready by summer. It's going to take a lot of hard work in the gym, hard work in the kitchen and will power when you go out with your friends. However, if you put your mind to it and dedicate yourself for a couple of months, you should be able to have abs like a movie star.

- 1. Lying Leg Raises - Lay on the ground or a bench. Keep your legs stiff and raise them all the way up until they are vertical. Lower your legs back to the starting position and repeat. Tip: When you are lowering your legs back down do not let your feet touch the ground, lower your legs until they are about 1-2 inches from the ground and repeat.*
- 2. Hanging Leg Raises - Hanging leg raises can be done using straps on the pull up bar or in the captains chair. This is a simple machine at most gyms that helps you to support your body weight.*
- 3. Knees To Chest - Sit on a bench and lean back slightly. Begin crunching your knees from the ground all the way up to your chest. For increased intensity pinch a dumbbell between your feet.*
- 4. Reverse Crunches - Just like the name implies, get into a crunch position, but rather than crunch your head up crunch your knees up.*

5. *Vertical Crunches - Lay with your back flat on the ground. Stick your legs up straight to the ceiling as if you were at the top portion of lying leg raises. Do crunches in this position.*
6. *Don't Forget Cardio - Most importantly, do not forget to do cardio. The best time is in the morning before you've had any car meals. I wake up early 3 times a week, drink a protein shake and go for a jog. This is to keep the layer of fat off your abs so all of the muscle underneath is easily visible.*

That's all folks, my top 6 lower ab exercises. These exercises and tips are very effective; you should notice a difference in just a couple of weeks. Give them a try.

Before you follow any abs routines, be sure to check out Mike Geary's website on [Truth About Abs](#). It is literally the internet's best selling abs program. Mike uses proven techniques in his abs program and has hard proof to back it up, check it out for yourself. [Click Here To Learn More About Mike's #1 Abs Program](#) --> [Truth About Abs](#).

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

Article Source: <http://EzineArticles.com/5668267>

Article #2

Free Workout Plans - Top 3 Abs Exercises That REALLY WORK!

By [Brian D McCann](#)

Abdominal Exercises

WARNING: *ab exercises can be hard on your neck and shoulders so be sure to 1) stay relaxed and 2) imagine your neck straightening and your head pulling up and out of your shoulders. At the same time you should feel your shoulder blades lowering away from your neck. Imagine that you are spreading your shoulders apart and lengthening your spine at the same time while you keep rule #1 in mind which was of course....RELAX.*

*One of the most effective exercises for your abs is **the bicycle**. Studies show that these movements effectively target both the abdomen and the oblique muscles.*

METHOD:

Lie flat on the floor and press your lower back into the floor. Place your hands beside your head. (Do NOT clasp your hands behind your head as this will increase your chances of placing stress on your neck) Raise your knees to approximately 45 degree angle and slowly touch your left elbow to your right knee (while straightening your left leg), then your right elbow to your left knee. (While straightening your right leg)

TIPS:

- 1. Lift your shoulder blades off the floor too, not just your head and neck*
- 2. I usually try to picture a string pulling my forehead straight up to the ceiling.*
- 3. Look up not forward.*

*One of my favorite exercises for your stomach is the **full vertical crunch**. Not only does this exercise work your abs but it also trains your core for explosive movements which will help almost any activity that you are involved in.*

METHOD:

Lie flat on your back and settle your lower back into the floor. Place your hands beside your head and engage the abdominal muscles. Slowly raise your knees till your legs are at a 90 degree angle to your body. Now

straighten your legs so your feet are pointing up. Slowly raise your shoulder blades off of the floor and at the same time press your heels toward the ceiling.

TIPS:

1. Your body creates a "U" shape during this exercise.
2. Make sure you look up and raise your forehead to the ceiling. (Watch Your Neck)

If you really want to push your ab workout to a new level **try an exercise ball**. When doing exercises on the floor the legs come into play but doing ab exercises on a ball makes the abs work more and the legs work less. Most traditional ab exercises that are done on the floor can be done on a ball with some slight modifications and they usually are more effective on the ball.

METHOD:

Lie flat on the ball and position the ball under your lower back. Either cross your arms over your chest or place your hands beside your head. Slowly contract your abs and lift your entire upper body off of the exercise ball. Slowly lower your body back onto the ball and roll your back into a slight back bend. This will help stretch your muscles as you exercise.

TIPS:

1. Do NOT let the ball roll under you. It should stay in one place
2. Picture pulling the bottom of your ribcage down into your hips.
3. The more air a ball has in it the harder the exercise will be.

I lost over 25% body fat in a year without dieting. Tired of "doing the right things" and still not losing weight? Try these [abs tips](#) to get started. Check out Mike Geary's website on [Truth About Abs](#).

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

Article Source: <http://EzineArticles.com/6133917>

Article #3

Best Abs Workout - This 10-Minute Workout a Day Gives Benefits Beyond Six Pack Abs

By [Chetan Singh](#)

Trust me I am not exaggerating when I say that this is the best abs workout which gives benefits beyond six pack abs. I can say that because this statement is actually made by the world famous Certified Strength and Conditioning Specialist, Mike Mejia.

About 96% of the people who dream of a six pack abs have only tried crunches as a weapon to achieve the desired body. This one single exercise not only carve your abs but also strengthen your abdominal muscles, makes it tighter, increases your endurance and flexibility.

What you need for the workout?

To do this workout you need a Swiss ball also known as exercise ball.

How to do the workout?

Before you do this exercise, make sure your body is warm. Do some warm-up before you do this workout.

- 1) Lie on your back with your hands & legs straight on the ground.*
- 2) Hold the swiss ball with your legs, preferably your lower legs - precisely with the side parts of your shoes.*
- 3) Raise your legs which are holding the ball, until they are straight and the feet facing the sky. At the same time lift your head and shoulder, not the entire back. This will contract your abdominal and lower abs region. Stretch your arms till you can tap the ball with your fingers.*
- 4) Now slowly go back to the original position by lowering your legs but do not go down completely. Have a gap of 10-12 inch from the ground. Stay at this position for a while before you go down completely.*
- 5) This concludes rep#1. Now repeat the steps and while you redo it, make sure that your head and shoulder remains at the upper position.*

6) You should perform 8-10 reps of 3 sets.

Initially you may find this workout little daunting but as you keep doing it consistently, you want to do this exercise only, as this gives maximum effectiveness to your abs building endeavor.

I hope you got a good workout tip out of this article. This is just one exercise for a flat abs. Actually a lot of factors comes into play to lose fat belly and carve a six pack abs. For more information go to - [abs tips](#)

If you are really serious about losing your stubborn fat quickly & achieve six pack abs before the end of the year 2010, I challenge you to find a better weight loss program than this one, which is rated as the #1 weight loss product of 2010. Check out Mike Geary's website on- [Truth About Abs](#)

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

Article Source: <http://EzineArticles.com/4445218>

Article #4

2 Ideas That Will Flatten Your Stomach Fast and Permanently

By [Tyson Faulkner](#)

If your goal is to flatten your stomach then you will need to get a proven plan and put it into action. And the sooner the better! To really get the best results you need to learn the truth about exercise and nutrition. These 2 ideas will put you on the fast track to a flatter stomach and great abs.

#1 - Get off the treadmill

If you have been told that the best way to burn fat and flatten your stomach is to run on the treadmill for an hour or more every day, then you may find that you aren't getting the results you want. Treadmills are actually one of the least effective ways to burn belly fat and slim down.

When you jog on the treadmill for over an hour, your body goes into a catabolic state that starts burning fat and muscle to fuel your body. Burning fat is good, but burning muscle is completely counter active to what you are trying to accomplish. Your metabolism will play the biggest role in your fat loss program. The higher your metabolism is, the more calories your body will burn when you aren't active throughout the day (reading on the couch, sleeping, etc). When you burn off your muscle by jogging, you are effectively lowering your metabolism, which will make it much harder to melt the fat away.

#2 - Start Lifting Weights

Without a doubt, the best exercise you can do to flatten your stomach is weight lifting, and the heavier the better. After an intense weight lifting workout, your body will have to do a lot of work to repair the muscle that was damaged during the workout. This will raise your metabolism for 1-2 days while your body expends all that energy repairing your muscles.

In addition to the shorter term metabolic increase from lifting weights, you'll also build lean muscle mass, which will further increase the number of calories your body burns every day. Doing exercises like these will work with your body to flatten your stomach fast, and keep the fat off permanently.

You can start using these tips immediately to kick off your fat burning goals. To make it more effective and achieve faster results, you should keep learning about proper exercise techniques and nutrition strategies. For more

ways to flatten your stomach [<http://great-abs.net/flatten-your-stomach-and-get-six-pack-abs-without-situps-or-crunches/>], check out [my blog](#) where I share many of the secrets I've learned to get great abs and a flatter stomach. Check out Mike Geary's website on-[Truth About Abs](#)

Article Source: [http://EzineArticles.com/?expert=Tyson Faulkner](http://EzineArticles.com/?expert=Tyson_Faulkner)

Articles #5

How To Lose Lower Belly Fat Fast

by [Jennifer Radley](#)

in Health / Fitness (submitted 2012-08-24)

The task of strengthening ones abdominal muscles while shedding off the extra body fat is not an easy task as it sounds because of obvious reasons. This includes the time needed, dedication required, patience, and the willingness to pursue this objective seriously. listed below are tips to follow on how to lose lower belly fat.

TIP ONE: Weight lifting

Weight lifting enables and allows the body to use different muscles to burn off calories. Through this, the abdominal muscles are also put into task during this exercise; this in turn strengthens the muscles as the fats around them are burnt off leaving an appealing physique of muscles. This is a rather compulsory exercise that should be very familiar with anybody intending to build muscles including the six pack abs.

TIP TWO: Small meals at dinner

It has been proven that eating large amounts at dinner may well work to reverse the weight loss exercise. this is because when one goes to sleep they tend to be less active. Bearing in mind that after dinner many people rarely undertake any active tasks and go to bed thereafter, it's of much importance and vital to eat fruits and whole sum nuts for dinner.

TIP Three: Doing cardio workouts

Losing the extra fat that lies around and on top of the abs muscles is a major step towards losing the lower belly fat. This is because regardless of how much an individual works out, the six pack abs cannot be seen as long as that fat layer rests on top of them. it's for that purpose that one is advised to make it a routine of doing cardio workouts which in turn burns off this fat leaving the six pack abs visible to everyone.

TIP FOUR: Intake of favorable amounts of whole meal grains.

According to various studies, people who tend to consume raw whole meal grains and small servings of fruit salads with nutritious vegetables even with

small servings of meat and dairy fats are in a position to lose more fat hence weight from their bodies as compared to those people who prefer refined grains. This shows that what we choose to eat plays a Major role in the quest to lose lower belly fat.

TIP FIVE: *Building muscles in and around the abdomen*

This is achieved through various day to day workout routines that leave the flat stomach visible within a few days. These routines include doing sit-ups and crunches which are very crucial in achieving the ultimate goal, in this case the six pack abs. This is because these routines tend to train and work the entire abdominal core by shedding off the extra fat as well as building and strengthening the muscles.

It is important to note that, one of the most important aspects of taking responsibility of your own fitness apart from having the body of your dreams, is that you'll live a longer and a happier life while at the same time reducing the risk of degenerative diseases.

Ways to flatten your stomach [<http://great-abs.net/flatten-your-stomach-and-get-six-pack-abs-without-situps-or-crunches/>], check out [my blog](#) where I share many of the secrets I've learned to get great abs and a flatter stomach. Check out Mike Geary's website on-[Truth About Abs](#)

About the Author

It really is easy to [lose lower belly fat](#) whenever you know the right way, you must create muscle mass and cut surplus body fat by working out and dieting day-to-day, seems simple but get this incorrect and you will likely be wasting your time and effort. With a excellent program on how to lose lower belly fat, this might be attained relatively easily.

Article Source: <http://www.wantasixpack.org>



Article #6

95% of People Will Never Get a 6 Pack Because of This 1 Mistake

By [Matt Grieving](#)

Every year as soon as the nice weather of spring comes around people all over begin trying to flatten their stomachs or develop that impressive fit looking 6 pack for the summer months. Every year without fail 95% of them despite their best efforts receive minimal to no results for all of their hard work and it's all because of 1 Big Mistake they're making.

The biggest mistake that people make when trying to get a great looking 6 pack is that they rush into the weight room and start doing hundreds of crunches, sit-ups, leg raises and other well known abdominal exercises. What people fail to realize is that before doing any kind of abdominal exercises it is absolutely critical that you work on lowering your body fat % first.

The key to developing those great looking abs is simply to flatten your stomach first and then build your stomach muscles after. In doing this you will actually begin to see results faster. The truth of the matter is that most of us because of all the abs exercises we've already done or just the everyday work we do already have a fairly decent midsection, the only problem is that you can't see it because of that ugly layer of fat sitting on top of the muscles.

For a lot of people simply reducing your belly fat will cause your abs to become visible and look ripped.

HERE'S THE PROBLEM

For most of us losing that layer of fat that covers your abs can be a downright nightmare and can often cause us to become frustrated and ultimately give up our efforts of trying to develop that great 6 Pack.

*The *KEY* to solving this issue is all in the abdominal training program you decide on. I can tell you that there are thousands of different abdominal programs out there today, many of which just downright suck and will waste your time and money.*

*In order to maximize your chances of building those perfect abs that your after it is absolutely **crucial** that you choose an abdominal training program that is well known, has great customer reviews, and that contains not only abdominal exercises but also incorporates an effective fat loss program and dieting tips as well.*

THE BOTTOM LINE

If you are tired of not seeing the results you work so hard for and are serious about wanting to develop that attractive ripped 6 Pack then you need an abdominal training program that is not going to waste your time and that is going to guarantee you the results your want without having to spend a fortune.

For more information on how you can get your hands on the #1 customer rated Abdominal training program on the market today visit - www.thesixpackabtruth.com [<http://www.thesixpackabtruth.com>]

Cheers,

Matt Grieving

Article Source: [http://EzineArticles.com/?expert=Matt Grieving](http://EzineArticles.com/?expert=Matt_Grieving)

Article Source: <http://EzineArticles.com/4341034>

[CLICK HERE TO HAVE A FLATTENED ABS](#)

