Top 3 important things to get abs

Think about why you want to or do exercise! If you’re like most people, one of your top reasons is probably because you want to improve your body. Especially get solid 6-pack abs! It’s one of the most common reasons people start exercising! However, most people have the wrong idea of how to actually do it! They go through doing so many sit ups and crunches, hoping to burn fat around their stomach, tighten up their waist, and build a visible 6-pack. Unfortunately this is not the most effective way to go about it! Here I am going to go over the 3 most import things you can do so that you can effectively achieve the 6-pack abs you want, without wasting time building the wrong habits. Everyone has the abdominal muscles, you just have to build them the right way, and burn the fat to show them off!

#1 Nutrition

They say abs are made in the kitchen, and to a certain extent, this is very true! The right nutrition is so important when it comes to getting lean enough to show off your abs! A few things people with abs do every day is:

* Make sure they get a good source of protein with every meal
* Avoid fried foods
* Eat whole grains more often than sugary, white or refined carbs
* Get an adequate amount of healthy unsaturated fats throughout the day
* Don’t drink a lot of calories. Stick to drinking plenty of water.

By following these simple nutritional tips, your diet will be on the right track to begin leaning out and noticing your abs!

You also need to be in a slight caloric deficit, meaning burning more calories than you consume. But only by about 500 - 800 less than you burn per day. If you are bulking, or trying to put on more weight, it will be much harder stay lean enough to reveal your abs! That’s why I like to do a cleaner, more controlled bulk. So do it right in the kitchen and your progress will be 10 times quicker!

#2 HIIT Cardio

You can’t spot reduce, meaning sit ups will not burn the fat in your stomach, and curls will not burn the fat in just your arms. It’s going to come off from everywhere just like it comes on! You have to burn calories to burn fat. So cardio is obviously a very important part of burning fat and getting a visible six pack! However, high intensity interval training (HIIT) can be even better! This form of intense cardio can help burn fat at a faster rate, help build muscle, and even though you can’t spot reduce, it has been shown to help reduce your abdominal fat slightly faster than anything else!

#3 Variety of Exercises

Your core, or the muscles around your stomach consist of 4 main muscle groups. Rectus abdominus, transverse abdominus, internal obliques, and external obliques. In order to build a strong core and aesthetic 6-pack you must workout all four muscles. Most importantly the rectus abdominus and obliques. To effectively do this, complete abdominal circuits with a variety of exercises consisting of different movement to hit each core muscle! Include high volume exercises such as V-Ups, Russian Twist, Full Body Sit-Ups, Side Sit-Ups, Bicycle Crunches, and Reverse Crunches, along with more resistant, and higher intense exercises such as Weighted Decline Sit-Ups, and Hanging Leg Lifts. That way you hit all core muscle groups and each muscle fiber (slow and fast twitch)!

By following these 3 simple steps, you will be sure to see start owning the beach and being proud of your body this season!

For Meal Plans, and Core/Abs Shredding plans, visit the pages below to get personalized nutritional guidance, and step by step abdominal workouts to achieve your best body!