

# The Six Secrets for Six-Pack Abs!

Having a flatter stomach is a very common goal that people share. There are six very straightforward secrets that can help anyone on the way to seeing more definition and less bulge in their midsection. Want to know how to have a flatter stomach? Read on...

**Exercise Right!** Your abs are really a series of several muscles spread a couple layers deep that all need to be working well together in order to have that flat stomach. Sadly, most ab devices do not provide anywhere near the necessary stimulation levels for all the different muscles that work the abdominal group. If you want to exercise right, stick with body movements that do not require special equipment (a Swiss ball is an exception) and make sure that you keep your movements slow and strict. That faster the movement, the more likely that muscle groups other than the abs will be brought into play during the motion. In addition, don't worry about performing 50 crunches a day – stick with sets of 10-15 repetitions and work for better quality instead of higher quantity.

**Slim From the Inside!** The abs are about the only spot on your body where muscle isn't placed on top of bone. In addition, the fat that protects your organs, if too plentiful, can stretch those abs out (kind of like pregnancy). If you're eating more energy than your body burns in a day, it will eventually end up in the midsection. If you want to see the six pack, proper nutritional analysis is pretty much a given.

**More isn't Better!** The quality of your abdominal exercises will speak volumes toward getting a six pack. There is not a need to perform hundreds of crunches when a handful of extremely effective (and easy to perform) exercises will cover all the motions of the abdominal muscle group. Think side bends are the best to melt away those love handles – think again! Exercises you wouldn't expect (like boxing training) work much more effectively for the side muscles – the obliques.

**Save Some Money!** Informercials may sound great when the latest and greatest ab “technology” is presented, but your money will work better for you in the bank. Ditch the ab gimmicks and stick with the core fundamental movements of the abs – hips to ribcage, ribcage to hips, and twisting/stabilizing. Using these ab devices may make the abs feel like they're working, but feeling a burn doesn't necessarily mean that quality work is being done by the muscles. Some ab devices actually put the abs into overstrained situations (“you can feel it working, can't you?”).

**Breathe Right!** Your abs are activated when your body exhales, especially when you do it sharply and through pursed lips (like you're blowing out a candle a couple feet from you). As you're doing your ab exercises, breathe out in this manner as you are maximally contracting your muscles. Don't be surprised if you feel a more intense “burn” while using this technique.

**Use the Right Intensity!** If you jump into abdominal exercises that are too intense for your muscles, you'll blow right past the point of gains and could risk injuring your back or other muscles. It's critical to use the right type of abdominal exercises as well as the right amount of exercises to adequately stimulate the abs from their three key functions – raising the pelvis toward the ribcage, lowering the ribcage toward the pelvis, and providing twisting/stabilizing support.

Thanks for requesting our free report. We hope this information helps you develop great abs! Streamline Personal Training is committed to consumer education and excellence.

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