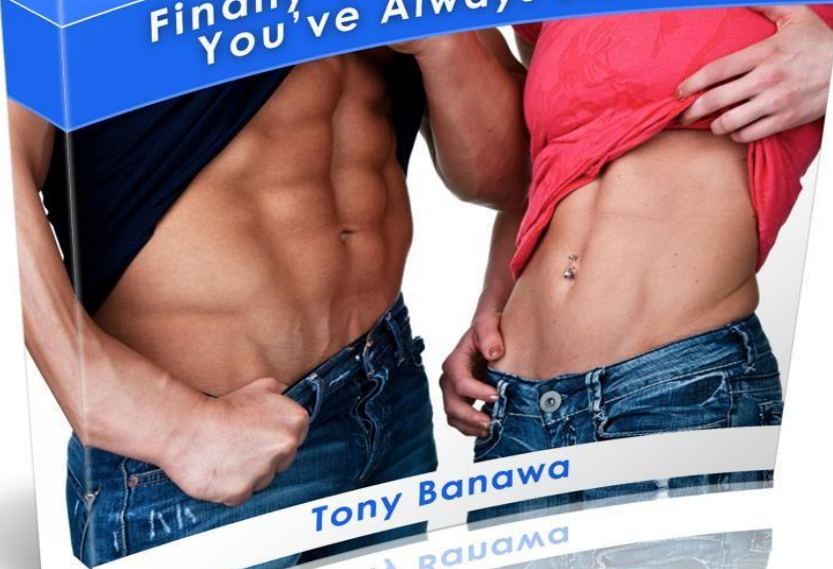


ULTIMATE SIX PACK ABS SYSTEM

Finally Get The Toned Body
You've Always Desired!



Tony Banawa

ΤΟΝΥ ΒΑΝΑΒΑ

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Introduction

These days, with all the fuss on health and fitness, you'd be hard pressed not to take notice and action. Staying healthy is no longer regarded as a fad or a bandwagon you get into, but a way of life.

Your health is a valuable investment. The seemingly mundane day to day decisions on what to feed your body and what to do with it are critical steps towards ensuring you can live a long and vibrant life. Of course, it doesn't hurt to look your best and stay young in the process. That's the proverbial icing on the cake.

Nothing best gives that picture of good health like a beautifully toned and sculpted physique. Having well-defined muscles allow you to carry out day to day activities with more ease and confidence. And well, you know what they say, when you feel good, you'll look good.

With those taut buns, you'll have a perfect excuse to flaunt your excellent form. In fact, when you are in your top shape, you will probably look great in just about anything. Now, that's one great motivation right there.

Then there's also the fact that nothing can be more compellingly appealing to the opposite sex than showing you know how to take care yourself. And what better way to do so that having those rock hard abdominal muscles?

The abs are known to be the most influential group of muscles in the human body. It is where the upper torso draws more strength from for every action or movement that requires extraordinary force. In fact, lifting those barbells and dumbbells will not only work out your biceps and triceps, but also the abdominal muscles where the body primarily pulls power to effectively stabilize the force exerted by the body.

And for a great many, having a prominent six-pack abs is the true evidence the body is in its best form. Nothing draws more female attention and attraction than well-defined abdominal muscles. In fact, many ladies have been known to swoon and gush over men with tight abs. In the mind of the most females, it's what easily separates the Alpha male from the pack, so to speak.

For women, a bulging abdomen spells unimaginable disaster. Those unattractive lumps replace the natural curves of the body that used to effortlessly draw the appreciative glances and admiring stares from men.

Needless to say, having fit and toned abdominal muscles do not only mean the body is in its top, healthiest form, it also provides that extra boost of confidence everyone needs every now and then.

Now, more than ever, having great abs is not only a superficial thing that only Hollywood stars strive for, but has also been known to depict strength and discipline as well as convey the capability to succeed in various fields.

Truth be known, even in the corporate world, having a good physique puts a person a few steps ahead from the rest.

These are just a few of the important reasons why all individuals, both men and women, wanting to be fit and healthy should also strive to develop their abdominal muscles. However, having rock hard abs is not an overnight thing and for some people, it has proven to be rather elusive despite serious efforts.

Why? There is a common misconception that regular exercise and weight lifting is the perfect recipe to build muscle mass. Truth is, this is simply not enough – especially, if you want to get faster results.

In fact, you can perform a thousand crunches every single day, but it can all easily turn out to be a futile, wasted effort if you are doing it all wrong.

This guide is specifically written to give you an encouraging prod towards the right direction. To get started, the first challenge is to prepare the most important tool of building those envy worthy abs – YOUR MIND.



Get In The Zone

If you have been into a number of health and fitness programs long enough, you probably have come across more than a handful of exercise and diet books to last you a lifetime.

You are not alone there. It can be disheartening to observe everyone, or probably experience for yourself the struggle to keep the body weight down and build those much-coveted muscles without seeing much progress. And for those who managed to reach their goals, they are faced with a more daunting challenge – how to maintain it.

Well, if you really think about it, the answer is quite simple. Any diet and exercise plan, no matter how popular or elaborate, can only do so much. It's your attitude and approach towards it is what really matters.

Like any other thing in life, getting into something without the right mental preparation and a solid strategy is like much fighting a losing battle even before getting started.

This means, those health books and exercise programs are designed to give you that major boost you need but in order to expect faster and better results it has to work in tandem with the right approach. So to achieve that end goal of getting a lean, perfectly sculpted body and abs, start with the right frame of mind.

It's not secret that this journey to better health is going to be a rough and highly challenging road ahead. These easy guidelines are designed to start you on the right track, not just achieve that perfect abs you have always dreamed of, but more importantly, keeping it that way for good!

The Right Discipline

In order to stick to a diet and exercise program, you need to have the proper discipline and restraint. With all the other demands of day to day living, it can be all too easy to lose focus.

Dedication and Unwavering Commitment

Like any other goal in life, you need to be committed to your diet and exercise program all the way. Take time and ask yourself "*what motivates me to do this?*", then come up with a firm resolve and make sure you stick to it.

Typically, any type of diet and exercise plan will require you to make some major changes in your lifestyle. This may mean avoiding certain types of food and committing to extra hours of workout – all of which will require resolute will.

To maintain focus, some people keep a picture of their end goal, or ask a friend or partner to give regular pep talks. If that's what it takes to keep you focused, or whatever it is that works best for you, by all means, do so.

Patience

When it comes to achieving that perfect physique, there is no such thing as an overnight pill available to give you instant results. This means long, arduous hours pumping iron, or doing a hundred and one crunches a day.

Some people find their resolve wavering upon seeing very slow progress, especially at the beginning. This is normal and should not be something to stump you or dampen your spirit. Remember, good results should not be rushed.

It may also be a good idea not to keep too much count of days and hours. Remember, this is not a onetime project with a timeline. In order to achieve and maintain the physical form you want, you need to think of incorporating it for good in your lifestyle.

Focus on the Goal

Before you start, establish and set goals for yourself. This will help you stay focused. At the same time, it will make it easier for you to adhere to the diet and exercise program. Over time, you will find it less and less difficult to resist temptations.

Don't Forget to Have Fun

Working towards a healthier and sexier body is a fun and exciting thing. While most health programs set rigid guidelines for you to follow, this should not take the joy and fun out of it. This is one of the reasons why some people have problems sticking to their diet and exercise program.

It's all a matter of perspective. Try to incorporate some new and exciting elements in your program so you won't get tired doing the same old routine.

The Right Approach

Now you know all the essential ingredients to get that right attitude you need to stay in the game, quite naturally, you need to have the perfect strategy to complement it – to complete the recipe of your success.

You need to know how to best implement your health program in order to achieve better results. So here are some important tips you need to properly adapt the right approach towards attaining your goal.

Make the Health Plan a Part of Your Lifestyle

Most people have this wrong notion that a diet and exercise program is a temporary thing. A goal with a fixed period, once a certain milestone is achieved then it's time to let loose.

Remember, being healthy is not just a temporary phase. It has to be a part of your lifestyle – that is, you are really keen on not just achieving your goal but also maintaining the body you have worked so hard for.

You have probably heard some people say *"It's time to get back on a diet"*. This way of thinking is one of the major reasons why most of them failed.

A diet and exercise program is not a prescription to cure a temporary health condition. It needs to be incorporated to your lifestyle, much like an ordinary routine you adhere to.

This is also one concrete reason why the choice of a diet and exercise program should be given important thought and consideration. Those extremely rigid programs that seem to deprive you of all the good things are simply not feasible choices if you want to adapt it in your lifestyle.

Set Your Own Rules

Now that you are good and ready to commit to adapting a healthier way of living, it's important to set your own rules which you will have to adhere to. Keep in mind that once you get started, nobody else will look after you but your own self.

Even if you have contracted the services of professional trainers, it's not as if they will be with you 24/7. When setting up your own rules, you need to know your own limits, at the same time; it also has to work in sync with your schedule as well as your goals.

For example, you are a self confessed sweet tooth. You can make a compromise and set a simple rule of indulging yourself a treat or two only on a specific day of the week or twice a month.

Be Informed

Much like going to battle, you naturally need all the vital information in order to plan the best strategy. In this case, you need accurate information to achieve the goals you have set for yourself.

It is not only imperative to know which type of food to avoid but more importantly the very reason why you need to steer clear from it.

Likened to a soldier about to go to war, you just don't need the knowledge how to operate your weapon, you also need to have a concrete understanding what you are actually fighting for.

So take time to know the whats, the whys and the hows.

Learn to Cope with Setbacks

Admittedly, you will make mistakes along the way or cave in to a temptation every once in a while. These are merely temporary setbacks and should not be a reason for you to feel discouraged and dejected. You're human, after all.

Conversely, these mistakes should also not be an excuse for you to be complacent and overindulge. The '*binge now, diet later*' attitude is easily one of the worst mentalities for people who struggle to maintain a healthy lifestyle.

It is also an awful cycle to get hooked on to. It can turn out to be a highly addictive vice that can put all your hard work down the drain, and worst, jeopardize your health. So before you stray there, know that this can be a bottomless pit you are digging.

If you have committed an error in judgment, simply acknowledge it and move on. You also may want to take necessary measures to avoid it in the future.

Top 10 Tips on Sticking to the Program

By now, you probably have a clearer idea on what you are up against. It's a difficult process, but definitely not impossible. Once you have incorporated your health plan to your lifestyle, it easily becomes a natural thing. To help you stick to your resolve, here are some helpful tips to keep you on the program.

1. Inform everyone close to you about your health plan and solicit their cooperation.
2. Confine eating to only one place in the house.
3. Remember, you are doing this to help yourself and not to please other people.
4. Avoid rewarding yourself with food.
5. Do not serve other people food that you yourself will want to avoid eating.
6. Cut yourself some slack at least once a week. You don't need to go all gung-ho about it.
7. It's always a good idea to get other people to join you and make it an organized effort of some sort.
8. For special occasions and holidays, plan your menu ahead. This will give you ample time to think of great, healthy dishes without compromising on taste.
9. Develop the skill of politely saying no when needed.
10. Most importantly, do not forget to have fun along the way. It's not as if you are punishing yourself.

These are simple yet highly effective tips that you can keep in mind to help you stay on the right track.

Having a good mindset will make it easier for you to adapt to the changes that may be required by your diet and exercise program.



Food as a Conscious Choice

The old adage, *'you are what you eat'* still rings true. But for many people, making the right food choices can be a bane. One of the best ways to move past this roadblock is to gain better understanding of food, more importantly, what you feed your body.

Why Should Your Food Choices Matter?

You probably have enrolled yourself on an exercise program to help you get into shape and whip up that body you have always wanted. As you may have already known, your exercise plan is merely half the equation, the other equally important part – you've guessed it, diet.

Keep in mind that your food intake and your food choices greatly affect the formula of your success. It is simply not enough to be diligent in your routine exercises if you want to see real results.

So before you put another piece of food into your mouth, take stock of your eating habits and the food choices you make. For all you know, you may be unconsciously undoing all the hard work you put in your daily exercises.

To help you gain better understanding on the importance of your food choices and its impact to your body, read on and learn the basics on food and how it should complement your exercise program.

Protein

Protein is primarily responsible for the proper development, maintenance as well as repair of your body muscles and tissues. Comprised of amino acids, protein is known to be the building blocks that the human body needs to efficiently synthesize new cells.

Since your ultimate goal is to develop buffed up muscles to best showcase your new figure, you will need a healthy supply of protein in your daily diet. Otherwise, all the extended hours you spend doing crunches and weights can potentially just go to waste.

Carbohydrates

Your body's primary source of energy is from food products that contain carbohydrates. Like a battery or gasoline, it serves as a fuel that helps keep us going as we go about our daily activities.

Now, if you are spending hours on the gym, you naturally need a lot of energy to help you properly perform your regimen. It goes without saying that it is important to make sure you supply your body sufficient amount of carbohydrates.

However, keep in mind that not all carbohydrate-rich products are made equal. Go for food with high levels of complex carbohydrates, which is usually found in fresh vegetables, beans, seeds and whole grains.

Fats

Some people think fat, in general are bad for the health and many take extra steps to steer clear from it. However, there are actually different types of fat and only some of them are to be avoided – mainly trans-fat and unsaturated fat.

Vitamins

While it is true that vitamins are not direct sources of energy such as carbohydrates and protein, it is still very vital in order to effectively maintain the intricate biochemical processes of the body.

It is also important to remember that performing exercises are designed to sculpt the body thereby requiring the body to undergo significant changes. So make sure to keep your body supplied with vitamins to ensure it has everything it needs to keep you healthy.

Fiber

For people who are on a diet, fiber is an important dietary component that should be given due importance. Fiber, unknown to many, can help in preventing your body from absorbing too much fat. Increasing fiber intake is especially a great way to lose those extra pounds.

Of course, aside from that, fiber is also known to maintain a healthier digestive system, allowing your body to absorb more nutrients from the food you eat.

It may take a while before you can get used to keeping close tabs on your diet. To make it easier for you, take time to read the back labels of the food products to purchase.

Not only will this help you make informed food choices, it can also make it easier for you to plan healthy meals. The next sections will help you formulate a better strategy when it comes to your diet.



Secret Food Products That Build Fat

Now that you have gained a better understanding on role of food and its important function in helping you achieve your goal. You probably have gone out of your way in making sure you make better food choices.

Perhaps have been lulled into a false sense of comfort in thinking you know everything there is to know about food. Then, reality sneaks in and life throws you a curve ball.

For all you know, you may be unwittingly eating food products that contribute unnecessary fat in your body and wrecking havoc on your diet regimen.

Now, you definitely don't want to be caught underhanded by these seemingly healthy food products that can only undo all the effort you have been doing. So don't let your guard down.

'Low Fat' Canned Products

For people following a healthier diet regimen, choosing a low fat product may seem to present a logical choice. After all, we were taught to steer clear from bad fat like a plague.

So when the food label states low fat, you probably think its non-fattening, right? Think again. Well, this is actually an all too common misconception, so you don't have to be sheepish about it.

To get the real picture on the fat content, do not simply rely on the often misleading packaging labels designed to lure you to buy them.

Take the time to read the Nutrition Facts on the back label. You will be surprised to know that most canned products contain high levels of Sodium – the main culprit for water retention and bloating.

Sneaky Fruits

It's a common knowledge that fruits and vegetables are generally good for our body. So when a person does the list of diet food products, fruit would likely be on top of the list. After all, one cannot possibly make a bad choice with fruits, right?

But if you know better, certain types of fruits actually contribute to a few inches of your waistline. For one, those seemingly innocent avocados contain ghastly amounts of calories and fat. Bananas are also identified to be fattening.

This is because the varieties available in the market today are the cultivated ones, which were found to contain unusually high levels of sugar and very little amount of fiber.

Green Salads

Next on your diet food list would probably be those good old veggies. What could probably be wrong with that choice, you ask? Vegetables are rich in natural fiber and green salads make a wonderful substitute to a snack or meal.

Think beyond the vegetables for a second and notice the salad dressings.

They easily take away the goodness of the meal as those yummy dressings are stuffed with serious amounts of calories and fats. Some salads even come with bacon bits and shredded meats.

Fresh Milk

People on a diet tend to load up on milk. It seems too good not to be healthy, right? Without you knowing, it can also be a huge contributing factor to the fact that you never seem to lose a few inches off your waistline.

Sure, there are the low fat milk alternatives, but both contain calories, fat and sodium. A good compromise for people who love milk is to choose skimmed milk instead since it contains lesser amount of fat while retaining the other nutritional value.

Pork/Beef Barbecue

You probably knew that fried foods are generally bad for the health. And probably like most people, you thought some barbecued meat may just do the trick – a healthy compromise of some sorts.

You may be right on the fry versus barbeque, except for one important consideration: meat parts. There are certain cuts of meat that tend to have higher fat contents than other areas.

In fact, you will probably be surprised to find out that the barbecued pork ribs that we all seem to love contain a whopping 1200 calories! So pay better attention when choosing those meat cuts.

Thirst Quenchers

Sure, those ice-cold sodas can easily slake those parched throats, energy drinks giving you that instant boost you need, and don't forget the well-loved coffee drinks that are now available in every imaginable variety. They may be appealing but wait till you find out how much calorie each serving contains.

For one, that carbonated soda contains about 150 calories. If you drink those more than once, then do the simple math and you'll probably cringe.

Your safest bet?

It's also the cheapest one at that – water.

Mayonnaise and Catsup

For many people, their meal has one or two of the popular classic dressings. Top of list are mayonnaise and catsup, both of which are present in burgers, by the way. So what's the real deal here?

Every serving of catsup contains about 100 to 200 calories and approximately about 70 mg to as high as 170 mg of sodium. Put stress and attention to every serving, which translates to one tablespoon. So if you are thinking of fixing up a nutritious sandwich, go easy on the mayo. Better yet, go without it.

Secret Food Products That Blast Fat

After a meet and greet with the bad guys that you may now want to eliminate in your diet menu, it's time to get to know your allies, which may just be the heroes to save the day.

And when we say 'heroes' here, it's actually not just a play of words or an overstatement. The following food products are known to blast those stubborn fats away. So sit up and pay attention.

Dark Chocolates

Most of us associate chocolates with other sinful and decadent treats that we need to keep away from. So it won't be a surprise if you have been valiantly avoiding passing by the chocolate bar station in grocery aisles.

You would be happy to know you can actually indulge without the guilt. However, you need to make strategic choices on this one. You'd be right to avoid the commercial chocolates that are loaded with fats, sugar and milk. Instead, choose the fresh cut, pure dark chocolates in replacement for your usual sweet treats.

Real dark chocolates contain cacao which can effectively increase your metabolism and help your body burn fat faster.

Italian Pasta

If you favor Italian cooking, this may just bring a smile of delight. Before we go into detail in explaining how pasta can possibly be good for you, let's do a simple background. Pasta originated from Italy and has become a staple food of European families. According to statistics, Europe has the lowest rate of obesity!

So how does this correlate to pasta, you may ask. Let's take a peek at the usual ingredients of pasta. Those red tomatoes are very rich in Vitamin C and contain high levels of lycopene, which stimulates the body so it burns fats faster.

Then there's olive oil which contain good fat in comparison to the usual cooking oil. There is also the fact that pasta can be quite filling, which means you have lesser tendency to overindulge.

Spices

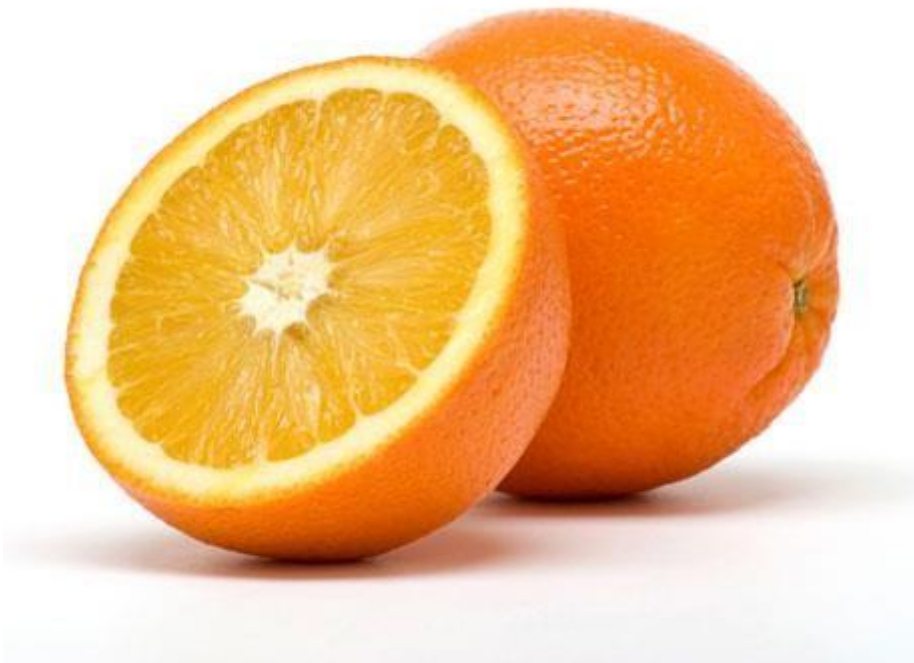
Most people typically think diet food is bland. With this in mind, people who follow a special diet opt to do away with the usual food seasonings. Well, this is sure make a perfect recipe for boring and tasteless food.

There are actually a number of spices that you can use to add more zing to your dishes so you don't have to contend with unappealing food. Some great examples include onions and garlic, which do not only add flavor but also contribute to the wonderful aroma.

Red chilies are also great for those who are looking for that extra spicy kick. It is known to increase metabolism so you burn fat faster.

Citrus Fruits

Before you even think of doing away with fruits in general, there are a great number of fruits that bring some real healthy goodness. This includes pomelo, oranges, lemon and grapefruit – all contain very high levels of Vitamin C which effectively dilutes fat.



Secret Food Products That Build Abs

Before you scratch your head in confusion and start to think where are those valuable tips on getting rock solid abs, fret not. We are about to move on to the good stuff.

There is actually a thing called food for the abs, or more concisely, food products that help you develop those 6-packs faster. Read on and find out.

Almonds

Now who would have thought this simple variety of nuts would make it to the list? You may not know it but these little treats are actually loaded with fiber, protein, vitamins and minerals. On top of that, what is abs-solutely great about almonds is the fact that it has the natural ability to block calories.

This means, it's not only packed with the essential nutrients you body needs, it can fight those calories with every crunchy bite.

Eggs

If you are looking for a great source of protein for your 6-pack diet, then eggs are primary candidates. In fact, it can be difficult to find any food product that can beat what eggs can bring to the table.

First off, it has a great balance of amino acids which are known as the building blocks of tissues and cells, which automatically equates to muscles. So if you are keen on getting that lean abs, don't skimp adding eggs on your daily diet.

Lean Meats

There can only be so much that eggs can contribute to your proteins. You also need to look for other viable sources of protein. There are a number of wonderful choices available such as beef, pork, chicken and fish.

So if you were worried sick about depriving yourself on some of the good stuff, then you can heave that long sigh of relief. However, let's put emphasis on lean in your meat choices. And of course, no matter how good and healthy, it is always important to eat in moderation.



Daily Diet Plan To Shotgun Abs

Behind that beach-ready body is a great deal of dedication. But there are other things in between that goes into the whole process. By taking to mind and heart the information on what food will work with your goals and those that will not, you can get into the best shape you have ever had.

Draw up a diet plan. Here is an example below that you can use as your guideline. Change the food according to your taste preference but stick to the recommended daily calorie intake to keep the essence of the plan intact.

Day 1

Breakfast

1 Serving Low-fat plain yogurt

1 Bar Granola

1 Medium size Pear

Tea

Lunch
1 Cup Spinach ½ Cup Mixed nuts with edible skins intact 1 Serving Steamed Chicken breast without the skin
Dinner
1 Cup Steamed Tuna 1 Cup Mixed vegetables 1 Cup Steamed Sweet Potato

Day 2
Breakfast
1 Cup Mixed, fresh berries 1 Bowl Oatmeal 1 Glass Low fat milk
Lunch
1 Small Plate whole wheat pasta topped with cherry tomatoes and sprinkled with olive oil 1 Slice Whole wheat bread
Dinner
1 Serving Lean Turkey ½ Cup Mashed potatoes 1 Medium size Pear

Day 3
Breakfast
1 Bowl Whole grain cereal with fruits (berries, bananas, etc...)

1 Glass Skimmed Milk
Lunch
Tuna sandwich with whole wheat bread 1 Cup Green Salad (lettuce, cucumber) with low-fat mayo dressing 1 Medium size Orange
Dinner
1 Serving Grilled beef strips ½ Cup Steamed Asparagus ½ Cup Brown rice 1 Small Steamed Yam

Day 4
Breakfast
2 Pieces Waffles ½ Cup Mixed Berries 1 teaspoon Low-fat all purpose cream 1 Glass Non-fat milk
Lunch
Steamed chicken sandwich with lettuce greens, cucumber and tomatoes
Dinner
1 Serving Grilled Tuna Belly ½ Cup Steamed Asparagus 1 Medium size Orange

Day 5
Breakfast

<p>1 Slice Wheat bread, toasted ¼ Cup Fruit Jam 1 Glass Skimmed Milk</p>
Lunch
<p>Grilled lean beef sandwich with low fat grated mozzarella cheese 1 Cup Mixed vegetables 1 Medium size Apple</p>
Dinner
<p>1 Serving Grilled salmon ½ Cup Mashed potatoes 1 Medium size Orange</p>
Day 6
Breakfast
<p>1 Bowl Whole grain cereal 1 Medium size Banana 1 Glass Skimmed milk</p>
Lunch
<p>1 Serving Steamed tuna ½ Cup Steamed Broccoli ½ Cup Corn on the cob 1 Medium size Pear or apple</p>
Dinner
<p>1 Serving Grilled chicken, cut into strips 1 Cup Steamed Asparagus 1 Medium Size Papaya, sliced</p>
Day 7
Breakfast
<p>Sugar-free peanut butter sandwich with toasted whole wheat</p>

Half of a hard-boiled egg 1 Glass Melon or Apple Smoothie
Lunch
½ Cup Grilled beef strips ½ Cup Mashed Potatoes ¼ Cup Low-fat cottage cheese ½ Cup Mixed berries
Dinner
This is when you reward yourself for doing a great job. Eat whatever you like. It is up to you to avoid the guilty food pleasures or take this one day off from the dieting and

You should apply gradual dieting procedures to help your body cope with the decreased amount of food. This will also help it to adjust properly to the healthy food formula for you to keep in shape.

To avoid food binges during mealtime, snack on a half a cup of mixed nuts like cashews and almonds. Munch on fruits like berries instead of sandwiches that are heavy on the belly. Do this in between meals to keep your body satiated the right way.

A diet plan does not have to be some sort of punishment. Actually, the preceding plan does not allow you to skip on mealtime. And it does not get any better than that. It is a diet program that encourages you to eat as long as you stick to the right food that will promote leaner, meaner abs.



Science Behind Abdominal Exercises

Following your seven-day diet plan to a tee is just half of the story. The other half requires you to physically bust those fats by doing exercises that will specifically target the abdominal area. But before you roll up your sleeves and get down on the floor, you need to understand the basics of abdominal exercises and why you should do them.

They will turn your abs flat and shapely. This is the whole picture and what you get is the result. But have you ever wondered why you really need to do them?

Your body is made up of muscles, fats, tissues, blood vessels and everything that you can find in the human anatomy. But for flatter abs, you need to work with the muscles in your abdominal area, your waist, hips, and your back.

They say no pain no gain. But abdominal exercises should neither break your bones nor spirit. They should be fun to do and bring about effective results accordingly. These workouts get half of the work done. The other half, as discussed in previous chapters, involves drawing up a plan and sticking to it.

Abdominal muscles serve as the core of the body. They provide support for proper posture and the strength you need to perform physical activities. There is more than one set of abdominal muscles that you need to work up. Knowing what these are and the roles they play can help in identifying the exercises that you have to do to get shotgun abs.

They are:

- a. **Transversus abdominis.** Also known by three other names, transverse abdominus, transversalis muscle and transverse abdominal muscle. This part lies deep below the internal oblique muscle, providing stability on the pelvic area.
- b. **Rectus abdominus.** This muscle runs vertically and composed of smaller tendinous intersections. It is a postural muscle that plays a big part in the human respiratory process and in building intra-abdominal pressure.
- c. **Internal obliques.** Lying deep within the abdominal area, this muscle also affects breathing action as well as the posture. It provides support to the twisting and lateral action of the spinal column.
- d. **External obliques.** These muscles also give additional support and stability to the spine especially when in a standing position.
- e. **Pyramidalis.** Triangular in shape, this muscle is only present in only 80% of the human population. It shoots out from the area of the pubic bones and lies in front of the rectus abdominals.

Understanding where these muscles lie and what they do can give you an idea on what exercises to do to work them up.

Combining several exercises that target each or a combination of the muscle group can bring you closer to getting shotgun abs.

After identifying the abdominal muscles, where they are and what they do, keep in mind that each workout you do should center on achieving balance. Three things affect this and these are:

Intensity

If you want to get the most out of your abdominal exercises, apply the right level of intensity. This means putting the correct amount of force on the muscles to build them up. Certain exercises cause the muscle fibers to tear up. During the healing process, the muscles firm up and get into solid shape.

Basically, exercise intensity occurs when you feel your heart pound against your chest. There is also what some workout buffs call as perceived intensity. This is when you think you are already pushing your physical limits to the test. In more simple terms, what you consider a hard, intense workout may only be a warm up exercise for another.

There are recommended levels of intensity for every workout. Aerobic exercises, for instance, require at least 150 minutes of moderate intensity workouts. If you prefer vigorous workouts, cut the mentioned time in half. You can also combine moderate and vigorous workouts but keep them evenly spaced out within a 7-day program.

Repetition

Doing the exercise a number of times helps your abdominal muscles adapt to the pressure. This also applies to other parts of your body that you work up. Muscles have to be put under a lot of strain in order to develop. This comes from the pressure from weights or from the positions that you get into to target them.

But repeating the exercise once too often is not the key. This will not build your muscles as often as you perform them. You need to program your workouts in such a way that the muscles receive mild to moderate intensity.

A vigorous abdominal workout performed once or a couple of times will not help you get shotgun abs overnight. The secret is to do moderately intense abdominal exercises for several minutes and then repeat the same set after a day or two. Let your muscles adapt to the strain first before subjecting them to rigorous workouts.

Focus

There is an exercise that targets a specific muscle in your body. Exercises for your obliques are different from the ones you do for your transversalis muscle.

Focus means to apply the right exercise on a particular abdominal muscle. This also includes putting the correct level of pressure along with doing the exercise as often as necessary. Remember intensity and repetition.

Often, you will consider the difficulty of the exercise rather than what it intends to address. You need to overcome the urge to do exercises that are easy but will not give you the results you want. There are several easy-to-do exercises for beginners. Then there are moderate to vigorous workouts for those in the advanced level.

Gym Abdominal Exercises (Machines/Equipment)

Now that you know the exercises that will give you washboard abs, it is time to push your body to do the workout. For faster results, you need to support your exercises with machines or equipment.

The best place to get you started is the gym. Depending on your available time, hitting the gym at least three times a week is enough for beginners. You need to gradually make yourself accustomed to the routine so it becomes second nature for you to exercise.

High end gyms are equipped with complete and the latest line of exercise machines and tools. But it will not do you any good to just lift weights or get on some treadmill. You need to know what these machines are and what they do.

For a better idea, here is a quick guide on what you might find in a gym:

Crunch Chair

This abdominal machine is fashioned into...you guessed it: a chair. Fitted with straps, weights and pads, this chair is set to give you different levels of pressure for your abs. While seated, you move in a downward action with the force centered in your core.

Some come with adjustable resistance knobs which provide the force that matches the limits of your abdominal muscles. The crunch chair helps you concentrate on your abs. But with the arm stops, you could be tempted to divide the pressure between your arms and your abs. focus on your abdomen and any pressure exerted should come from that area.

Crunch Strap

More flexible than the crunch chair, the crunch strap can be simply connected to a weight machine or anything that will give resistance. This compact exercise device merely supports your body and employs resistance. Without much complexity in its design, the crunch strap is a great machine to start your workout routine with.

With an exercise mat, kneel down and grab the straps. Bend forward and concentrate pressure on your abdominal muscles. Choose padded straps for more comfort and less strain on your neck and shoulders. The crunch strap allows you to work with a wide range of machines for different levels of resistance.

Parallel Bars

It may look like an intimidating piece of equipment but the parallel bars only support your need for resistance and everything else is left to you. You lift your body using your arms or your hands. By keeping your body straight, raise your legs together with knees bent. Lift them at chest level and then slowly lower them back.

Keep your hands dry when using the parallel bars. A slight amount of sweat can cause you to slip and miss your grip which can lead to injuries. When done in the proper manner, abdominal crunches with the parallel bars can help you achieve physical balance and a toned body in no time.

Rowing Machines

This machine simply simulates the rowing action from a boat. It comes with several parts that move together with the pulling action. From the moving seat, flywheel, foot stretcher and braking mechanism, the rowing machine is one complete package that targets your upper abdominal muscles.

There are two rowing machine designs: a shorter oar and a longer one. Shorter oars target the upper body muscles like the shoulders and chest. Longer oars push you to exert effort from the core. So, depending on your goal, you can choose which design to use.

Other Specialized Gadgets

Modern and complete gyms have all the equipment you need for any type of body workout. But with everything laid out there before you, the choice is overwhelming and, unfortunately, very confusing.

You may have a fairly good idea on what a specific machine is good for. But knowing their purpose is different from actually using them for the exercise. Equipment that does not look familiar can be intimidating and you might not even attempt to lay your eyes on it again. To make things easier for you, ask yourself these questions:

1. Does the exercise equipment require you to exert more effort on your abdominal section than necessary?
2. Does it provide the right amount of support for good exercise posture or does it strain your back to perform just one abdominal exercise?
3. Does your body feel the workout or has the machine done all the effort?
4. Does the machine provide an option for the right level of resistance?

Home Abdominal Exercises

Often, your work may take your time away from your exercise and hitting the gym may not be an option. Not to worry. You can still give your abs the workout they need at home.

There are several exercises that you can perform right in your own living room, bedroom or any area in your house where you feel comfortable executing them. As long as the room you have has enough space to allow you stretch and jump about then it is just fine.

You have the room and the space, now all you need to do is motivate yourself to follow your exercise routine even without the aid of a trainer. This calls for self-discipline and the right information on how to properly perform the workouts.

Ever wonder why some people doing home exercises never trim down or show positive results? It is because they execute them wrong way. To keep your head in the game, here are some tips on which exercises to do and how to do them right:

Basic Crunch

Lie down on an exercise mat for more comfort. Put your hands behind your head and bend your knees. With pressure on your abdominal muscles, slowly raise your upper body towards your knees. Hold this position on two counts and then slowly drop yourself back down.

The basic crunch requires no exercise machine. Just lie on a flat surface and you are off. The only thing you need is your determination since basic crunches are not really easy to do. The exercise tones up your upper abdominal muscles and not the other muscle groups in that area. You need other workouts to target the obliques and the muscle near the groin area.

Bicycle Crunch

A variation of the basic crunch, this exercise tests your skills as well as your imagination. Lying flat with your back on the floor, raise your legs and bend your knees at an angle. Place both your hands on your back head for resistance. Then, slowly move your legs in a pedaling motion just as you would when on a bike.

The bicycle crunch targets your lower abdominal muscles. Combine it with the basic crunch and you get a full abdominal workout. But you can also work both your upper and lower abdominals with this exercise. Simply raise your upper body and touch your right elbow with your left knee. Always keep your hands to the back of your head.

Ball Crunch

This is when an exercise ball comes in handy. It is one of the exercise equipment that is cheap but effective. First, sit down but then gently lie your back on the ball with your feet firmly planted on the ground. Make a mental note to keep your abdomen and your things always parallel to the ground.

Put your hands on the side of your head or simply touch tips of your fingers to your temples. Next, pull your body up slowly. Use your abdominal muscles for the force so that these will contract. The idea is the same as that of the basic crunch but this time with the use of a ball for more resistance.

Reverse Crunch

It is doing the basic crunch backwards. The reverse crunch focuses on the rectus abdominus or the lower part of the abdominal muscles. Just lie flat on your back, legs straight and keep your hands to your side, palms facing the floor.

Then, raise both your legs up and bend your knees. Pull these towards your chest by lifting your hips. Remember to contract with your abdominal muscles for the crunch. For increased pressure, you can cross one leg over the other in the ankle area before pulling the knees.

Long-Arm Crunch

A variation to the basic crunch, this exercise simply requires you to extend your arms out behind your head. Lift your upper body by through your shoulder blades and then crunch on the abdominal area.

Do not bend your arms, always keep them straight. Remember not to put too much strain on the neck area or risk suffering an injury. If the exercise gets too rough for you, put one hand behind the head for support.



Holistic Workouts: Why You Need Them?

A six-pack is a six-pack is a six-pack. But you cannot just flaunt this part to compensate for your entire body. You need to exercise the other parts because all these go together.

Sure, you have fabulous abs that others would kill for but small unshapely legs can turn them off. When you exercise your abs, keep in mind that these are not all there is to a fit body. Work those arms, thighs, and hips for a more balanced physique both visually and physiologically.

There are plenty other reasons why you need to get into a full-body workout and these are some of them.

Better Posture

Ripped abs can raise your social status as well as improve your posture. As mentioned in previous chapters, abdominal muscles are the core and support for all physical activities. Observe how your abs contract and expand when you attempt to reach for an object overhead or when you push a table. When your abs are well-exercised, you can stand up straight and not slouch resulting from too much weight on your belly.

Physical Symmetry

A well-toned body emanating from your core (abs) should have symmetry. This means that you should not just concentrate on one area as this will just make you look incomplete. Exercising the upper half of the torso can increase muscle mass and weight. So these should be supported by legs muscles that are strong enough to carry that much load. Exercise the lower half of the torso as well as your lower extremities. This way, you achieve symmetry all over your body which will make you look more visually appealing as well.

Balance

A six-pack does more than give you beauty points; it also helps you achieve balance. When you tone your abs, you learn how to stand up straight and sit properly. You also learn the right way of performing certain tasks such as running and even lying down. These require good muscle control. There are no awkward walks so you avoid tripping or sliding. Moreover, you prevent yourself from suffering physical injuries. It may not look like that at first but eventually, when you learn how to take care of your abs, your

spine and the rest of your body, you will benefit from the hard work you put into exercising each muscle.

Leaner, Meaner Body

Diets cannot deal with unwanted fats alone. Your goal towards a leaner and toned body should be supported by a great deal of exercise. But remember to pace yourself and workout according to your physical limits and needs. Moreover, when you exercise, you burn more calories and get rid of the unwanted fats in your body. It also promotes faster metabolism which is important for turning fats into usable energy.

Increased Stamina

Just as exercise will help your muscles adapt to the strain, so will the rest of your body. Just observe how you increase your strength and tolerance for vigorous activities. If you pant like crazy for walking two blocks before, you will see how you increase your strength level as you continue subjecting your body to regular workouts. There is no more panting and every “walking hour” will be a joy to do, not something to be scared of.

Upper Muscle Workouts: For A Sexy, Strong Physique

It is natural to start with your upper body when you want to have a toned body. Starting from the head, you slowly work your way down. When you exercise and do it properly, your upper body is the first thing that people see. Simply put, it clearly shows the result of your efforts.

Your upper body consists of muscle groups other than your abdominals. There are the arms, chest and shoulders. Keep in mind the holistic workouts and why you should do them. It will not do you any good if you just work on your abs. All your muscles need to be pulled together so it makes sense to work on the other areas as well.

Here are some useful tips on how to do parallel exercises for your other upper body components.

Triceps

1. Do a push up position by lying down and facing the floor
2. Place palms on the floor but close to each other and not at shoulder-width. Thumbs should be constantly in contact with one another.

3. Extend your body and legs. Make sure to point and touch your toes on the floor.
4. When you push and bend your elbows, hold these close to your body for increased tension
5. Hold your body in a straight position at all times.
6. Repeat at many times as required.

Biceps

1. Use a barbell with a weight that you can carry without putting strain on your back. For beginners, a 20- to 30-pound barbell should set you off in the right direction.
2. Stand with your feet together or with one foot slightly back. This is for additional support and stability.
3. Grip the barbell with the palms facing up with elbows sticking to your sides and arms extended.
4. Slowly curl the barbell in an upward motion taking care not to compromise body position.
5. Then slowly lower the barbell.
6. Never swing your body with the movement. This will take the pressure off your biceps making the exercise less effective.

Chest

1. Lie on a bench and grip a couple of dumbbells.
2. With palms facing one another, hold the dumbbells over your chest.
3. Slowly lower the weights to your side. Aim for the chest-level.
4. Then bring the weights back up but using your chest muscle for the force. Imagine embracing a really broad tree trunk.
5. Repeat for 3 more sets with at least 8 reps each.

Shoulders

1. Grip a medium sized barbell while placing your feet slightly apart.
2. Bend your elbows while curling the bar up to the level of your forehead
3. Tighten your ab muscles and, without arching your back, raise the weight above your head and hold for a couple of seconds. Be careful not to bring the weight behind your neck.
4. Lower the bar.
5. Repeat for at least 2 or 3 more sets.

Lower Muscle Workouts: For Excellent Posture and Support

After getting that much needed workout on your upper body, it is time to put focus on the lower part. It is important to exercise the lower half of your torso because these will provide the balance for your whole body.

More than just the health aspect of this idea, exercising the lower part like the thighs and legs will also make your look more proportionate. What do you think of men with buffed upper body complete with six-pack abs and all but with frail, thin legs? My point exactly.

You would not want people thinking that same on you now, would you? Avoid this potential social embarrassment and work out those lower muscles.

Hips

For fabulous hips, simply follow these steps:

1. With hands on your hips, set your feet apart following your hips' width.
2. Inner thighs should be parallel to the floor.
3. Gradually lift your right foot sideways until it reaches the height of your hips. Count to three with foot raised on the third count. Hold the position on one count and bring the leg back down on three counts again.
4. Do 15 more before switching to the other leg.

Buttocks

For a toned, tight and firm derriere, here is what you need to do:

1. Lie flat on your back while keeping your hands on your sides. With feet flat on the floor, bend your knees. This is the starting position.
2. Slowly lift your hips towards the ceiling taking care not to overarch your back. Count one.
3. Make sure you squeeze your glutesus maximus muscle tight while lifting your hips. This muscle makes up a large part of your buttocks.
4. You can increase the level of difficulty by lifting one leg up when you lift your hips. Just keep the thighs parallel at all times.

Thighs

Your thighs are composed of several muscles that give it their shape and support for your upper body weight. There are exercises for the front, inner and outer parts of the thighs.

Front thighs

1. Stand with your back leaning against the wall. Pull your feet apart as wide as your shoulders. Make sure your feet are supporting equal amounts of your body weight.
2. Inhale while slowly sliding your back down the wall.
3. Keep heels on the floor while lowering to a squat position.
4. Exhale while slowly moving back up and straightening your legs.
5. Repeat as many times as possible.

Inner thighs

1. Sit straight and pull your feet as close as possible towards your body. Keep the soles together while you do this.
2. Place your hands on your inner thighs and apply light to moderate pressure. Count to twenty.
3. You can also push your knees instead of the thighs for more effective workout for the inner thighs.

Outer Thigh

1. Lay your legs straight out while sitting.
2. With the right leg first, bend the knee. Slowly lift it across your left leg.
3. Pull your right knee towards your left shoulder by wrapping both arms around it. Count to 10 before returning to the base position.
4. Repeat as many as necessary.

Calves

For sexy and shapely legs for women, you need to have nicely toned calves. To achieve this, follow these tips:

1. Brisk walking or simply walking is the most effective exercise for your calves. Or
2. Use a solid material with slight elevation of a few inches such as a small plank or anything similar.
3. Place your toes and half of your soles on the plank with your heels in contact with the floor.

4. Raise your body with all the pressure concentrated on your toes up to half of your soles. Keep your arms raised sideways for added pressure.
5. You can also lift weights instead of just raising your arms.

Cardiovascular Workouts: Completing the Package

A good and effective cardiovascular workout is just as important as those muscle-crunching exercises that you have been doing. Having a complete workout that doesn't just focus on external improvements will help you be fit and healthy, and at the same time give you that sense of true physical well-being.

To make you understand better the importance of cardiovascular workouts, take a peek of the top 3 benefits of why it should be included in your regular workout routine.

Top 3 Benefits of a Good Cardio Workout

It Strengthens Your Heart And Lungs

If you have done a cardio workout before, you may have noticed that your breathing and heart rate picks up and becomes more quick and rapid. Cardiovascular routines, as the name implies targets the cardiovascular system, most specifically your heart and lungs.

A good and regular workout will train your heart and lungs to increase the blood flow in your muscles and get it to work better and more efficiently.

It Detoxifies And Energizes Your Body

You are more likely to gasp for air and feel tired quicker if your breathing is not regular. A good cardio workout increases your oxygen intake and makes you breathe better when doing strenuous physical activities. These workouts will also make you sweat more thereby expelling harmful toxins from your body.

It Puts You In The Mood To MOVE

An effective cardiovascular workout will wake up those sleeping muscles and makes it more responsive to a more strenuous workout that targets specific muscle groups.

It will also get adrenaline pumping into your system, making it *want* to workout and move more. If you've tried working out without a good cardio warm up, you may have noticed that you move slower and are more sluggish.

Cardio workouts will get your blood pumping and more excited to lift those weights and do curl ups.

Cardiovascular routines are fairly simple and the advantages of having one in your workout program shouldn't be ignored.

Having a good cardio routine will complement your more physical routines and soon you'll find that you are getting more results quicker when you warm up with it regularly.

The workout doesn't have to be complicated. There are some simple steps that you can do for an effective cardiovascular routine.

Your Cardio Routine

Cardio Routine: DIY at home

1. Jog in place. Simply put, jog without moving forward. Imitate the act of jogging without moving around. To make it more effective, move both arms and legs as if you are really running. Alternatively, if you have enough space around you, jog in circles or around your home. Do 20-25 counts per session.
2. Stand with your back straight with your arms on your side. Jump up as high as you can, raise your arms and spread your legs while doing so. Land in the last position. Jump again but this time land with your legs closed and your arms on your sides. Repeat the procedure increasing the speed each time.
3. Keep your knees slightly bent with both your arms raised in front of you and pointing to the right. You will also need to slightly twist your torso to get into this position. Jump up and twist your upper body to the face the left with your arms still raised in front of you. When you land, your feet should be slightly faced to the right and your arms to the left. Repeat the steps for 10-15 sets.
4. Do a boxing stance with your left foot and left shoulder forward and fists clenched. Release a burst of left-right-left punches. Do ten bursts one after the other. Switch your stance to the right (right leg and shoulder forward) and do 10 sets of right-left- right rapid punches.

5. Do another boxing stance with your left foot forward. Keep your right leg slightly bent to support your weight as you do a swift side kick with the left. After the kick, retract your leg quickly. Do 10 sets and then switch to do the kicks with right leg.

Cardio Routine: Outdoors

If you have the time, you can also do outdoor exercises like jogging around your neighborhood or nearby park, swimming, biking, and jump rope. Carrying an MP3 player can also help in increasing adrenaline and keeping you pumped up to go farther.



Toning Workouts

Toning is good for anyone and everyone who wants to stay in shape. Whether you are bulking up for a body building contest or working out for a pageant, toning will help define and sculpt specific body parts and muscles to prevent unwanted flab or excess stored fat from being noticeable.



Toning will give you a lean and fit physique, free from annoying imperfections like sagging skin and baby fat that ruin an otherwise good body conditioning.

You don't need to do extra strenuous workouts in order to tone your muscles. Just follow the simple steps for sculptured muscles.

Firming Your Arms

1. Bring both arms forward and slightly bend your elbows to enable your palm to bend upwards, your fingers should be pointing upward. Twist both arms inward until your palms are touching each other. Maintain this position and then move both arms up over your head and then down towards your body. Repeat and finish about 20 sets.
2. Bring both arms to your back and assume a praying position. Move your hands up and down your back while maintaining the praying position. Do 20 sets.
3. Sit in front of your couch and straighten your legs in front of you. Bend your elbows and reach for the couch behind you, make sure that your palms have a secure handling of the couch.

Push up with your arms and lift your buttocks from the floor slowly and then slowly put yourself back down. Repeat for 10-15 sets.

Chest, Torso and Back

1. Lie down flat on your stomach. With your palms pushing off the floor, lift your upper body up to form a back arch. Slowly bend your head backwards towards your feet and bend your legs towards your head with the back arch still in position.

Do just enough stretching to make you feel a comfortable and bearable strain on your muscles. Don't force yourself to stretch more than your limit.

2. Stand straight with your feet about a foot apart. Stretch both of your arms upwards and keep your hands together. Maintain this position and then twist your torso to the right and face that direction. Now bend down to a 90° angle.

Stand straight again and face forward. Repeat the procedure alternating from right to left for 10 sets.

3. With your arms upward and stretched on top of you, lie on your back with your legs slightly apart. Now bend your body with your arms and legs reaching further up (towards the ceiling). Repeat the up and down movements for 10 sets.

Hips and Thighs

1. Use a table that is about the same level as your hips. Rest your palms solidly on the table and put some distance between you and the table and bend forward *in front* of the table.

Raise one leg backwards until it forms a 90° angle or is in line with the rest of your body. Put leg down and do the same with the other one. Do 10 sets for each leg.

2. On the same table, place one hand on it to support yourself and keep yourself in balance. Put your feet together and open your thighs to diamond shape. Raise your ankles and stand on your tippy toes and remain in this position for a few seconds. Slowly bring your ankles down to floor and then repeat for 15 sets.

3. Repeat exercise #2 but instead of forming a diamond shape with your thighs, keep them together. Now bend your knees, hold the position and then go back to your starting position. Repeat for 15 sets.

4. Keep your arms to your side and bring your right foot forward with the knee bent. Your back should stay straight and upright while you stretch out your left leg. Go back to your original position, repeat with the left leg forward. Do 10 sets for each leg.

Toning muscles need not be complicated and excessively strenuous. You can do these exercises at home during your free time. In order to maximize your results however, you need to maintain a toning routine of 10-15 minutes per day.

Excessive Exercise: The Adverse Effects

A lot of beginners to working out may think that doing their workouts twice as much and twice as hard would bring better results in a shorter period of time. The reality however is that excessive workouts will do more harm than good in a variety of ways.

In doing more than the recommended workout routine, the body is put at a greater risk of strain and injuries. The physical risks do not make this practice worth it. Moreover, the body will see very little to no results and those extra hours of working out will amount to nothing.

It may seem difficult to believe but in working out, less is more can be a good thing. Remember that a high-quality workout trumps a high-quantity workout always.

See for yourself the disadvantages of too much exercise.

Negative Effects of Excessive Exercising

More Pain = No Gain

Basically, your muscles are created *after* working out and not *while* you are working out. The purpose of workouts is to put a strain on your muscles which become bigger and stronger after they have been given the time to rest and recover.

If you workout continuously without giving your body the time to recover, new muscle mass won't get a chance to form.

Injury and Accidents

Gym accidents happen when the body's muscles are pushed to its limits more frequently than it has time to recover. During workout, your body is subjected to stress and force on your muscles, joints, bones and tendons. It may be capable of amazing physical strength but it still has its limits.

You Are More Likely To Quit

When all you feel is fatigue and soreness all over, you'll be quicker to lose the excitement you once had when you first started working out. Maintaining a routine would be better to keep your energy levels sustained and give your body more time to heal.

Unnecessary Stress

When you overdo your exercise routines, your body is put through a lot of avoidable stress, making you feel groggy, tired and depleted of energy more often.

Anxiety and Depression

Although not widely accepted, it has been observed that excessive exercising is the beginning of compulsive athleticism, exercise dependence or compulsive exercising which are thought to be new psychological problems. People who exhibit these behaviors are known to experience anxiety and depression.

In order to avoid excessive exercising, you should be able to catch yourself before it gets worse. See the list of the general symptoms and check if you can recognize or do any of them.

Symptoms of Excessive Exercising

Physical Symptoms

- You notice little results even if you've been regularly exercising for a period of time
- You frequently feel muscle pain, sore joints or sometimes sustain injuries
- You feel constant stress, fatigue and tiredness constantly
- Your physical strength is not progressing (i.e. you are stuck in your current weight capacity and cannot move to the next benchmark)
- In some cases, muscle mass actually decreases

Mental and Behavioral Symptoms

- Unusual anxiety and/or depression when you miss or fail to finish a workout session
- Spending excessive amounts in the gym
- Exercising even though you're sick or injured
- Avoiding other responsibilities such as school, meetings and social gatherings to workout
- Continuing your workout even if the body is already in pain
- Isolating yourself when working out

When you feel that other important things in your life are beginning to be affected by your workout schedule, you might need to reevaluate your priorities. Review the list of symptoms to assess yourself.

Exercise and working out should complement the other areas of your life and not distract from them. Once you are able to conveniently slip workouts in your life, you'll see more results physically and have a better feeling of well-being mentally and emotionally.

Measured Progress: Pacing Yourself

When exerting effort to achieve a personal goal, you will want to see the results, especially if you had to augment your schedule to make time for it.

Unlike school or work, there are no progress reports that will be given to you to give you an idea of your standing or rate of improvement. One vital clue to see how far you've come along is your own body. Like in report cards or performance evaluations, you should record your body's progress regularly to keep track of how well you are doing.

Here are some examples of how you can keep yourself informed of your development:

Physical Progressions

Similar to a journal, you can keep a record of your progress by keeping a notepad of your performance on a weekly basis. In doing so, you will be able to see for yourself your rate of improvement, the areas that you will need to work on and the changes that you'll need to make to maximize results.

Here's an example of a table that you can use. You can use any variables that are relevant to you:

WEEK 1			
Date	Initial Session	Session	Session
Weight			
Body Fat %			
Measurem			
Pulse Rate			
Others			

Keep Track of Information That Are Relevant to YOU

After a few weeks of regular workout, you will be able to know for yourself the adjustments that you will need to make to maximize your results.

Eventually, you will need to customize your workout to be able to create something more effective for you. Your body will eventually respond differently to different workouts and keeping track of your progress will give you a better idea on the specific areas that you will need to adjust.

Conclusion

Making your abdominal muscles buff and cut is not as difficult and complicated as it seems. As long as you have the discipline and are committed, you'll be able to streamline your diet and lifestyle and do the right exercises to give yourself ribbed and toned abs.

Building a six-pack and slimming down your waist is easy if you know the most effective ways that you can use for yourself.

