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INTRODUCTION

The reasons why the majority of people do not have abs are huge and the major stumbling block is that plenty of so called "experts" are still teaching old fashioned advice for building abs that just doesn't work.

The number one mistake we make is that even though we are overweight, the thing we always start doing is crunches and leg raises. This means that if you have excess fat covering your abs, you will only manage to add muscles underneath, but not lose the fat. So basically, instead of having a slimmer waistline to show off your abs, it will get bigger and your love handles will also get thicker.

Now let's get one thing straight: Even if you heard about spot reduction, there's no such thing. Only when you manage to shed that extra weight off, will you be able to reveal your abs.

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Another mistake concerning abs is believing what you see on the commercials late in the evening when you're watching TV, promising that you're going to have great looking abs by using a certain kind of gizmo or gadget.

The thing is that if everything were that simple, everyone would look great by now and not complain about having no abs at all. The reasons they cannot have those great looking abs is because those gadgets are good but only half the battle, nutrition along with exercise are the other key components.

If you want to show off your abs, the first thing you've got to realize is that the equation for abs is simple.

It's simple...but damn hard work

Firstly, you will need to consider a diet that has a limited number of calories, as the basic premise goes...it's all about calories in and calories out. Next, consider effective cardio workouts to do, also think about strength training with weights. This will help you to raise your metabolism

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and build muscle which will eventually help you burn fat naturally and lose weight.

What you are about to discover next are the important elements that if incorporated in your daily regime will have you getting great looking abs.

They are as follows:

1. A diet low in calories which will help you with your weight loss.
2. Daily cardio workouts, which help you with exercising your lungs and heart, but at the same time burn the extra fat away.
3. Resistance Training, which is extremely effective for building muscles. While you do so, you will also manage to permanently burn off fat. Keep in mind that lifting weights will help you get that well-toned body you so much want to have.

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Just forget about any popping slimming pills or fad diets, because they simply are ineffective and will only waste your time. Even if they may show results initially, in the long run they will just fail you.

So, now as we embark on the journey to simple 6 pack abs, I urge you not just to read this information but to live it, breathe it and incorporate everything you learn into your life. It is only by taking action and believing in you that you can lose the extra pounds and reveal your 6 pack abs that will get you towards your goal. It's not an easy road but it sure is worth. So without further ado let's dive right in.

CHAPTER 1 - BANISH NEGATIVITY AND BELIEVE YOU CAN HAVE A 6 PACK

Habits are hard to break. Even if you don't think about it your body is going to do it automatically. Just imagine how easy it would be to get six-pack abs if there was no internal conflict!

You can eat the right foods, and you can exercise regularly without difficulty. The problem is that most people have unhealthy lifestyles, which make it hard to achieve the desired 6 pack abs. But on the other hand, People with good habits are likely to get perfect abs in a short time. This is because all they have to do is tune their efforts to achieve 6-pack abs.

Fat loss programs abound in the market today, and though most programs truly work, it all depends on the individual's motivation and willpower. Battling with oneself is the hardest thing to do. You will often hear

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voices inside your mind telling you to do everything in order to achieve your goals while another voice tells you to do the opposite.

Banishing negativity is very important. It simply pertains to getting rid of negative thoughts and focusing on the positive ones. You are going to create positive habits so that you will be able to do things without thinking. You will no longer have endless battle with your own self and finally reveal the 6 pack abs.

To banish negativity, you should learn about visualization. The mind has an 'eye' and you need to see yourself having six pack abs. This is the power of visualization. Some people prefer to call it imagination, and the brain can't tell the difference between what's real and what's vividly imagined.

Consider this situation – you are walking on an empty street and you think that someone is on your trail. The natural response of the body is to raise the heart rate, and you also deepen your breath. Through it, the body is preparing for the fight or flight response. You 'think' it

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and even if nobody is following you, the reaction of the body is still the same.

To have absolute control over a situation, you need to create a habit. You must eat balanced foods every day, and you need to exercise at least 3 to 4 times a week. You will need to visualize yourself eating the right kinds of foods at the right amount, and doing basic exercises that help build abs. If you are tempted to do your old habits, you need to find a diversion. For instance, if you love chocolates and other sweets, you have to 'no' in a slightly louder voice so as to convince yourself that you don't need lots of sweets in your diet. You can also walk away from the table where the sweets are being served. It is all about willpower and in sticking to the new habits that you're trying to develop.

From the very start, you should never tell yourself that you can't achieve six pack abs. You must always be positive and banish all negative thoughts that enter your mind. Creating a different pattern and doing it over and over again is the secret to achieving the abs you've dreamt of for a long time.

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You should also be surrounded with enthusiastic people. It is important that you get all the motivation you need. One way to do it is by taking “before” photos. It may not look very pleasant, but it is alright for starters. This will be the source of your motivation.

The next thing that you must do is get a picture of someone with six pack abs. You can put the photos side by side so that you can see the difference. All you have to do is take a look at the picture with perfect abs and you are going to be hyper-motivated. You can also show the photo comparison to friends and family. These people can boost your confidence and motivation levels.

Peer pressure significantly influences a person especially when you’re trying to achieve fitness goals. If you are getting positive pressure, it would be favorable in your situation. It can be hard to develop six pack abs especially if you’ve been struggling with tummy fat for a long time. However, you should not get discouraged at the first sight of difficulty.

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There will always be problems or issues at first. However, you can overcome all these things if you are able to banish all negativity from your mind. Think positive always and have a positive attitude. It is never too late to introduce changes in your lifestyle. You will not get anywhere if you are pessimistic, so instead of sulking in your room, get up and focus on your fitness goals.

Anyone can have six pack abs including you. Introduce new habits and you can do things with ease. Soon, you can show your friends and family how much you've changed. Your new six-pack abs are sure to get noticed instantly!

CHAPTER 2 – GETTING A 6 PACK ABS IS ALL ABOUT LIFESTYLE CHANGE

Many believe that in order to have a firm 6 pack abs, the key is to crash diet...How wrong they are!

Crash dieting is considered to be the most extreme diet program that deprives an individual of eating nutritional foods and restricting it from the intake of calories. The goal of the people that follow this program is to achieve a fast result in losing weight. But what they don't realize is it is dangerous to our body since it can affect our health.

Our body needs enough nutrients to strengthen our immune system to keep it away from illnesses and to perform well daily.

When it comes in developing 6 pack abs, it is not best to crash diet because low nutrient intake will not make the muscles grow. A lifestyle change is what you need to reach that goal.

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What you need to have on your table are good whole foods from all the macro nutrient groups. Good sources of protein, carbs and fats. Create your own list of meals and follow it. Avoid eating french fries, frozen meals, fast foods, flour-base products, and of course sodas if you want to gain that firm abs.

Instead of wasting your money with these foods, try to buy more fruits or minimize the late night snack. These will help you in losing weight and eventually develop muscles in your tummy when you do exercises. Maintain having healthy foods in your meal to make your lifestyle change work.

Another thing that you should include in your change of lifestyle is exercise. Cardio exercise is a must especially if you are just starting to build those muscles. This will strengthen your heart and your lungs, thereby preparing your body to perform more serious work-outs in the future that are needed to be done in order to have 6 pack abs.

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Another important part in changing your lifestyle is to perform exercises that focus on the ab muscles themselves. To gain six pack abs is challenging, many aspire to achieve it but have not successfully made it. Most of them just give up even if they are just starting with the training.

Changing your lifestyle in order to have 6 pack abs is more realistic to achieve instead of following a crash diet. Above all, it is always important that you are doing it for yourself and not for others. You have control of your body, so you don't need to go through any difficulties in case your body can not take the challenge. Always consider visiting a doctor to know if you are capable of performing these exercises as well as the foods that you need to eat.

CHAPTER 3 - THE BEST POWER FOODS TO EAT FOR 6 PACK ABS

Proper diet and exercise are the keys to 6 pack abs. Infomercials can be misleading, so don't believe everything you see. If you want to get those chiseled abs, you should be willing to introduce changes into your diet. There are 'power foods' that you must eat if you want to get the best results and this is what we will uncover in this chapter.

When you eat, you should avoid eating large meals. To facilitate digestion, you can eat six smaller meals each day. The meals must be loaded with good fats, protein, and good carbs. Frequent small meals raise metabolism, and in turn, it can build lean muscles.

It is best to avoid condiments that are high in fats, as well as sauces. You can eat more of lean protein sources such as boiled or scrambled egg whites, tuna, and

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boiled/baked chicken. Fats are still needed by the body but don't overdo it. You can focus more on good fats such as olive oil. Salmon is also a good source of fats.

To make sure that your body has enough energy to do about your day to day routine, you should eat good carbs. You can shop for brown rice, vegetables, fruits, and sweet potatoes. Most individuals have a sweet tooth, and if you're one of them, you can eat more of fresh fruits instead of high-sugar foods like pastas and breads.

Not everyone likes green vegetables like spinach. However, if you are determined to get 6 pack abs, you should eat veggies every day to fight free radicals and fight osteoporosis, obesity, stroke, and cancers. There are recipes that you can follow so that you can create tasty vegetable dishes for the whole family.

To make sure that the body is getting enough proteins, you should eat eggs at least three to four times every week. Eggs are loaded with nutrients, and it is also not that costly. You need to eat eggs to build muscle and burn more fats.

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Eating a handful of berries is good for the health too. Any kind of berries can enhance coordination, balance and protect the heart. Berries can also fight heart disease and obesity. Your diet must include almonds and other nuts because it is great for building muscle and in reducing cravings. Nuts are also known to fight high blood pressure, cancers, muscle loss, obesity, and heart disease.

The secret to losing weight and in developing 6 pack abs is to burn more calories than what you are actually eating. You can do this right after waking up in the morning. For breakfast, you can eat oatmeal with fresh fruit. A hearty breakfast is ideal so you can also add vegetable sticks and turkey breast sandwich. This meal alone contains minerals, vitamins, proteins, antioxidants, fiber, healthy fats, and minimal calories.

Since you need to eat in smaller meals, you should pay attention to your snacks. You have to be smart in choosing the snacks to avoid food items that are loaded with calories, salt, fats, or sugar. The meals should also

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be three to five hours apart. Snacks must be nutrient-dense like vegetables, fresh fruits, homemade coffee plus skim milk, banana or apple, and whole grain crackers coupled with string cheese.

You don't have to go on a diet every day. There should also be 'rest' days. During these days, you can eat your favorite foods but keep it minimal. Maintaining a proper diet is important especially if you want great abs. Your diet should consist more of lean protein sources and veggies. If you love drinking alcoholic drinks or sodas, now is not the ideal time to indulge. Even though the temptation is very high, you need to resist it. Some of the foods you can eat include salads, vegetable soups, baked potatoes, and chicken sandwiches.

Work on the portion size of the meals. Six pack abs are hard to achieve, but if you are eating power foods, you can make a difference.

Eating without drinking is not good. The body needs water and to make sure that the foods you eat are digested properly, you should drink six to eight glasses of

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water every day. Since you're burning fats, the body can get dehydrated quickly. Drink enough water and other fluids.

As mentioned earlier, proper diet must be combined with regular exercise. If you have a busy lifestyle, you can exercise three or four times a week. You don't have to go to the gym all the time. In fact, you can perform some of the exercises at home during your free time such as leg lifts, crunches, and hanging leg raises. However, if you live near the gym or fitness center, you can try the pricey machines there with the help of a fitness instructor.

Make a list of everything you need before going to the grocery store.

CHAPTER 4 – A HEALTHY EATING PLAN FOR 6 PACK ABS

In order to acquire a nice set of 6 pack abs, always remember that it is imperative to have a low percentage of fat in the body. When you are on a diet, remember that metabolism controls the energy, which you need to keep in high when you are working out. It is a common mistake of most individuals to skip meals because they believe that it is the best way to lose weight and acquire six pack abs. As we've mentioned, it is ideal to eat 5-6 small meals each day so that your metabolism will speed up.

Each time you eat, the metabolism also rises, so it is ideal to eat every three hours to let your metabolism rise. At morning, it is also imperative to eat breakfast because it is the most significant meal each day. Waiting for long hours can certainly cause your metabolism to slow.

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On another note, you don't have to go through a very strict diet in order to acquire 6 pack abs. The best thing to do is to follow an ideal daily eating plan as you prepare for your workout. This diet regimen must be practiced continuously even if you already have acquired six pack abs. The following are the tips for a healthy diet.

- Be sure to eat more. This is because it allows you to help build muscles within your abdominal area while burning fat. On the other hand, when eating, try to eat small meals only. Do not starve yourself with the thinking that skipping meals will help you lose weight. If you want to be successful, it is very significant to eat breakfast, snack, lunch and dinner to have a complete meal.
- Eat fresh and natural foods such as green leafy vegetables, fruits, beans, nuts, lean meats and foods that are rich in nutrients and essential vitamins. Try to avoid processed foods from the grocery as they contain fats that are detrimental to health.

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- Although, it is okay to consume junk foods occasionally so that you don't have to deprive yourself of the foods you like to eat just remember to limit it to once a week.
- As much as possible, add protein in most of your meals. Foods such as fish, chicken, and cottage cheese are very high in protein, which can be very essential to build muscles and acquire 6 pack abs.
- Try to lessen carbohydrate foods like bread, pasta and rice at night time as they produce energy which if not used will convert to bodyfat. These foods must be consumed after your workout. Each meal, it would be best if you can incorporate veggies and fruit to have a balanced diet.
- Healthy fats are also ideal part of your daily eating plan to obtain 6 pack abs. Some of these foods are salmon, olive oil, peanut butter and others. These foods are very essential because it helps the body in burning fat efficiently. Moreover, avoid trans fats, which is usually

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found in processed and fried foods. Saturated fats must be limited, as well.

- Do not forget to drink fluids. It would be ideal if you can drink water and fresh juices instead of alcohol, coffee and soda. Since working out can dehydrate you, drinking plenty of fluids can surely help you to repair and recover from the workout.

If you want a detailed nutrition plan tailored to your specific needs be sure to check a nutritionist in your area out. They are great at providing detailed plans specific to you and also keep you motivated.

So to succeed and get those 6 pack abs be sure to stick in your goal. Remember that you need to be consistent, and it will happen

CHAPTER 5 – HOW TO SHOP FOR GROCERIES IF YOU WANT 6 PACK ABS

A lot of individuals are dreaming of having six-pack abs, but few actually know how to eat right and get them. Whether you're a man or a woman who want a sexy body with perfect abs, you need to learn how to shop for groceries.

The food you eat plays a vital role in helping you achieve your goals. Shopping wisely is vital, so before you go out, and buy groceries there are some things you should know.

It will help if you have a grocery list. This will allow you to stick to your budget and buy the essentials. If you are following diet recipes, you can take note of the necessary ingredients.

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It is better buying groceries that you can consume for a week or two. This will minimize frequent trips to the store. A grocery list will help you in staying away from unhealthy food items, so make it a habit to sit down and think of all the things you need to buy.

You need to shop for foods that are nutrient-dense to aid in the burning of body fat and building lean muscle. Here are some of the things that you need to purchase when you buy groceries:

For starters, be sure to have oatmeal at home. This is great for breakfast and is rich of soluble fiber. Oatmeal is a whole-grain product, and you can also buy similar products such as cereals, breads, and brown rice. Whole grains help in the prevention of fat build up, so you can significantly reduce your waist line.

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Next on the list is chicken breast or turkey. These are great sources of lean proteins, which also aids in fat loss. What happens is that the lean proteins slow down insulin production and digestion. This results in the breakdown of stored fat to get the needed energy.

Another protein source is eggs. This should be included in your grocery list. Eggs also contain vitamin B12, which helps in metabolizing fats. Instead of eating bagels for breakfast, try eggs and you will lose weight quick.

While you're in the fish section of the grocery, you should look for wild salmon. Did you know that omega-3 fatty acid is capable of suppressing appetite? Wild salmon contains essential fatty acids and usually have fewer toxins and growth hormones in comparison to the farm-raised salmon.

There are many nuts being sold at grocery stores. You can buy walnuts, peanuts, pecans, and almonds. Nuts are nutritious and contain monounsaturated fat. When you

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eat nuts, you will have a feeling of fullness because of the increased metabolic rate. If you are targeting belly fats to achieve 6-pack abs, you need to increase your consumption of nuts or other foods that contain monounsaturated fats.

Who says that milk is for kids only? Even adults should drink milk especially if you want to develop your abs. Weight loss is boosted by dairy products like cheese, yogurt, and milk. The calcium content is responsible for the breakdown of fat cells. When you buy milk at the grocery store, you should pick the lite, fat-free, and low-fat versions. Check the labels to make sure that you're getting the right product.

Don't forget to get green vegetables like broccoli and spinach. Veggies contain soluble fiber, which cleanses your digestive system. The antioxidants repair damaged cells. Vegetables are also great sources of enzymes and vitamins that help ensure slim abs. You should also buy legumes and beans. These are great for salads and helps

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regulate the digestive system and facilitate the burning of fats.

Fruits are a must when you're out shopping for grocery. Strawberries, blueberries, and raspberries are some of the best fruits you can buy. These fruits contain fiber and antioxidants. According to studies, a gram of fiber can eliminate seven calories.

Perhaps you've heard about the benefits of drinking green tea especially in weight loss. If you want great-looking abs, your grocery must include green tea. You should drink three cups of tea every day to burn lots of calories. However, drinking green tea alone is not enough. You can enhance burning of fats with proper exercise.

If you love salads, you should have olive oil at home. You can also use the olive oil when cooking since the oil is known to boost the immune system, and lowering cholesterol levels. It is also great for fighting high blood pressure, heart disease, cancers, and obesity.

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A lot of people love sandwich spreads. If you are looking for good food, you can buy peanut butter but be sure to eat in small portions because too much can also hinder in abs development. Peanut butter is popular for building muscle and burning of fat. It is also great for wrinkles, heart diseases, and obesity.

The next time you go shopping, you need to include the foods above mentioned. In a short time, you can significantly get rid of belly fats and get 6-pack abs with proper diet and workout.

CHAPTER 6 – THE BEST FORM OF CARDIO FOR 6 PACK ABS

Cardiovascular exercise is not just applicable for you to have a healthy heart. It is also an ideal way to make your training for 6 pack abs a success.

Cardio for 6 pack abs are necessary if you want to have an effective training program as well as general good health. Cardio workouts that burn the fat allow you to lose weight immediately. This exercise is also known to amplify the endorphins, which is ideal for a person to have a positive outlook on life and well-being. These workouts also intensify as you reach your goals. When you combine cardio with a good diet, it can certainly produce positive results.

When you are lean and follow the right cardio 6 pack abs exercise, it allows you to follow your goal effectively. This

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also helps one to tone up, and when it is combined with a good sustainable diet, it can surely be successful.

Cardio Workout Routines

A good warm up is essential in any exercise or training. Cardiovascular exercises will eventually increase as you acquire your goals. Moreover, cardio isn't just all about using cardio machines or running. As you know, cardiovascular exercise depends on the individual's heart rate. Choose the right type of cardio exercise according to your heart rate.

Cardio Workouts For Beginners

Cardio exercise can surely help you get the shape you want and effectively lose weight. In case you are starting a new cardio exercise program, you need to be careful, which may require you to follow the step-by-step routine.

These pointers will give you a comprehensive idea on how to include cardio exercise in your ever day life. This is because once you obtained the 6 pack abs it is very

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essential if you are able to continue so that you can maintain the shape.

This is possible by obtaining the maximum rate of the heart and checking this on a regular basis as you do the exercise.

Some of the best cardio exercises for 6 pack abs are running, jogging, swimming, biking, elliptical machines, and swimming, jumping rope, stairs as well as others that can be very useful as you do the exercise. This should be done for about 3-4 times a week for 30-45 minutes, which can be very useful and effective.

High level cardio or interval training is a higher method to lose fat and acquire 6 pack abs because of its effect in post metabolic rate. In short it involves short bursts or sprints for 10-15 seconds followed by 40-60 seconds recovery and the process is repeated for 20-30 mins

Getting 6 pack abs is not easy because you need to work hard. It requires continued perseverance and

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determination. If you don't have the persistence to look good then it is of no point, even if you have the best form of cardio for 6 pack abs, everything is not possible.

Before you undergo any sort of exercise routine it is ideal to consult your physician or fitness trainer first. This will help you determine your starting point and whether you have ailments or things that could prevent you from training.

CHAPTER 7 - RESISTANCE TRAINING FOR TONED ABS IS A MUST

The significance of following the right resistance training to achieve 6 pack abs is important. However, because it is a tough training to undergo, many people are not successful. The key to achieve your goal of having 6 pack abs is patience and discipline. If you want to start the training, always remember to start slow, do not force yourself to do strenuous exercises immediately.

The most popular and classic exercise to do that helps in building muscles in your abs is the humble ab crunch. Perhaps almost all people, whose goal is to have 6 pack abs, have done this exercise since it is effective. It is essential to do this exercise correctly to avoid injuries and for it to be an effective abs exercise.

When performing crunches always remember to bend your waist and not your neck, bend your knees while your

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lower back is laid on the floor. Do not lock your hands at the back of your head instead place your arms in your chest in a crossing position. If you want a much easier way to do this exercise, you can always register in a gym. There are lots of gyms that have sit-up machines that can be used easily or purchase your own machine. Using it will lessen the strain in your neck so it will be easy to achieve your goals.

Another effective classic exercise to develop muscles in your abs is the leg lifts. Unlike crunches, it is much easier to do this since all you have to do is to lay on a flat surface, keep your arms to your side and slowly lift your legs off the ground. It is important to lift it for about 12 inches to develop the muscles in your abs.

These exercises are worth trying especially if you are serious in achieving your goal of having 6 pack abs. You can also try the developed machines to improve the muscles in your abs such as back extension machine or use a stability ball. Some of these can be purchased, but if you don't have the budget you can always visit the nearest gym in your area.

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Once you've mastered the routine, moving to the next level of the resistance training is advised. Adding the hip-lifts, oblique crunches, and side plank dips in your routine will increase the intensity of your training.

With the addition of these exercises having 6 pack abs is a possibility. As you continue with the training, adding more exercises in your routine that concentrate on your abs and making it more difficult will help you develop a fully revealed 6 pack abs.

Some of the exercises ideal for developing a 6 pack abs that you can also include in your training are the; superman, bridged leg lifts, pushups, heel touches, bicycle crunches, and half up twist.

All these exercises can be done in your home so you don't have to spend money just to achieve your goals. All you need to do is to do it right and follow the procedure correctly, to keep away from any injury.

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Going through resistance training and taking it seriously to have abs is necessary but it doesn't end with it. If you will add proper diet and cardio exercises in resistance training to have 6 pack abs, your goals will be attained.

CHAPTER 8 - THE IMPORTANCE OF RECOVERY

Getting into shape is not easy especially if you want to get 6 pack abs because it requires consistency and determination. On the other hand, exercise or active recovery is very significant, as well.

When training for 6 pack abs, recovery is a very significant thing to keep in mind. This is because it plays a crucial role in how you are able to achieve your goal to acquire those 6 pack abs. If you will not follow a complete recovery plan, then you seriously are hampering your progress. This is also one of the common mistakes of most people.

Recovery when training for 6 pack abs is essential because it allows tissue and muscle to repair develop strength. Training can surely make your body feel exhausted, and if you have the proper recovery it will certainly help you. The next few things are imperative for optimum recovery;

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Cool Down

When training, it is very significant to cool down. The body requires slowing down in order to recover. Cooling down for 5 to 10 minutes after training helps to eradicate the lactic acid from the muscles and can help to alleviate muscle stiffness that will develop.

Drink More Fluids

Any sort of training dehydrates you, even sitting dehydrates you. You need to replace the fluid you lose during your workout. As you know, our body is 75 percent made of water, and losing a large amount of fluid can cause dehydration as well as poor blood circulation to your organs and brain. As much as possible, it would be best to drink water than any other beverages like soda because these can even cause greater dehydration. Water supports our metabolic function as well as nutrient

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transfer. The more time you spend exercising for 6 pack abs the more water or fluid will need to be replaced.

Post Workout Meal

When training for 6 pack abs, the body tends to burn the energy. Meaning, you need to refuel it in order for you to allow your body to repair and recover the damage to tissues and muscles. Eating the right food is very essential because it helps to build muscles. After 30-45 minutes be sure to eat foods that contain a lot of complex carbohydrates and proteins. This may also consists of foods like fresh fruits and green leafy vegetables.

Stretching

Stretching is not just significant for recovery when training for 6 pack abs. When you stretch lightly, it allows you to have better circulation in order to disperse the right nutrients into tissues and muscles as well as to

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avoid the build-up of carbon dioxide and lactic acid. As a result, you cannot feel any pain or muscle strain.

Rest

Rest is another important facet of recovery to keep in mind, when you rest; it allows your body to have the ability to recover from any injury or illness that can be obtained from hard work out or exercise. When you rest, it will allow your body to rejuvenate cells.

Active Exercise Recovery

This type of recovery training is done the following day after the exercise. In this recovery training, you just need to do some gentle movement that can help to enhance the circulation of the body. This is essential also to remove the toxins in the body and promote optimum health.

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Massage

Massage is another part of recovery when training for 6 pack abs that is very useful and effective. You can also try to massage yourself by using foam roller exercises in order to relieve strained muscles. Moreover, you can also ask for a simple massage from your partner too.

Ice Therapy

Ice therapy or known as ice massage is also an impressive recovery mechanism. The main reason behind this is when you use ice for this course of recovery, it helps to dilate and constrict blood vessels to flush out the toxins in the body.

Sleep

Sleep is one of the most significant aspects for your recovery when training to obtain 6 pack abs. When you are asleep, it allows the release of growth hormone that

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gives you an essential means for tissue and muscle repair.

Finally, do not over train because over training can be the main cause for your muscles and tissues to be destroyed. Instead of acquiring 6 pack abs, nothing will happen in this endeavour. Having 6 pack abs is nice, but be sure to follow a consistent pattern of recovery for you to succeed.

CONCLUSION: GET STARTED TODAY

So now that we have reached an end to the simple guide to 6 pack abs, it's vital that we get started today on the information you have just read.

The following are the steps to take to ensure your success.

Set a goal

You need to begin by deciding on how much fat and weight you need to lose. This is done by stepping on scales to help you figure out how much you weigh. At the same time you need to take the measurements of your arms, hips, waist and thighs to get an accurate reading of bodyfat percentage. Do not pay attention to BMI readings as each person is unique.

One of the main reasons why most people fail in their dieting schedules is because they set very high goals that

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require drastic changes to their lifestyles. As a result they get frustrated and fall by the wayside. If you set very high goals you risk failing which often results in slipping back to the old ways.

Goal setting tips

Write them down and make them specific; saying you just intend to lose weight is not enough. Make a practical plan to shed two pounds in a week or run at least a mile nonstop by the end of a particular period.

Take small steps at a time since small goals that are gradually increased are easier to meet

Consult a physician

It is critical to talk to your doctor first before embarking on a diet plan. Your doctor should be able to identify any health complications that may be aggravated by your diet plan. Consulting a physician is even more crucial if you have existing medical conditions. Your doctor will check your blood sugar levels, triglycerides and cholesterol.

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Get informed

Along with this guide make sure to conduct your own basic research and gather as much information as you can about proper nutrition as well as foods that you should consume daily. Seek information on the number of calories you need and how to sensibly reduce them to assist you lose weight.

Break bad habits

The steps to prepare yourself when starting a diet cannot be complete without unlearning many bad eating habits that affects your general lifestyle. It takes about 4 weeks to unlearn a bad habit but only 2-3 weeks to learn a new one. This means that the most difficult part about beginning on a diet is unlearning bad habits.

In order to do this effectively you need to identify all the bad habits that hold you back from getting into shape. This includes indulging in a glass of wine every night or

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opening a bag of crisps after a dinner. Document each of the foods you eat and when you eat them. As you do this you will begin to see a pattern emerging about the bad habits in your life. Next you need to develop a practical plan to unlearn such habits while replacing them with new positive behaviours.

So there you have it, the steps to start the journey towards simple 6 pack abs. Put into use what you have just read and make this the time to drop the pounds and reveal the 6 pack abs underneath.