



The illustration depicts a person's midsection from the waist up, bent forward at the hips. The skin is a light tan color, and the abdominal muscles are highly defined, showing a classic six-pack pattern. The person is wearing a black sports bra or leotard. The background is a solid green color. The lower portion of the image is a white, semi-circular area that serves as a background for the text.

Six Pack Abs

Secrets To The Best Abs Ever!

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Chapter 1 - What Are The Perfect Abs?

You have probably been heard about “six pack abs,” and know it is a good thing to have, but may be unsure of what exactly a six pack is. If you think that getting a six pack involves just beer, think again. And beer is the last thing that you need when you are trying to get the perfect six pack abs.

A perfect six pack is when your abdominal muscles are so defined that they are clearly identified. Anyone who looks at your stomach will see that the muscles are well defined and will be able to pick them out. There are six of them, three on each side of your abdomen and each one should look pronounced.

The perfect abs are sought after more so by men than women who seek to get well defined muscle tone.

This is not to say that women should not try to achieve the perfect abs. To the contrary, women tend to worry more about having a flat stomach than men. Women can still have a soft look to their body and not a bulky, muscular look when they achieve the perfect abs using the methods described in this book.

Women should not be afraid that they will bulk up if they practice these techniques. Instead, women who look for the perfect abs and follow exercise and diet to achieve this will look slimmer, will find that their clothes fit better and will have more confidence when wearing clothes or going to the beach.

Six pack abs are for both men and women.

In order to get the perfect abs, you have to exercise and eat the right foods. There are a few short cuts that you can take to enhance your muscles and they will be discussed in this book.

These short cuts,

however, are not a magic pill that can get you the six pack abs overnight. There is no magic pill that you can take that can help you gain the abs of your dreams in a week. You have to be committed towards working hard to achieve this goal.



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The reality is that getting the perfect abs is all about hard work and dedication. If you are willing to work hard to have the body of your dreams, then you will be able to achieve it.

So, now that you know what the perfect abs are all about, you probably want to know why anyone wants the perfect abs. They are desired mostly for cosmetic purposes. Those who want to look their best without a shirt or at the beach want the perfect abs.

Some celebrities pride themselves on achieving the perfect six pack. These include stars of the

motion picture industry as well as those in the sports world. They pride themselves on getting the perfect abs because they know the hard work it takes to define these muscles.

While women often want to have less definition and, by nature, have more fat than men, most women still desire a flat stomach and abdominal area.



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The exercises for the perfect abs outlined in this book, as well as the diet that you need to eat to achieve the perfect abs will be for both men and women. While women may not want the same extreme definition, these techniques will do them good as they will achieve a flat stomach.

Not only are the perfect abs something to be proud of cosmetically. New medical studies indicate that those who carry excess weight around their middle have more of a risk for heart disease and stroke. This goes for both men and women. It is therefore desirable for both sexes to have flat abdomens and try to achieve the perfect abs and carry less weight around their middle sections.

If you think that you can get the perfect abs through sit ups and a crash diet, think again. Getting the perfect abs takes training - real training that will entail you sculpting your muscles to the way that you want them. If you are the type of person who sets out to do something and then eventually does it, you will have a much easier time achieving the perfect abs. If you are the type who gives up at the first sign of adversity, then you will have a difficult time. Look for hard work in order to achieve the perfect abs.

Now that you are aware of what the perfect abs are, what they can do for you and the fact that it will take hard work to get to the point where you can have the perfect six pack abs, then you can get started on your way towards achieving the perfect abs.



Chapter 2 - You Are What You Eat

The first thing that you need to do when you are trying to achieve the perfect abs or any type of muscle definition is to watch your diet. You need to bulk up on protein and cut out the carbohydrates if you want to attain the perfect abs. This does not mean that you have to lose a

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lot of weight, but it does mean that you have to lose belly fat, which will get seriously in the way of your perfect abs.

If you are overweight, you should want to take the tips found in this book to get rid of the weight and work towards sculpting your body. You will not only look better, but will be doing your health a favor at the same time. The main thing is that you want to diet for muscle.

So how do you diet for muscle? You certainly do not want to starve yourself as this will not do anything to help muscle definition. You need to eat sensibly when you are seeking the perfect abs or any other type of body building. And make no mistake about it - you are body building when you are looking for a six pack. This is part of sculpting

your body muscles so that they look attractive and are well defined.

Foods that are high in protein are good for bulking up muscle and also losing fat. These foods tend to trick the body into thinking that it is getting more fuel than it is actually receiving. You should embark on a high protein diet if you want to build up your abdominal muscles. You will notice that body builders and athletes drink raw eggs.

While this may be disgusting to you, there is a lot of protein in those raw eggs that gives the athlete or body builder strength. The body builder will need this in order to bulk up. You need to remain strong if you are going to define your abdominal muscles so that you have a firm six pack.

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Foods that are high in proteins consist of the following:

- Meats
- Fish
- Poultry
- Nuts
- Legumes
- Eggs

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All of these are very high in protein and will help you not only get energy, but will also help you bulk up. You can also eat foods that are fortified with protein. This includes foods that do not normally contain protein but have protein added.

One of the best foods to eat when you are trying to bulk up and create six pack abs is fish.

Especially fish that is high in Omega 3 oils such as the fatty fish. These are not only an excellent source of protein, but are also good for the heart and digestive tract. There is even evidence that fatty fish can help you keep your brain healthier. If you eat meats, skip the sauces and the breads. Just eat the protein when you are on a high protein diet. This will give the body energy and get the metabolism to start burning fat.

Only it won't be getting fat from carbohydrates and foods that are processed quickly and turn to fat. So the body will start burning the proteins. You will lose weight in your belly this way that will help you to define your abdominal muscles.

Eggs are also a good form of protein, although you have to watch how you cook them. Hard boiled eggs are low in calorie and high in protein and are a good way to get started when you are trying to attain the look of the perfect six pack.

People who are not meat eaters can eat legumes and nuts as a form of protein. It is a good idea to take protein in the morning to get your metabolism going.

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Foods to stay away from

In addition to the foods that you should eat when you are trying to get six pack abs, there are also those that you need to stay away from. These include simple carbohydrates as well as complex carbohydrates. Dairy is also a product that is high

in fat and should be limited. Take fiber by capsules instead of through breads or vegetables, as they tend to be high in sugars. You will want to eliminate all of the sugars from your diet when you are going for six pack abs.

Remember that it is important to eat all of the foods on the food pyramid. It is never a good idea to eliminate one type of food over another for a long period of time.

When you are looking to build the perfect abs, you should concentrate on a high protein diet, but still eat vegetables as well as whole grains and dairy. But sweets have no place in your diet as they do not offer any nutritional value whatsoever. Simple carbohydrates are absorbed quickly and do not stick around long enough to give your body any sort of nutrition. Eliminate simple carbohydrates and starches from your diet if you want to have

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lean, rock hard perfect abs.

What to drink

In addition to watching what you eat, you also need to watch what you drink when you are seeking the perfect abs. Water is your best friend when you are trying to attain the perfect abs.

Stay away from energy drinks that are loaded with caffeine, from so-called health drinks that are loaded with sugar and from alcohol. Many drinks that people consume contain sugar. This especially includes alcohol. Alcoholic drinks should be avoided when you are dieting to have the perfect abs. All alcoholic beverages have sugar in them and offer nothing by way of nutrition. Avoid

alcohol when you are looking to sculpt your body and abdominal region.

If you take coffee or tea, eliminate the sugar and cream from the drink. If you cannot tolerate it in this manner, then skip the drink altogether and have water instead. You will find that whether you are looking for the perfect abs, or just looking to lose weight, water can be a great benefit.



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It will not only hydrate you, but it will also give you a boost of energy that you need when you are trying to sculpt your body.

How to eat

It is important that you eat more proteins in your diet in order to achieve the perfect abs, but when you eat is also very important as well as how you eat. You will want to consume most of your calories in the morning when you are eating to get the perfect abs. This is a good idea for anyone who wants to stay healthy as you will end up burning off calories that you consume during the day if you are active. You do not want to eat anything late at night as this is hard to digest and will end up staying in your system longer.

Chew your food very well before swallowing. This is not just something that you heard from your mother, but is something that helps you maintain a proper weight and also helps your digestive system. By properly chewing your food, you will find that you eat less and have fewer digestive problems.

Drink a glass of water before each meal. This will curb your appetite so that you eat less. Drinking water is good for you, as outlined above. When you drink a glass before each meal, you find that you eat less. By beginning to eat and drink right, you are on your way towards building abdominal muscles that others will admire. Most of all, you are on your way towards not only looking healthy, but being healthy as well!

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Chapter 3 - Crunches For Abs

Naturally, you will have to exercise if you want to tone your abdominal muscles. If you do not need to lose weight, you can use the toning exercises as outlined here in this book to help you get the

sculpted abdominal muscles that you need. If you are overweight and want to lose weight to get the sculpted muscles, you still need to do toning exercises and will also want to work on some cardiovascular exercises that will be described later on in this book.

Crunches are the ideal way to tone your abs and are one of the many toning exercises that you should use on a daily basis to get the muscles in your abdomen taut.

Crunches are the first exercise you want to incorporate into your daily routine so that you can have sexy abs.

If you are a woman who wants to have flat abs but does not want to have the defined muscles that you see on men, relax. Women can get sexy, washboard abs without looking like a man. Your abdominal area will be flat, but softer. And although the muscles will be defined, they will not be bulging like a man. Women and men both get different results from exercise routines. Using the tips and exercises here will get you the perfect abs, whether you are a man or a woman.

To do crunches, lay flat on your back and bring your knees up so that your feet are flat on the floor.

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You will then want to put your hands behind your head and pull up towards your knees, concentrating fully on the abdominal muscles. You should isolate the muscles as you are pulling up so that you feel the strain. You will want to do repetitions of 8 crunches. The first day, you might be only able to do two or three repetitions.

Or you might only be able to do one. If it has been a while since you have worked out, it will be more difficult for you to use these muscles. But you will want strive to do as many reps as you can without hurting yourself. If you feel as though you are in pain, you should stop.

The purpose of the crunches is to build abdominal muscle. The way that you build muscle is to tear it a little, let it heal and then tear it again.

This is where the pain comes in when you are doing crunches. You are actually building up the abdominal muscles so that you can have your six pack.

When you first start doing crunches, you will notice that it is quite a strain and that it is difficult. As you do this exercise every day, you will notice that it is easier to do and will start feeling the difference. You will not notice the strain any longer when you are exercising in this way.

The more you practice your crunches, the better toned your abs will become. Crunches will flatten and tone your abdominal muscles, but this is not the only exercise that you need to do in order to get the perfect abs. You also need to work on side to side crunches.

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How to do side to side crunches

Side to side crunches will help to develop the sides of your abdominal muscles. Just as you move up straight, you will also want to move to the side. Start with one side and pull yourself up to lean towards that side. Do 8 reps, just as you would with the center crunches. After you are finished, work on the other side.

It is important, when doing toning exercises, to allow your muscles to relax after each time you do your reps of crunches. You want to take a few deep breaths and relax the muscles after you are finished the toning. When you are performing the crunches, however, you want to tense up the muscles, effectively isolating them so that they will get toned.

Another way to perform crunches for perfect abs is to lean on one side and then lift yourself up, concentrating on the abdominal muscles. This will work the muscles on the sides. Remember that you want to work the entire abdominal area to achieve the look of a sculpted six pack. You need to do both front crunches as well as side crunches that are performed on your back as well as your side to achieve this look.

Crunches may seem difficult at first, but will soon become easier. You may want to increase your repetitions as you continue to work on your abs so that they will continue to be effective. The best aspect about using this type of toning exercise is that you will start to see the results of your efforts not long after you have worked on the abs. You can usually see a difference in your muscle tone after a week of performing these exercises.

Try to do these exercises every day. If you skip a

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day, for some reason, just pick up where you left off the next day. Do not get discouraged if you get out of the habit. It is more important to get back into the habit as soon as possible.

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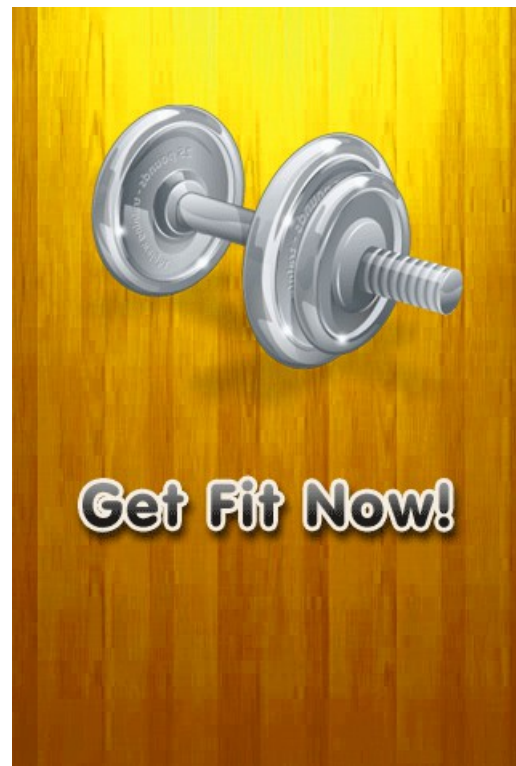
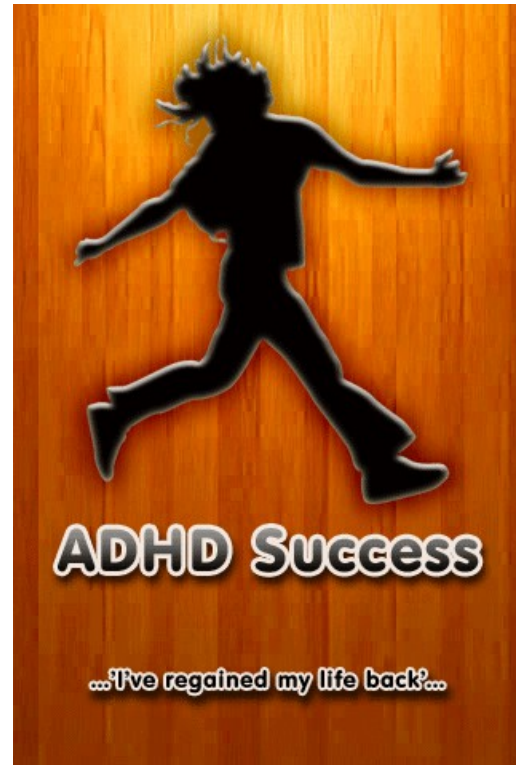
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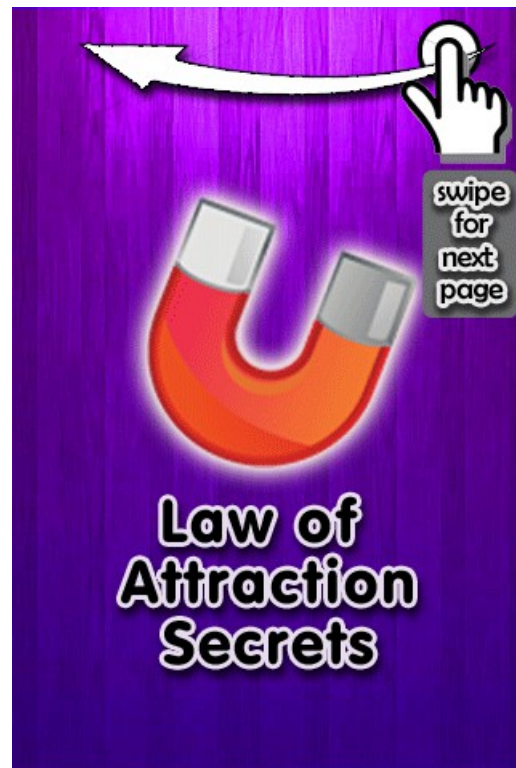
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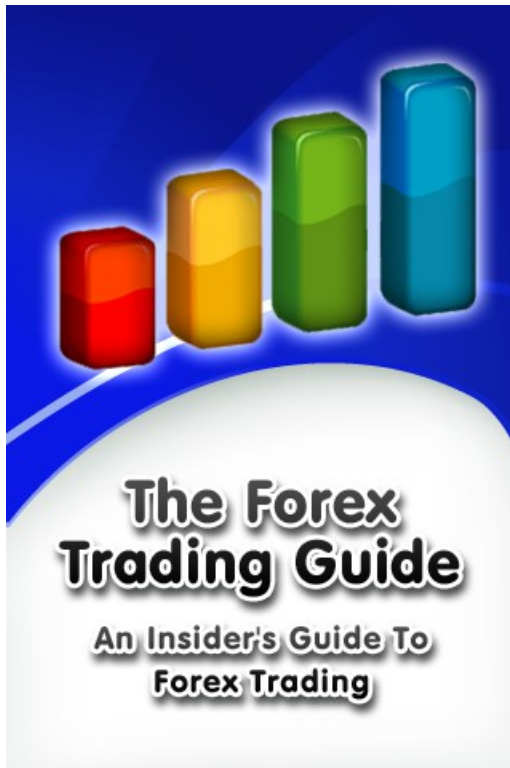


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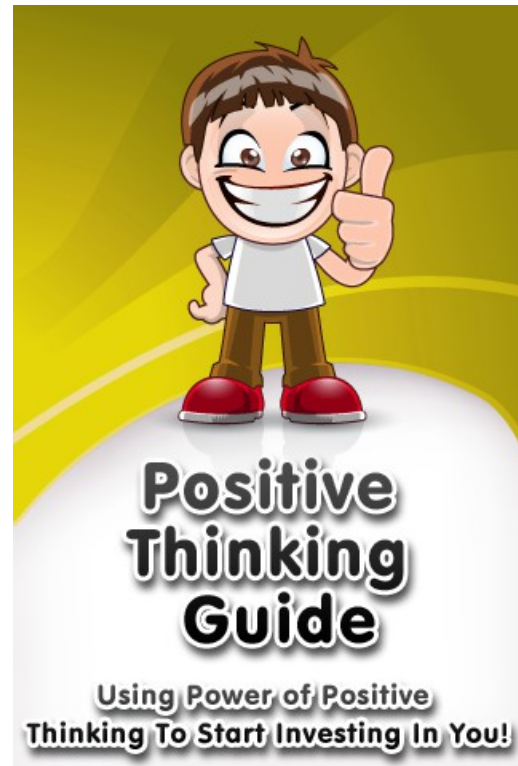
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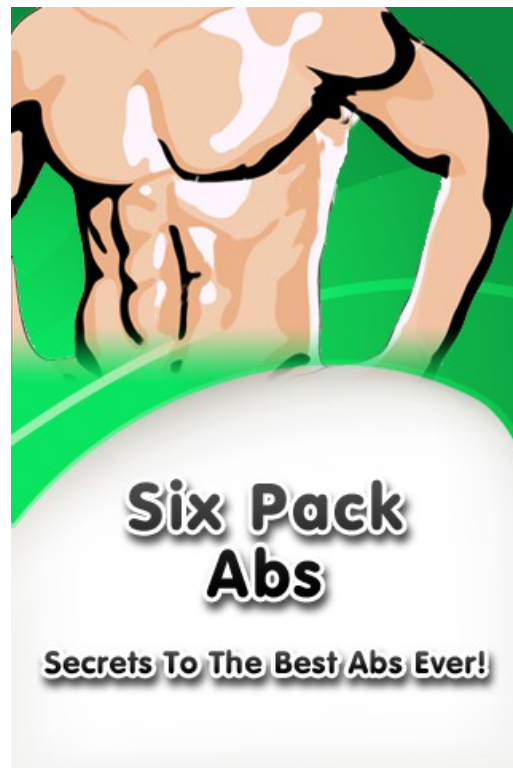


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