

## The Truth About Six Pack Abs – The Interview

Mike Geary was recently interviewed and asked which three things would work for someone who wanted a six pack, his reply makes the whole process crystal clear and I bring you an insight into that response here. The single most significant factor to focus on is diet. Of course exercise also has a part to play, but number one is diet. After all what is the use of a fantastic set of abs which are covered by an excess of body fat? Nowadays people are bombarded by contradictory marketing in the media, trying to tell them what is beneficial and what isn't, what diet will promote fat loss and what won't, the market is full of gimmicky diet books promoting vegetarian this, low fat that, high protein, fasting and so on, there are literally hundreds of them out there. The average person doesn't know where to begin when it comes to selecting a fat loss diet. Number two, focus on workout intensity and on working your body as a whole, this will provide the greatest metabolic response and target the loss of stubborn body fat. To get really lean, ensure your workouts are high intensity, minimize rest periods and work on the largest muscle groups of the body, there is no real need to focus on the smaller body parts using isolation exercises for small muscle groups like the shoulders biceps, or calves. Third, specific training for the abs. When training the abs, if you require genuine results forget for the most part about crunches and sit ups. They are ok if you are really out of condition, but for most people who already follow a training routine there are exercises which provide a greater stimulus than crunches. Crunches actually provide a minimal amount of resistance to the abdominal region, and resistance is what develops, strengthens and tones the muscles. There are loads of great abdominal exercises in The Truth About Six Pack Abs. One of the highest resistance abs exercises is hanging leg raises, but not how most people do them. The key to optimizing this exercise and getting the highest response in terms of effort in for results out is to curl your pelvis forward and up as you lift your legs. Very few people ever do this right. And indeed the majority of people can't do this at first, but strategies are provided in The Truth About Six Pack Abs which offers a progression from less advanced techniques to doing these correctly. The main thing that people do wrong when they try to achieve six pack abs is that they spend much too much time concentrating on training their abs, it may sound crazy but it's true. Having six pack abs is all about reducing body fat to a very low percentage and to achieve that, your workouts must stimulate a hormonal response which maintains a fat burning environment in your body, and increases your metabolic rate. That will not happen if you focus too much of your time training a minor muscle group like the abs. You must focus the majority of your time on exercising the largest muscle groups like the chest, back and legs. This will stimulate your metabolism and the fat burning hormones which will make you truly lean and sporting that coveted six pack! When it comes to development of the abs themselves, the best strategy is to work on all kinds of hanging abs exercises, the routine should also include a selection of good floor exercises such as lying leg thrusts - all of which are described and illustrated in The Truth About Six Pack Abs. However, there is no getting away from the fact that maximum definition comes from losing body fat, and the most valuable exercises featured in the program for this are a variety of swings and snatches, there are also some unique kettlebell or dumbbell exercises that hardly anyone else does in normal gyms, dead lifts, squats, step-ups, lunges, mountain climbers, clean & presses, sprinting, calisthenics and other full body exercises. If you want great looking abs, concentrate on those instead of focusing so much on directly training the abs. A final word regarding diet, there is a very thorough discussion of this topic in The Truth About Six Pack Abs, this is so important that it represents almost half the book, but to help point people in the right direction immediately. The main thing is to ensure that your diet is as unprocessed and natural as possible. It always seems to come back to the over-processing of food which makes it unhealthy, this totally wrecks your metabolism and your internal hormone balance. For example, eat whole grains in preference to refined grains. Eat natural sources of sugar from high nutrient whole foods like fruit in preference to refined sugar. Avoid highly processed, refined, and hydrogenated vegetable oils - which incidentally are the worst thing commonly found in the modern diet, focus instead on natural sources of healthy fats like fish, eggs, nuts, organically raised meat, avocados, coconut milk, etc. Do not fall for gimmicks like low fat, low carbs, high protein, or any other combination that makes you focus on one macronutrient vs. another. Your body requires all macronutrients to remain healthy and obtain the variety of vitamins, minerals, antioxidants, etc. that it requires. Cutting out an entire food group out works against what your body needs. There is much more detail on this hugely important topic towards losing body fat for life in The Truth About Six Pack Abs. So to summarize, Number 1 – Diet. Focus on a reduced consumption of refined foods in favor of fresh fruit, vegetables etc. Number 2 – Exercise. This should be based on high intensity workouts focusing on the larger body parts such as legs, chest and back. Number 3 – Abs exercises. These should be all about the use of exercises that increase the resistance applied to the muscle group over time.

## About the Author

Utilizing exercise guidelines during pregnancy, can help you continue to enjoy your physical.

Source: <http://www.productsherbal.com>