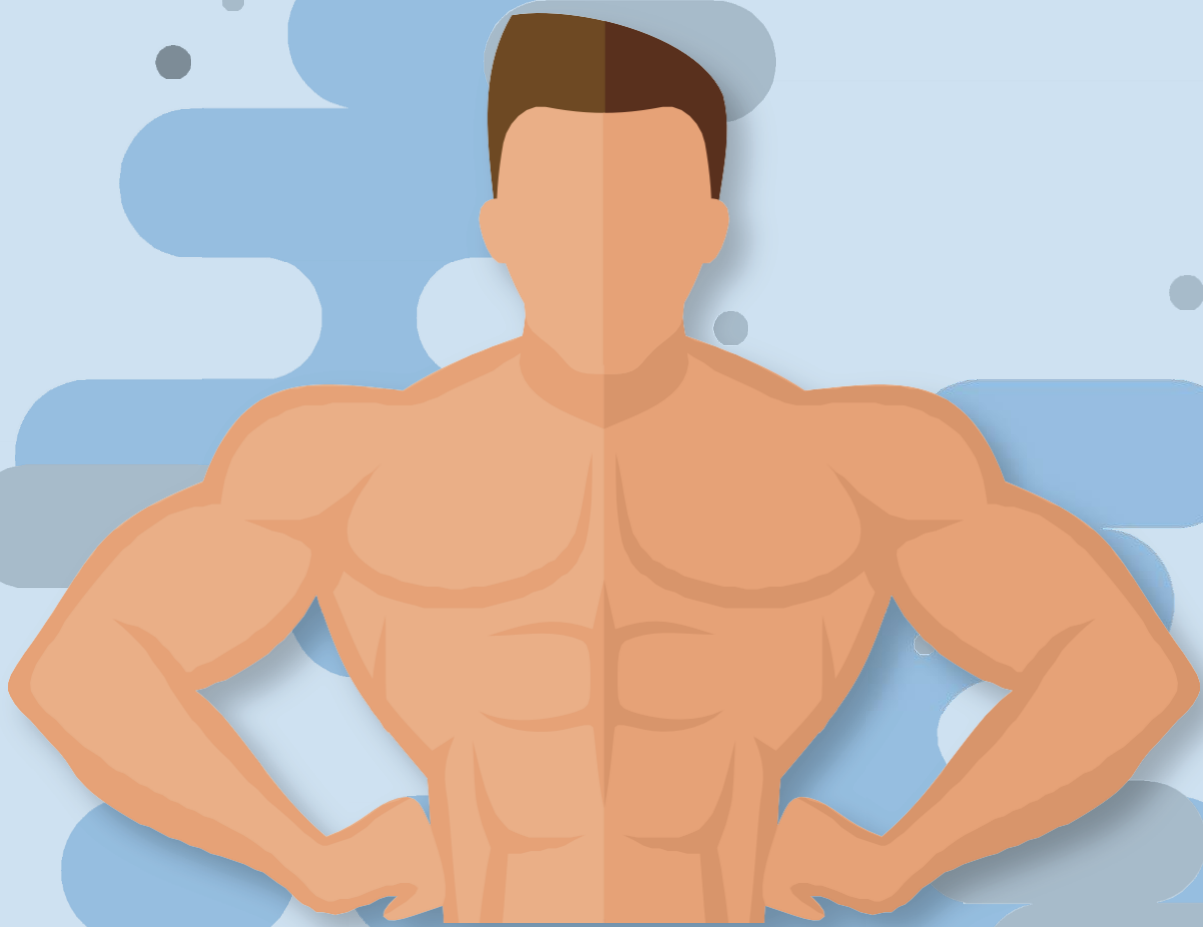


THREE TIPS TO

6 PACK ABS



1. Mindset

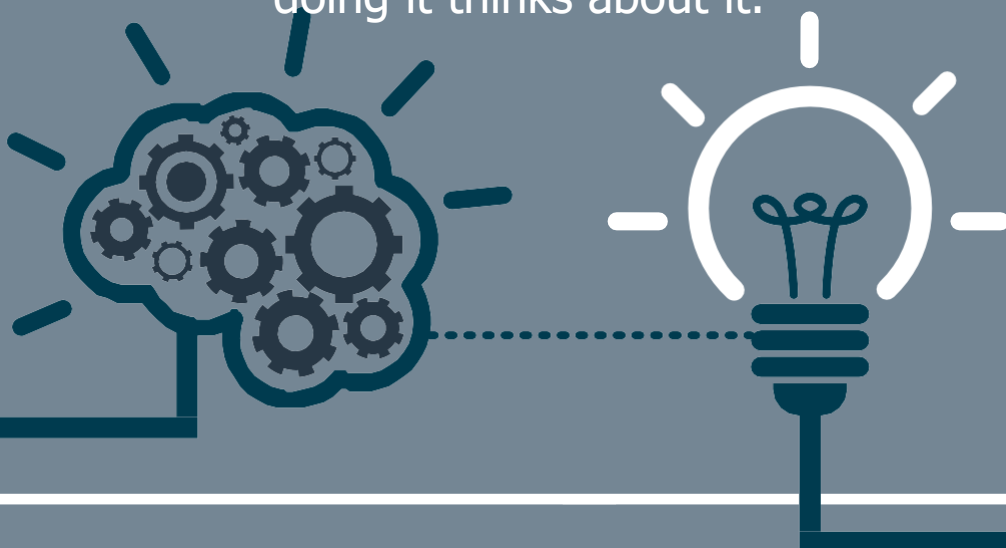
The Real Secret Sauce to Success

Before we talk about the "reality" of all the exercise and food suggestions, I want to tell you why most people never lose belly fat and get six-pack abs.

It will be hard to reach your fitness goals if you don't take this first step. People often say that they don't get what they want because they lack motivation, aren't sure what to do, or are too lazy.

It's clear that people can't reach their ideal body composition if they don't work out enough and eat well, but let's look at what really holds people back from reaching their goals.

When it comes to losing weight, I think that how a person thinks is more important than what they do every day. Every effort depends on how the person doing it thinks about it.



A "Winning Mindset" means:

- ➔ First, you should **FIGURE OUT WHAT YOU WANT TO DO** (how you want your body to look, how much confidence you want to feel, how much energy you want, internal health, etc.)
- ➔ The next step on the way to greatness is to have an insatiable **HUNGER FOR SUCCESS.**
- ➔ Have an idea of what your goals are and **WRITE THEM DOWN.**
- ➔ **ACT** like you've already achieved your goal
- ➔ **BELIEVING IN ONESELF** and what one can do
- ➔ **ACT** with no delay

To fail means to keep making the same mistakes. No one is destined to have a run of bad luck, be short on time, or see a certain task as impossible to do. Nothing should stop you from getting closer to your goals.

Even if it's not sexy to talk about, it needs to be talked about before getting into the "specifics" of exercises and diets for weight loss or any other goal.

You need to keep thinking about the six points I made above at every step through your journey.

Now let's get on with the nitty gritty.



2. Nutrition

This section had to come before the workouts.

To lose your persistent belly fat and acquire those six-pack abs, your nutrition will be more crucial than your exercise. To be honest, after the mental factor we discussed in the last part, food habits rank as the second most significant barrier to most people ever losing body fat and developing washboard abs.

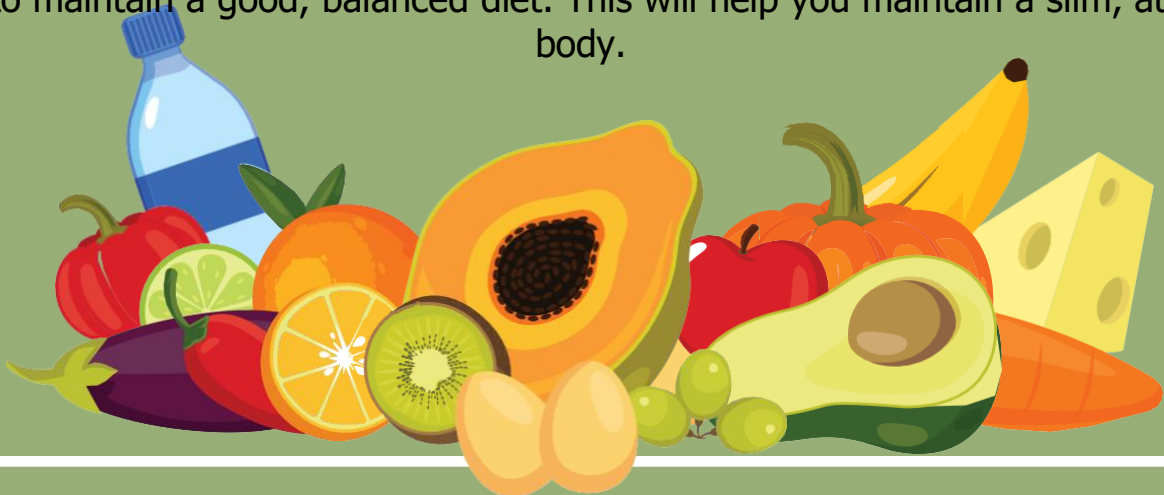
Most people will never lose enough body fat to be able to see their abs no matter how hard they train if their diet is subpar. I frequently observe people who engage in rigorous exercise without ever losing body fat because of their poor dietary choices. I'm going to share all the tricks and advice I've learned over the years for putting together a healthy diet that will promote fat loss to assist you in this area.

One of the main issues I've noticed over the years in dealing with hundreds of clients is that even when you advise them to eat this sort of food because it's healthy or to avoid that because it's not good, it doesn't generally change their decisions, and they'll still give in and choose junk food even though they know it would work against their objective. So why is it so challenging for people to make healthy eating decisions? I have discovered the reason why I have no trouble avoiding junk food—in fact, just thinking about it makes me feel practically nauseous.

Don't you agree that having such mindset would make it quite simple for you to eat healthily, appreciate the actual, authentic flavours of food, stay away from junk food, and lose weight rather quickly? Yes, for sure!

Ask yourself if you believe that is how nature intended for us to eat after looking at all the goods that food producers and fast-food restaurants currently offer us.

We no longer consume foods in their natural state due to the extensive modification of our food supply. Our bodies are seriously impacted by this. This subject alone might fill an entire book, so I'll limit myself to offering advice on how to maintain a good, balanced diet. This will help you maintain a slim, athletic body.





HOW YOU SHOP IS HOW YOU EAT SO.....

First, it's best to go grocery shopping after a full meal so you don't make hasty decisions.

Second, make a plan for healthy meals for the week so you know what you need to buy and only buy what you need. You won't buy all the junk food and snacks you don't need if you do this. You won't eat them if you don't have them at home. You will only eat healthy foods if they are the only ones you can find at home. All it takes is that.

Most people don't want junk food or foods that have been heavily processed once they switch to a healthy, natural diet.

Next, do most of your shopping in the grocery store's outer aisles. Here you'll find foods that are fresher and less processed, like fruits, vegetables, lean meats, low-fat dairy, etc. If you look closely, you'll see that most of the things on the interior isles are highly processed, highly salted, and highly sweetened. There are, of course, times when this rule doesn't hold true. In the interior isles, for example, you can find healthy foods like extra virgin olive oil, natural peanut butter, high-fibre cereals, beans, teas, etc.

No macronutrient food group should be taken out of the diet or used less (protein, carbs, or fat). In the long run, diets that are too strict don't work.

All three macronutrients—there are actually six different kinds of nutrients—play important roles in our bodies and help us stay healthy and slim when eaten in the right amounts and at the right times.

I don't think there is a certain mix of foods that will help you lose the most body fat. Some scientists and doctors recommend a 40/40/20 diet, which has 40% carbs, 40% protein, and 20% fat. Others suggest a diet like Barry Sears' Zone Diet, which is a 40/30/30 plan, or a 60/15/25 plan, which has more carbs. (Traditional medical recommendation).

At the opposing end of the scale, I've noticed proponents of low-carb, high-fat diets suggest following the 10/30/60 rule. If you stay within your optimal calorie range and consume a variety of primarily whole, nutrient-dense meals, your body will have all it needs to maintain healthy hormonal balance and carry out all its normal tasks.

I do think it makes sense to start with your protein requirements, even though I don't think it's crucial to pay attention to the precise ratios of the other macronutrients in your diet.

The latest research suggests that individuals like you who engage in vigorous activity should ingest roughly **1.5-2g of protein per kilo body mass**. I think it's a good start, even though some could dispute it may be excessive or some might think it's still not be enough. If you weigh 90 kg you may strive to eat about 180 grams of protein each day, distributed equally over 5–6 meals. A 60 kg girl may simply want to aim for 100–120 grams of protein each day.

For satiety or to ensure that your body gets an appropriate supply of amino acids throughout the day, protein doesn't have to be ingested in the same amounts at each meal, but you should **try to eat at least some protein with each meal**.

Note: If you are overweight or obese you must obtain precise measurements of your fat-free mass by undergoing a DEXA scan (a scan that assesses bone density and body fat percentage) as applying 2g of protein to your body weight will lead to consuming far too much protein! For most people who regularly perform resistance training, this suggestion is still simply a basic place to start.



Things to Keep in the Kitchen

Fruits & Vegetables (always try to get local produce!)

You could have an abundance of fresh fruits and veggies produced nearby depending on where you live and what time of year it is. Many are available at your neighbourhood farmer's market, and some supermarkets also stock locally grown food these days.

Purchase locally wherever possible.

You help a local farmer, the product is immensely fresher than stuff that has been transported thousands of kilometres across the nation or from abroad, and local produce is typically has fewer pesticides, herbicides, and preservatives on it because it does not originate from a large factory farm, making it far better for you.

We advise you to avoid the following foods if you are unable to source organic or locally grown versions:

The "Tainted Twelve"



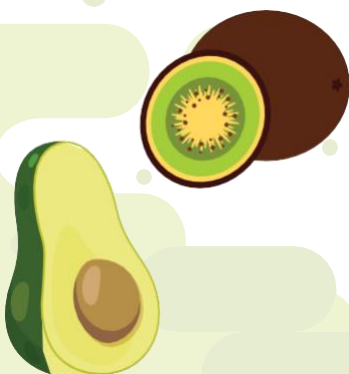
Strawberries
Spinach
Kale
Nectarines
Apples
Grapes

Peaches.
Cherries
Pears.
Tomatoes
Celery
Potatoes



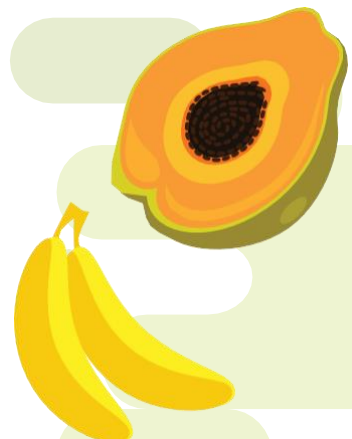
Among commercially available vegetables, these items have the most spraying. So, try to steer clear of things in conventional form if you can't find them locally or organically. They are toxic and covered in insecticides.

Without needing to pay more for organic, the following fruits and vegetables are significantly safer to consume in conventional form:



Asparagus
Avocado
Cabbage
Rockmelon
Kiwifruit
Eggplant,
Mushroom
Grapefruit

Onion
Mango
Peas
Watermelon
Sweet Potato
Corn
Pineapple



Things to Keep in the Kitchen

Additional Items to Keep on Hand in Your Kitchen

Now that you are aware of the essential information, you may improve both your body and your kitchen. Numerous foods, spices, and condiments can improve your kitchen's overall health. I'll outline a few of these things in brief here.

Do not forget that you are less likely to consume junk food if it is not there in your home.

You are compelled to make wise decisions if all the food in your home is nutritious. Basically, it all begins with making wise decisions and staying away from temptations when you go to the grocery shop. Once you are aware of the benefits of avoiding junk food and choosing healthy options, you can then adopt some healthier behaviours. The outcome will be a strong, healthy, lean physique, as well as an abundance of energy and a fresh perspective on life.

We'll begin with the foodstuffs you should always have on hand in the fridge. Do your best to eat a lot of fresh vegetables once or twice a week. Get your hands on the world's finest, freshest vegetables by making regular trips to the farmer's market this summer. Aside from that, it's a good idea to stock up on fresh fruit and vegetables at the supermarket.



Your Shopping List

Vegetables as ingredients for a variety of dishes, such as omelettes, salads, stir-fries, shish kabobs, and more, including zucchini, onions, fresh mushrooms, spinach, broccoli, red peppers, cilantro, and more.

Coconut milk may be used in a variety of ways, making it a useful pantry item. For a more sumptuous and indulgent flavour, I prefer to add it to my smoothies, porridge, or yoghurt. Coconut milk is an excellent source of healthful saturated fats like medium chain triglycerides, and it also adds a rich, creamy flavour to many recipes

Cottage cheese, ricotta cheese, and yoghurt make a delicious snack or light lunch when combined with chopped nuts and berries. Raw cheese (grass-fed cheese is ideal) is fantastic since it contains a lot of beneficial enzymes and calcium (especially vitamin K2, which is good for your bones).

Nuts like almonds, pecans, walnuts, and pistachios, whether chopped or whole, are tasty and a terrific source of healthful fats. Pick up a few as a satisfying snack or include them into your favourite smoothie, salad, or vegetable recipes.

Eggs in their entirety (yolk and all) are a nutritious powerhouse (and remember, they increase your GOOD cholesterol so stop fearing them). If you can, try to find a way to get free-range versions of these. Don't leave out the egg yolks, the most nutrient-dense part of the egg.

Nut butters — If you're tired of peanut butter, branch out and try something new, like almond butter, cashew butter, or macadamia butter. healthy and wonderful in every way.

Salsa - When it comes to salsa, I want to branch out and try new, unusual kinds. The freshness and flavour of this product, which is sold in the fresh produce section of many supermarkets, are virtually identical to those of handmade versions. If you're looking for a healthy way to wake up in the morning, try this on your eggs.

Butter - don't listen to the critics; butter, especially from grass-fed cows, adds amazing taste to food and can be part of a healthy diet (but keep the quantity small because it is calorie rich... and NEVER use margarine, unless you want to guarantee yourself a heart attack).

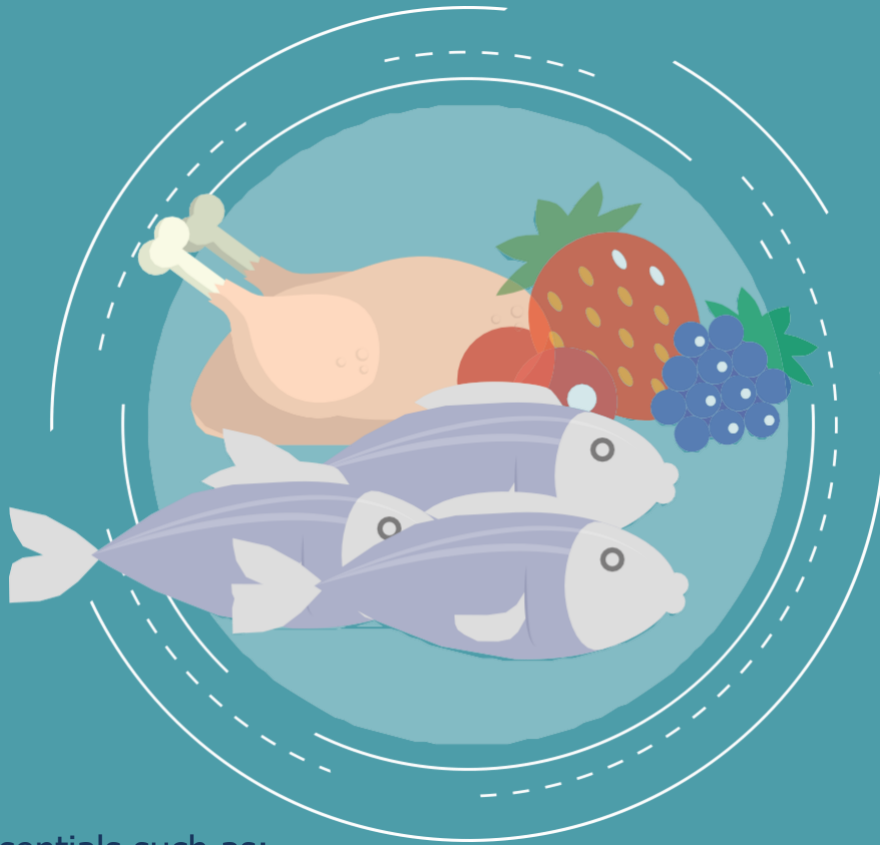
Avocados are fantastic, and they're also a fantastic source of healthful fats and other nutrients. Wraps,

Wraps and Tortilla - You can find low carb varieties in most supermarket no adays but if not try to find gluten free brown rice wraps or whole grain or tortillas. (look for wraps and bread with at least 4-5 g of fibre per 20 g of total carbs). Always keep in mind that if you're trying to lose weight, grain consumption should be kept to a minimum if eating regular varieties.

Salad greens such as baby kale, romaine, arugula, and organic baby spinach to go with supper.

Salad Dressings created at home. I use both extra-virgin olive oil and Udo's Choice Oil Blend. Compared to most bottled salad dressings, which are made with highly refined soybean oil, this is a significant improvement (full of inflammation-causing free radicals). Olive oil, balsamic vinegar, chopped fresh basil and thyme, garlic, salt, and pepper are just a few of the ingredients in my own special blends.

Herbs - Basil, thyme, oregano, and cilantro are just few of the fresh herbs that may be used to season salads, eggs, and meats.



Freezer essentials such as:

Wild fish that you may buy frozen! Every week, try a new type of fish. You can never become bored since there are so many options. You can get all types of wild-caught frozen fish at Harris Farm and the fish markets

Frozen berries - Blueberries, raspberries, blackberries, strawberries, cherries, etc. can be added to high-fibre cereals, oatmeal, cottage cheese, yoghurt, or smoothies, and should be purchased fresh when in season.

Frozen veggies - It's worth repeating that when the growing season is ended, and fresh local produce is no longer available, frozen vegetables are the greatest alternative because they typically contain greater nutritional levels even compared to fresh produce that has been flown across the nation. If fresh vegetables aren't readily accessible, stock up while you can and freeze them for later use.

Chicken breasts, preferably free-range, and store them in the freezer. Great for throwing together in a hurry and throwing into some wraps or slicing up and putting on top of a salad for a speedy lunch.

Beef, lamb, goat, and other grass-fed meats available for purchase in the frozen section.

Your Shopping List

Here are some grocery essentials:

Steel Cut Oats and Oat Bran are richer in fibre than the sugary, high-glycaemic quick oats.

Coconut Milk in cans; refrigerate any unused portion in a sealed container. Green, oolong, white, and rooibos teas are some of the greatest options, but there are many more that are also high in antioxidants.

Stevia is the best zero-calorie natural sweetener.

Maple Syrup, not that fake maple flavoured high fructose corn syrup nonsense. Add a pinch to your post-workout smoothie or sprinkle some over your breakfast to restore muscle glycogen stores.

Raw Honey is superior to refined honey in every way. increased numbers of helpful enzymes and nutritional density. Studies have shown that honey can increase glucose metabolism (how you process carbs). Every morning, I put about a teaspoon into my tea. Though it is still sugar, at least this one has some health advantages. In addition, there are only 5 g of carbohydrates in a teaspoon of honey...

Pasta made with Spelt, Whole or Brown Rice is a healthier option since it has more fibre. Brown rice spaghetti is an excellent gluten-free alternative that is widely available in the health food and grocery store sections. Many people may have difficulty digesting wheat and gluten without realising it, so limiting your intake of these foods is a good idea even if you don't have an allergy. Keep in mind that if you want to lose weight, you should cut back on grains. It's best to limit spaghetti to a once-a-week cheat dinner.



Your Shopping List

Rice: Never cook with white rice; instead, stick to Basmati or brown rice. Bags for slow cookers, fast meals, and frozen selections are also available. Harris Farm's par-boiled basmati rice is my go-to.

Beans: Traditional Mexican wraps would go well with a side of canned black or pinto beans for added fibre and nutrition. It may come as a surprise, but beans are a great source of antioxidants, which help you look fresh for longer.

Tomato Sauce: You've heard it a million times, but eating tomato sauce is a great way to obtain your recommended daily allowance of lycopene. Pay close attention to how much sugar is added to the products you buy. Purchase organic tomato sauce in bulk and create your own Italian sauce flavour using salt, pepper, oregano, basil, garlic, and any other ingredients you choose.

Dark Chocolate: The darkest chocolate available is one of my favourite pleasures since it fulfils my sweet tooth and is packed with healthful antioxidants. Even though it's still high in calories, I've found that eating just a few squares is all it takes to satisfy my sweet need and prevent me from reaching for the cake and ice cream or bag of cookies instead.

Cocoa Powder: Natural, unsweetened cocoa powder is a staple in my kitchen. I use it to make low-sugar hot cocoa by combining cocoa powder, milk, stevia, and a few melted pieces of dark chocolate.

Sea Salt: You can get sea salt in the spice section of many supermarkets now, but my personal preference is for the pre-ground variety. Sea salt contains beneficial minerals like magnesium and potassium and is far less harmful to those who experience reactive hypertension.

Hot or cold, herbal teas are versatile beverages that may be enhanced with the addition of honey or stevia.



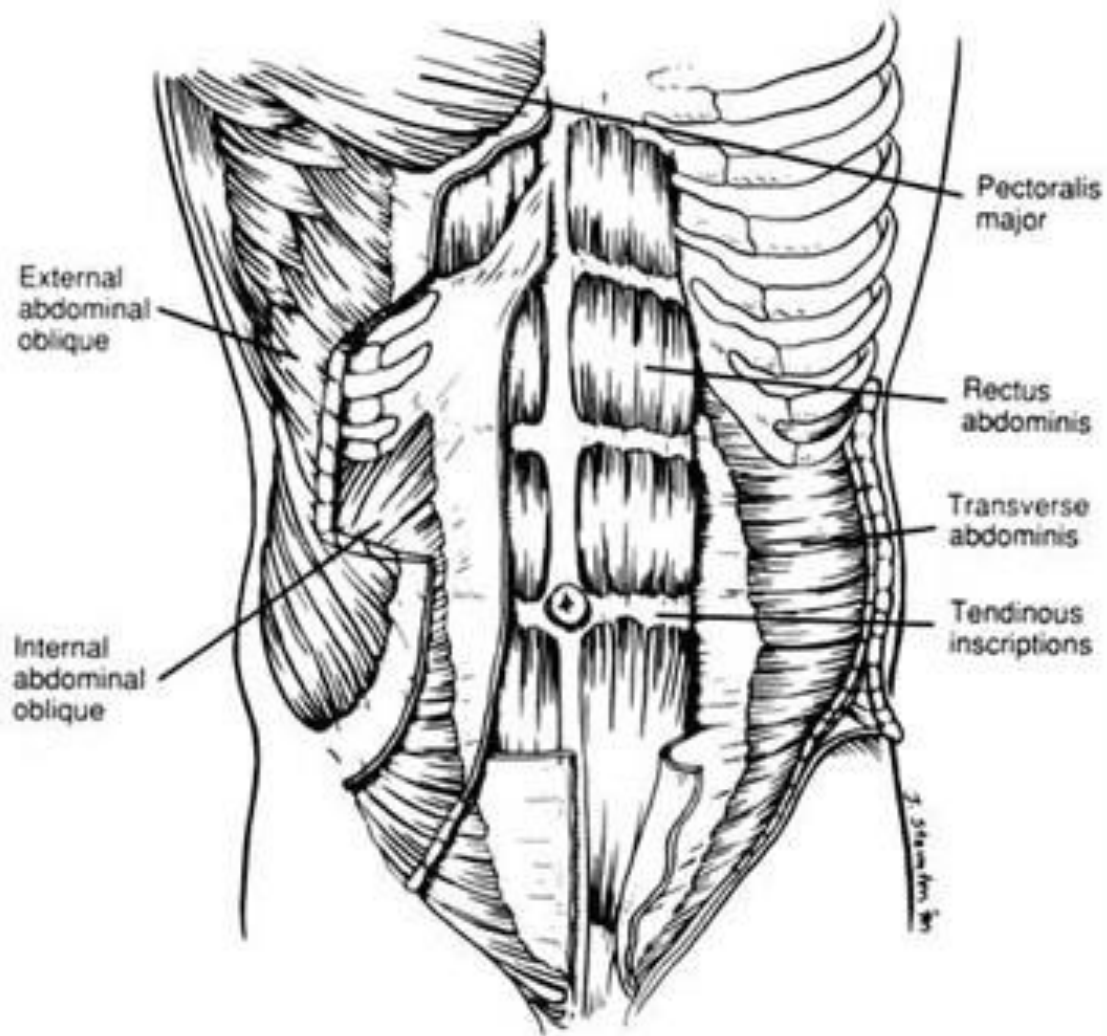
3 ■ Exercise & Abdominal Development

Focusing on abdominal muscles in this section is NOT AS IMPORTANT as working out the rest of your body. The best strategy to induce a metabolic surge and a hormonal reaction favourable to burning fat and building muscle is to train the whole body, not just the abdominals. Keep in mind that while the details we describe here are important, you should be focusing the great majority of your time to a programme of total-body training. Get in contact if you want assistance developing a whole-body exercise routine tailored to your current fitness level and biomechanical preferences.

Biomechanics of the Abdominals

The abdominals are composed of the rectus abdominis, transversus abdominis, internal obliques, and external obliques. The rectus abdominis is a muscle that extends from the chest to the hips, and its function is to tighten the abdominal wall and bring the upper and bottom parts of the body closer together. The transverse abdominis muscle keeps everything in your trunk where it belongs and stops your organs from wriggling around. The obliques, both internal and external, help to keep the trunk stable when in a rotary motion.

The rectus abdominis is responsible for the coveted "six pack" appearance when combined with a low body fat percentage and a large amount of abdominal muscle. By contrast, guarding the lower back and stabilising the spine requires a strong set of lateral abdominal muscles. Strengthening the transverse abdominis muscle is a sure-fire method of reducing one's waist size. When you pull your stomach in towards your spine, you contract the transversus abdominis muscle (like when a man is at the beach and tries to conceal his tummy). You can strengthen your transversus abdominis and get a flat stomach by executing "stomach vacuums" at various times of the day.



Either a crunch of the upper or lower body might get the rectus abdominis working. It's a common misconception that upper and lower abdominal muscles are independent and may be trained in isolation. Despite popular belief, it is impossible to target just the upper or lower abs separately. Every time you lift your upper or lower body, the rectus abdominis (a single muscle group) is working hard. Note, however, that in order to build abdominal muscle fibres uniformly and effectively, it is best to perform abdominal exercises from a range of angles.

Effective Abdominal Exercise Through Correct Posture

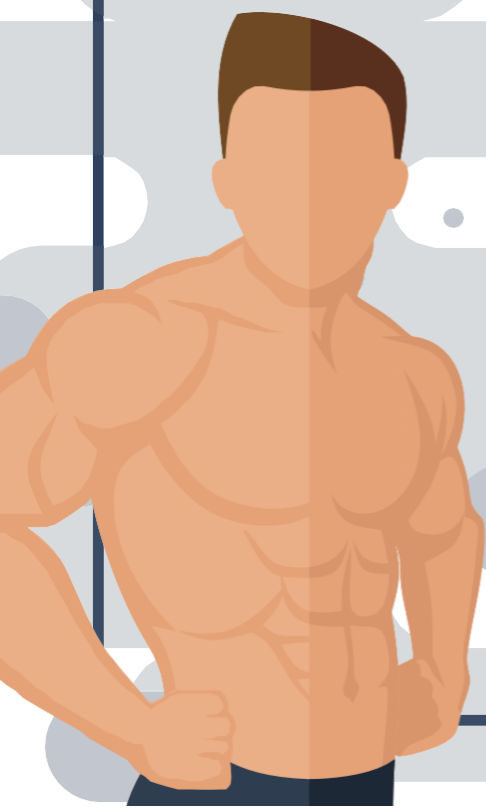
The psoas and other hip flexor muscles, as well as the abdominals, work together to draw the torso down towards the legs. When compared to the abs, the psoas has a far wider range of motion. To maximise psoas activation, prop your feet up and/or straighten your legs. When doing crunches or sit-ups, the psoas takes up most of the job once your upper body has come off the floor by more than about 30 degrees.

Trainers' advice to "isolate" the abdominals while reducing hip flexor use has gained popularity in recent years. Eliminating hip flexor movement is not something I think should be pursued as I believe it's best to have a moderate approach. The idea that excessive psoas activation during ab training attempts generates compressive stresses on the discs of the lumbar spine underlies the advice to decrease hip flexor activity during ab training. Psoas muscles attach to the vertebrae in the lower back. Compressive pressures on the discs are produced when the psoas is actively contracted to a high degree. Strong abdominal muscles will prevent the back from arching and so protect the spine. Once the abdominal muscles get exhausted, however, even people with very robust cores may find themselves unable to prevent a hunched back. When the back arches excessively due to psoas activity, the vertebrae next to the psoas connection might grind against one another, which can lead to disc degeneration.

However, I do believe that it is critical to focus on strengthening one's core, which includes the abdominals and lower back.

Improvements in sprinting and other sports that call for frequent hip flexion can only be achieved via dedicated training of the hip flexors. The exercises recommended in this book can help you develop the core strength

- you need to protect your back, and if done properly, they can also strengthen your hip flexors.



In my opinion, there are some forms of exercise that are not only pointless but might possibly be harmful to the lower back. You should stay away from stomach workouts like crunches with an arched back, crunches on a machine, crunches with straight legs, crunches with your feet supported, leg raises while hanging with an arched back, leg raises while lying on the floor with a rounded back, and crunches.

To avoid back pain and get the most out of your ab workout, you must keep the right posture while you do the activity. You can't get the most out of your ab exercises until you figure out how to control your posterior pelvic tilt. If it helps, try to picture yourself lying on the floor like a cat. The top part of the pelvis is tilted forwards, which is a sign of an anterior pelvic tilt, which is a feature of this posture. A posterior pelvic tilt is marked by the collapse of the natural arch of the lumbar spine. This is shown by a downward rotation of the pelvic crest towards the floor. The best way to strengthen your abs is to put yourself in this position (although it may not be appropriate for an individual with lower back disc disease).

Now, think about an ab exercise you can do while hanging, like the hanging leg raise or hanging knee up. Most people do these exercises with their backs slightly arched and their hip flexors doing most of the work, with a little help from their abs. For a hanging leg or knee raise to work your abs and hip flexors in a safer and more effective way, you should round your back and curl your pelvis closer to your upper body. Because of this, these exercises are much harder and make your abs work much harder. Most people cannot complete a properly performed hanging leg raise until they have adequately strengthened their abdominals and are in very good physical condition.

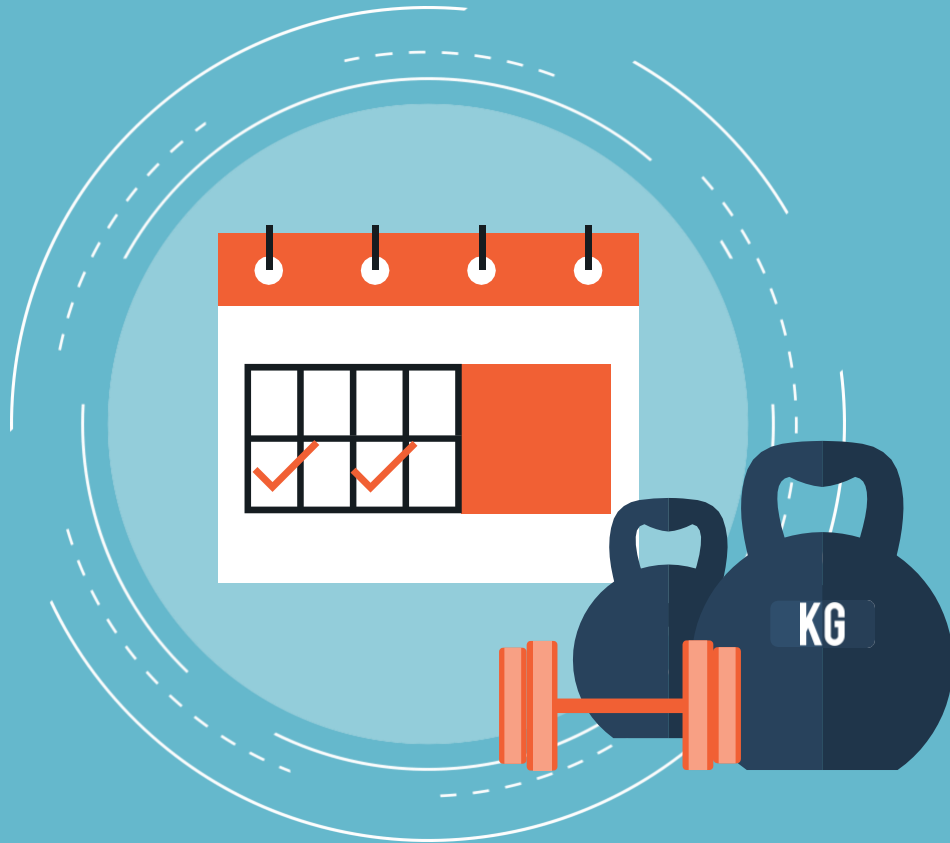
Applying Exercise Variables to Your Ab Training (Frequency, Load, Volume)

People who do hundreds of crunches for a half hour each time they workout don't always get six-pack abs. This is because, after a certain point, regular crunches don't give you enough resistance to build your abs. Also, all the time spent doing crunches or other low-resistance ab exercises (which work a very small muscle group) could have been better spent working larger muscle groups, which burn more calories.

Large, multi-joint exercises like squats, deadlifts, lunges, and pushes and pulls from the upper body cause your body to work harder, leading to increased calorie expenditure both during and after your workout. I'm not saying you shouldn't include crunches in your program; they may be helpful, especially at the outset. In fact, even highly experienced athletes may feel that advanced crunches are too difficult.

For how long, then, should you work on your abs? The good news is that you don't have to devote half your day, every day, to ab exercise. Intense ab training may be done in only 5-10 minutes, either at the end of your workout, the start of your routine, or on a separate day. To get the most out of your exercises, save abdominal work until the end, or schedule it for a different day. For the sake of not overworking the abdominals before you need them to provide stabilisation of the back during the heavier complex movements that may make up your session, I suggest saving ab work for the conclusion of your routine.



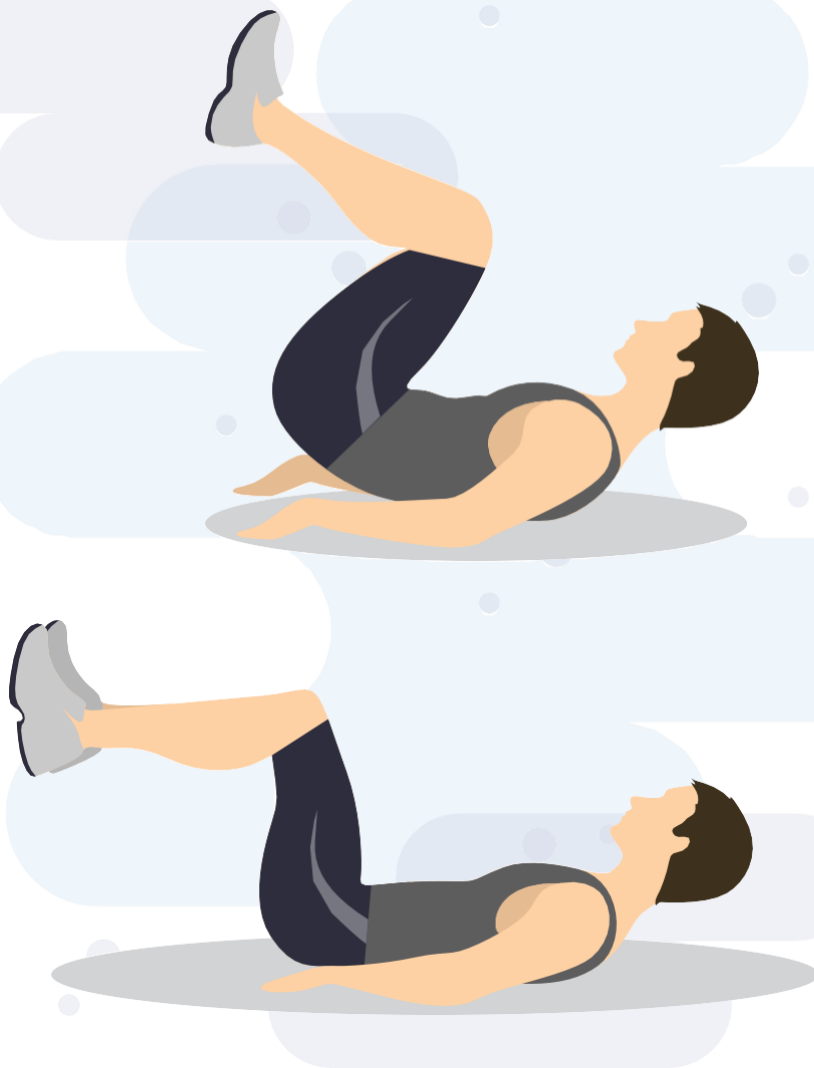


According to this theory, large spine loading activities like squats and deadlifts provide a **greater risk of injury** if performed while the abdominal muscles are fatigued. The trouble with exercising your abs last is that at that point in your workout, you're probably too tired to give them your full attention. Since you won't require as much stability during upper body exercises as you would during whole body or lower body routines, you can get away with completing your ab training first if that's how you usually do it. As an alternative, you might **choose to do cardio and abs on separate days.**

Many individuals also wrongly believe that ab training must be done daily to see results. Abs should be trained in the same way as any other muscular group. You should **incorporate a challenging 5–10-minute ab routine into your workouts** twice weekly. You won't be overworking your abs at all if you stick to that. You must allow your muscles the necessary rest to grow. In fact, if you exercise your abs more than twice or three times a week, you risk overtraining and stagnating in your development.

As I mentioned before, training the abs with heavy resistance is essential if you want to see them develop to their fullest potential. I know I said that crunches are fantastic for beginners, and they are, but if you want to see real results from your core workouts, you need to move on to more difficult resistance exercises.

Curling the lower body up is far more difficult and provides more resistance than curling the upper body up, especially when performed from a hanging posture. It's only that your legs are heavier than your arms to lift. Incorporating movements that are started from the ground up into your ab training routines is important to this idea. The abdominals may be worked to exhaustion with difficult exercises that start from the lower body, and then the upper body can be used to finish off the workout.



The Best Exercises

Some people believe that if they aren't getting benefits from their ab workouts, they need to constantly change the ab movements they are doing. In reality, though, the opposite is correct. You can stick with the same effective exercise routine, but you should vary your workout's duration, frequency, and intensity to see improvements over time. Changing the sequence in which exercises are performed, the amount of resistance used, the number of repetitions, the duration of rest intervals, the pace at which exercises are performed, and so on are all examples of how exercises may be modified.

As with any muscle area, after you've reached your optimum level of proficiency with the exercises in this guide, you're probably not going to add any more muscle to your abs; but, if you've decreased your body fat to a suitable degree, you should be able to visibly see a good, ripped six-pack. When you've finally built a good set of abs, all you must do is keep them up, and keeping them up is easier than building them up in the first place. Once you reach that threshold, you may work out your abs less frequently, perhaps once per week, to keep them in good shape. After that, keeping your body fat percentage low will be the sole factor that will determine the appearance of your abdominal muscles.

It's important to strengthen the lower back muscles as much as the abs and hip flexors to keep the "core" strong and balanced. A full-body workout routine, including deadlifts, swings, one-arm snatches, etc., will provide ample lower back conditioning to counteract the abdominal work.

The Bad Ab Exercises

Here are some ab exercises I would recommend staying away from as they often lead to significant amounts of tension on the lower back though over working your Psoas which in turn causes discomfort in many instances:

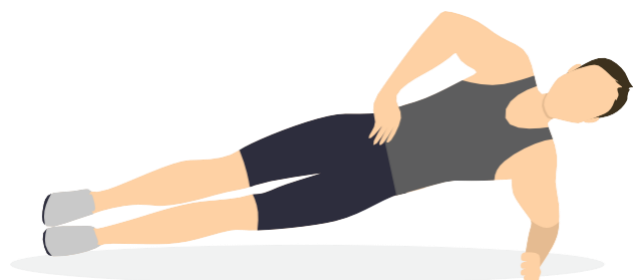
- ➔ Supine leg raises
- ➔ Hanging leg raises with an arched back
- ➔ Feet supported sit-ups
- ➔ Traditional sit-ups
- ➔ Machine-based core exercises
- ➔ Machine-based rotation exercises
- ➔ Russian twists (not enough resistance)



The Good Ab Exercises

Ok so I've given you the bad now here is the good exercises that I highly recommend. They can all be regressed or progressed to suite your training ability and will work your core in the most complete way possible.

- ➔ Suspended leg raises (flexed spine)
- ➔ Suspended knee raises (flexed spine)
- ➔ Butt Ups (hip thrusts)
- ➔ Decline Butt Ups (hip thrusts)
- ➔ Garhammer Raise (crunching hips off floor)
- ➔ Copenhagen Planks
- ➔ V Ups
- ➔ Stability ball crunches (weighted for progression)
- ➔ Pallof Press (transversus abdominis development)
- ➔ Hollow Body Hold
- ➔ Leg Lower (with flexed spine)
- ➔ Ab wheel Roll Outs
- ➔ Swiss ball Jack Knives (knee tucks)
- ➔ Swiss ball Stir the Pot
- ➔ Suitcase Holds
- ➔ Abdominal Hollowing (transversus abdominis development)



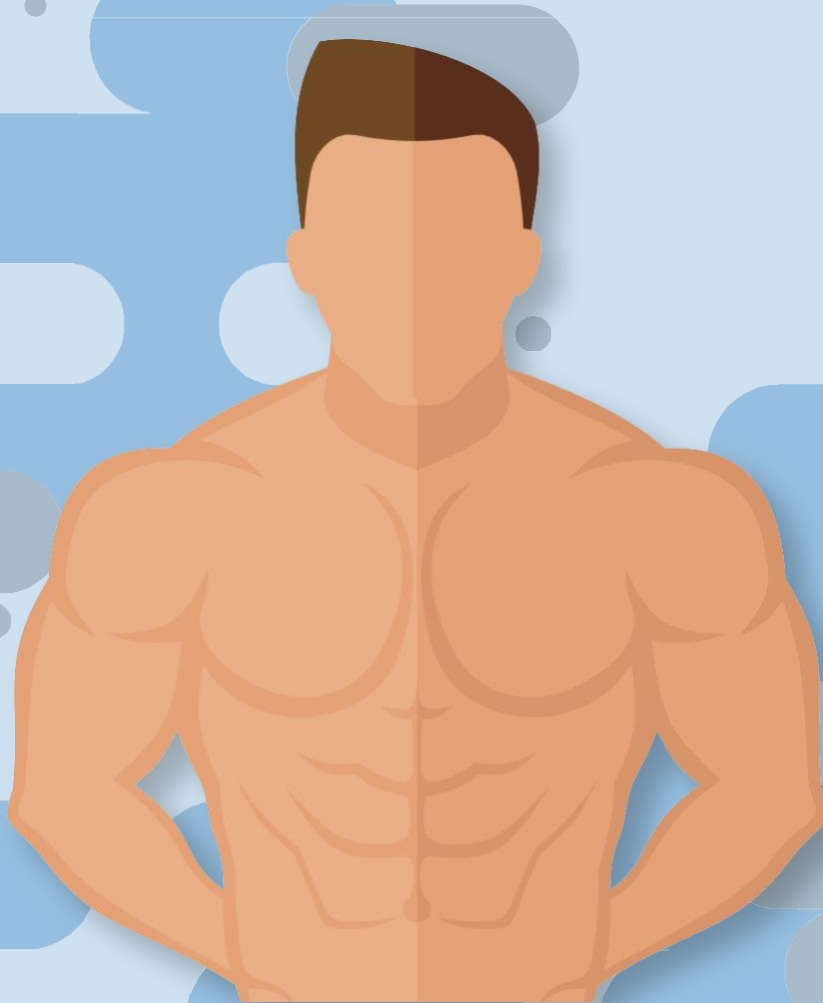
The Core without Core Movements!

Here are some movements that engage your core acutely but indirectly. Adding these into your main resistance training routine will help build that strong functional core you want.

Zercher Squats (yes, it's about legs but the core must brace intensely to transfer the power from your legs to the bar)

Farmers Walks (a great core activator, just pick up two heavy dumbbells and walk)

Renegade Rows (this a fantastic exercise for building your rotational stability)



There you have it: the three cornerstones of my plan to help you attain and flaunt those coveted six packs. Please get in touch with me if you want to know more.