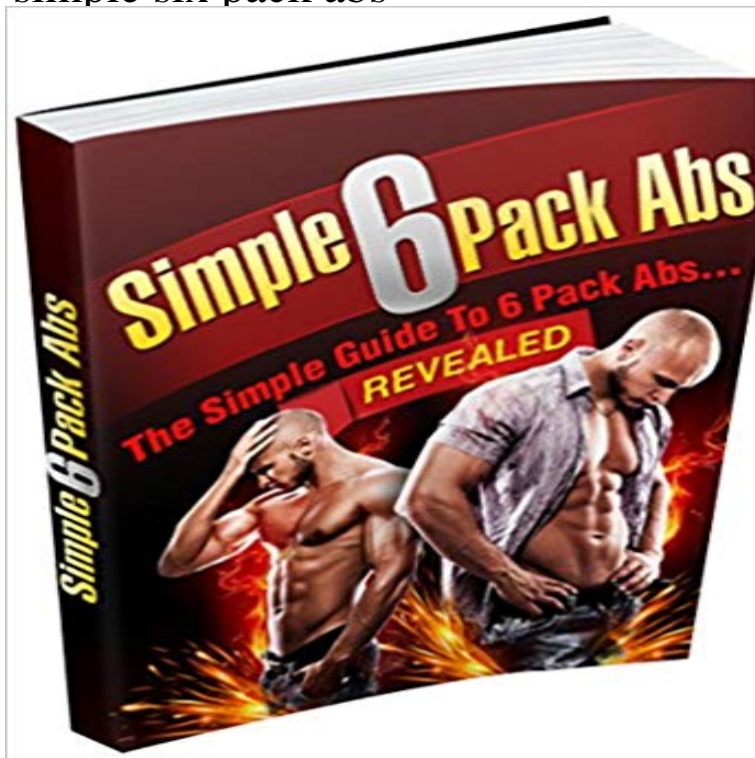


simple six pack abs



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 lets get one thing straight: Even if you heard about spot reduction, theres no such thing.

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ABDOMINAL ASSAULT Abs workout 2: No-crunch workout. 20 Lying Bicycle Crunches with Overhead Dumbbell (hold the weight just off the ground, but dont let it touch) 10 Pushups. 1-minute Side Plank. 20 Supermans. Side Plank with 15 Dumbbell Flyes (each side) Forearm Plank Series: Hold a plank for 15 seconds in each position: Forearm
- 1 min - Uploaded by SexyFitWorkouts <http://flatabs> SUBSCRIBE to John Basedow: YouTube.com Extra Tags: FITNESS MADE Building your abs requires more than just nailing the best exercises. Heres how to build up your six-pack musculature while chiseling your
- 4 min - Uploaded by Rohit Khatri Fitness Once the fat on top of your abs is gone than you dont need to do much hardwork . Six pack How to get a six-pack - personal trainer Christian Finn reveals the classic out your lower abs to get a real six-pack that really takes some dedication. need to do to pack muscle on your midriff and combine Learneys simple