

## How To Get 6 Pack Abs Without Doing Crunches Or Sit Ups!

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**Feb. 2, 2009** - [PRLog](#) -- Mississauga Boot Camp Specialist Reveals how to get 6 pack abs without crunches or sit ups

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Everyday I hear why can't I get a flat stomach, what am I doing wrong. I can't tell you how many times people have asked me the following questions:

"I do hundreds of crunches and sit-ups a day and I still have a flabby midsection. What gives?"

Well, before I reveal your six-pack abs blueprint, let's first go through some of the most common myths about abs.

Myth#1- Weight loss is the key to seeing your abs

**WRONG!**

The key to seeing your abs is fat loss, not weight loss. Let me further explain: your body consists of fat mass and lean body mass (water, muscle, bone, organs, etc.). You want to minimize your fat mass and maximize your lean body mass to build a lean metabolism: one that starves fat and builds muscle like clockwork. By improving body composition you will put yourself in the best position to rock that coveted six-pack

The scale has far too many variables to account for that lead to frequent fluctuations such as hydration levels, sodium intake, and for women the menstrual cycle. I truly believe one should NOT keep a scale at their home- it is such an anchor, particularly for women. Get off the scale and get over the numbers. The true goal is fat loss, not weight loss. Focus on clothing size reduction, digital before and after pictures, and of course the mirror for the most accurate progress tracking. Don't let the scale determine how good or bad you are doing.

Myth#2- Do lots of abs work to preferentially burn off stomach fat

**WRONG!**

Spot reduction doesn't work. You can't just work the muscles of a certain area of your body and expect to have the fat in that region go away. Think about it: almost everyone does crunches but proportionately very few people perform total body workouts. So, with all of these crunches, we'd expect to see nothing but people with flat tummies and fat depots everywhere else on their body (arms, legs, etc.). But think of how many people you know and see on a regular basis that has more than a few inches to lose in their midsection. See what I mean- spot reduction doesn't work!

See, your body loses fat in a genetically pre-determined way when there is the appropriate caloric deficit AND hormonal environment created by proper eating and training. So your best bet is to focus on burning as many calories during your workouts as possible by engaging your whole body each and every training session (not just your abs). Compound, multi-joint movements like squats, push-ups, lunges, etc. (or better yet, total body exercises like squat to presses) burn a lot more calories than isolation movements like crunches and sit ups.

Myth#3- Crunches and Sit-ups are the best exercises for your abs

WRONG!

The scientific term for your six-pack muscles are your rectus abdominis. For years now, we have been conditioned to think that the best way to work your rectus abdominis is by doing endless crunches and sit-ups since these trunk flexion exercises make the muscles you want to see in the mirror “burn.” However, the true function of the rectus abdominis is to prevent hyperextension, not to flex forward over and over again. Anytime you brace your abs (think slight crunch before you get punched in the gut) and pull your navel into your spine you effectively stabilize your spine into a safe, neutral position. And the moment you relax your abs and lose that braced abs position; your back will begin to hyperextend putting you at greater risk for injury.

So, we focus on stabilization exercises in all three planes of movement (sagittal- front to back, frontal- side to side, and transverse- rotational) by using pillar exercise variations (also know as planks). Besides training the true “anti-extension” function of your superficial ab muscles, these bridging/stabilization exercises also activate the key transverse abdominus muscles, or your deep abdominal stabilizers, that wrap around your spine and support your internal organs.

Myth#4- Do lots of long-duration cardio to burn the fat covering your abs

WRONG!

Both scientific research and real world case studies show that aerobic training for fat loss alone doesn't work. Total body resistance training is the true foundation of any solid fat loss plan

The Anti-Crunch Six-Pack Abs Blueprint:

Step#1- Lose the fat that is covering your abs so that you can see them

A.) Eat to lose fat and elevate metabolism

- Drink at least 2-4 cups of water immediately upon waking and then drink at least 1-2 cups of water every 2 hours you are awake. Drink 1-2 cups of water for every 15 minutes of vigorous activity.

- Eat immediately upon waking and then every 2-4 hours after that for a total of 6-8 feedings per day (3 meals, 3 snacks- half the size of your meals, workout nutrition)

- Focus on a wide range of organic lean proteins, natural fats, and fruit and veggies

- Take a daily multi-vitamin for your gender and an essential fatty acid (EFA) supplement
- Use The Carb Reduction Blueprint: Use the following step by step process in the exact order listed to breakthrough any plateaus in your six-pack abs quest

Step#1- Replace all white carbs with 100% whole grain carbs and all refined sugars with natural sugars

Step#2- Limit all whole grain starch and natural sugar consumption to within 1-2 hours post-workout or immediately upon waking for breakfast

Step#3- Replace all starches and sugars with fruits and veggies

Step#4- Replace all fruits with green veggies

Step#5- Use strategic carb and calorie cycling to take your body to next level (my clients and I have had great success with this but it is beyond the scope of this article)

B.) Train to lose fat and elevate metabolism

- Monday, Wednesday, and Friday- Perform Total Body Circuit Strength Training

Sample Total Body Circuit Strength Workout- 20 Minutes (not including five minute warm-up and cool-down)

50-10 Interval Five Exercise Total Body Circuit- You will alternate between 50 seconds of work and 10 s of rest for each exercise in the following five-exercise circuit. Perform this 5-minute circuit up to four times for a 20-minute total body workout:

Exercise#

- 1 Squats
- 2 Dead lifts
  
- 3 Push Up with a row
- 4 Y Shoulder Press
- 5 Bicep curl with tricep extension

- Tuesday, Thursday, and Saturday- Perform Cardio Interval Training

Sample Cardio Interval Training Workout- 20 Minutes (not including five minute warm-up and cool-down)

30-30's- You will alternate between 30 seconds of maximum effort and 30 s of active recovery. You will perform this 1-minute round up to 20x for 20 total minutes. You can perform this workout on your cardio machine of choice (airdyne or spin bike, running, etc.) or by alternating between the following body weight cardio exercises for the ultimate in-home workout:

Exercise# Body Weight Cardio Variation Body Weight Cardio Exercise

- 1 Linear  
Locomotion Emphasis Stationary Running
- 2 Lateral/Rotational  
Locomotion Emphasis Jumping Jacks Variation

## Step#2- Train your abs based on their true function: STABILIZATION

It's a new age in core training and it is my sincere hope that you take this killer information and run with it. It will change the way you train, you will get results faster.

I hope you enjoyed today's article, give it a try, no more crunches and sit ups.

Granville is an internationally renowned fitness boot camp instructor and real world fat loss expert. For a FREE 1-week trial to his Mississauga boot camp to experience the best personal training in Peel, please visit [www.athleticleaders.com](http://www.athleticleaders.com)

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