

Scottsdale Personal Trainer Reveals Truth Behind 4 Myths for Getting Lean, Flat 6 Pack Abs

By Arizona Fitness Boot Camp

Dated: Feb 06, 2009

Having a flat, sexy midsection is big reason people workout. But for many, they are going about it the wrong way with ineffective crunches and sit-ups. Now local Scottsdale personal trainer dispels the top 4 myths behind achieving 6 pack abs.

It's a fact most people who exercise would love to look in the mirror and find a flat, lean midsection. But in reality, most people are going about the wrong way. With hundreds of crunches and endless hours of cardio, they still they don't get the results they want.

Help is on the way as Scottsdale personal trainer and boot camp instructor, Curtis Hoekstra, reveals the truth behind 4 myths of 6 pack abs.

Myth #1- "I want to lose weight so I can see my abs."

"The key to seeing your abs is fat loss, not weight loss," says Hoekstra. "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 skyrocket your metabolism, which in turn is what will eradicate fat cells and build muscle 24/7." By changing your body composition, you will be setting yourself to reveal the 6 pack everyone craves.

Myth #2- "Ab exercises burn tummy fat."

"Spot reduction doesn't work," says Hoekstra. "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...it does not work like that."

Most recent research tells us the most surefire plan is to burn as many calories during your workouts as possible by engaging your whole body each and every training session (not just your abs). Also be sure to use compound, multi-joint movements like squats, push-ups, lunges, etc. (or better yet, total body exercises like squat to curl to presses). These movements burn a lot more calories than ab-isolation movements like crunches and sit-ups.

Myth #3- Crunches are the best exercises to trim fat and show off your abs.

Present day research reveals the most effective way for core training is performing stabilization in all three planes of motion using pillar strengthening exercises (ie: planking). "We have been brainwashed to believe the best way to work your core is by doing endless crunches and sit-ups since these exercises traditionally get you to feel the burn," Hoekstra claims. However, the true function of your core muscles is to prevent hyperextension, not to flex forward over and over again. These stabilization exercises also activate the key transverse abdominus muscles, or your deep abdominal stabilizers, that wrap around your spine and support your internal organs. Strengthening these "inner" ab muscles is the key to optimal posture, better performance and helping to prevent lower back pain or even injury.

Myth #4- Doing long, slow cardio in the "fat burning zone" will torch tummy blubber.

There is overwhelming research and real world examples that support the fact that aerobic training for fat

loss alone simply does not work. “Total body resistance training is the true foundation of any solid, long lasting fat loss plan,” Hoekstra reveals.

In addition, interval training, will have you alternating between bouts of maximum effort and active recovery is scientifically proven to burn nine times more fat than ordinary exercise. Hoekstra concludes, “Be sure to perform both interval strength training and interval cardio training to combine the best of both worlds.”

###

Curtis Hoekstra is a Certified Fitness Trainer and rapid fat loss expert with Arizona Fitness Boot Camp. His no-nonsense approach to fast, effective workouts helps his clients transform and reshape their bodies without spending hours in the gym. To book Curtis for a free 20 minute fat loss and fitness presentation at your local business, club or organization, contact him by email at curtis@arizonafitnessbootcamp.com or by phone at 480-981-6877. To activate a free 1-week trial to his Phoenix or Scottsdale boot camp and experience the best boot camp personal training, please visit: <http://www.arizonafitnessbootcamp.com>.

Category	Weight loss
Tags	scottsdale, phoenix, bootcamp, bootcamps, boot, camp, camps, personal, Training, trainer, fat, weight, loss, abs, core
Email	Click to contact author
Phone	480-981-6877
Address	9540 E. Voltaire Drive
City/Town	Scottsdale
State/Province	Arizona
Zip	85260
Country	United States
Link	http://prlog.org/10178683



Scan this QR Code with your SmartPhone to-

- * Read this news online
- * Contact author
- * Bookmark or share online