

Get Shredded Obliques

Get shredded obliques. Having well defined, shredded obliques is the ultimate cap on a ripped torso and abs. They actually serve to frame the ab muscles by producing a waistline tapering effect by virtue of their fiber alignment.

What's up guys? Jeff Cavaliere, athleanx.com, with another athlean express video for you.

Get Shredded Obliques

Today showing you how to get those shredded obliques to start popping, to be gill-like, fish like in nature, right. There was where you see the lines coming down the side, here. It's actually not that hard. You gotta train them the right way. And you have to make sure that you're exposing them. They let you expose them. Guys, it's really simple. By eating well, your nutrition has to be in check. The only fish you're gonna look like if you don't have your nutrition in check is a Blowfish. And then ain't gonna look so impressive.

If you want to look like a fish, like a shark with gills coming down the side, you got to make sure that you're eating properly. And once that's in check, you know, make sure you train the right way.

You've Got Obliques, Now Get Shredded Obliques

So, the good news is you've all got obliques. You can't use the genetic excuse that says I don't have them. No, you've got them. We gotta get them to show. And when we do, you have to make sure you're trained on the right way.

Side Crunch to Get Shredded Obliques

I've got an exercise here for you that you've probably long

ago threw away. The side crunch. That's a great way to [train your obliques](#) with no equipment in any setting. Most of the guys like to train at home. You can do it right there in your house. But you have to do it the right way.

So that being said, here's the function of the oblique. We know that it actually flexes the spine, okay. But it also rotates to the opposite side so that when this oblique is contracting it's rotating to the opposite direction across the body.

Make the Right Movement

All right. So if we know that. you have to have some sort of a rotational component to your side crunch. Watch as I do this [side crunch exercise](#). What I want you to notice is the movement is way smaller than you may think it is. See, I'm really concentrating on the upper portion of the movement. I don't care if my elbow gets down to my hip. I see guys try to touch their elbow to their hip. Who cares about that? What you have to focus on here is, as I'm flexing, I'm trying to rotate a little bit towards you, towards the camera, in that opposite direction., to really get those obliques to be working. And again, I come down and do it slow.

You'll see the wrong version here. You probably see the guys doing this all the time. Or you might be doing it yourself, where you're focusing too much on getting your body up and off the floor, or getting that elbow towards the hip, or yanking on your neck, trying to think that you're covering and shortening that distance. What all you're really doing is giving yourself a neck ache.

Go From A to B the Right Way

All right. So the idea is keep the movement way up at the top, so when you're doing it you're right up here. You're right at the top. Just the top of you're really trying to contract the muscle. That you're trying to work, see, this is one of those

A to B situations that I always talk about. Anybody can get from point A to point B. It's whether or not you get from point A to point B the right way. That's the only thing that will ever matter because the muscle is all about tension. It's all about applying that tension in a direct place. And here, for the shredded obliques, you have to make sure you're doing it the right way.

Get the Point

So, hopefully, this quick little video has shown you the correct way to do it for shredded obliques. And most of all, it's reinforced to you guys the value of A to B. It's never about getting to point A, to point out, just hitting point B. It's about the journey and how you get there. If you don't get there through a quality contraction. Now I've gone on that journey.

In the first place, if you guys want a step-by-step journey to get you guys in the best shape of your life, then you have to head to athleanx.com. See how we train like an athlete. See where everything matters. Little things matter because when you do that the right way they add up and you start to see results a lot faster.

Head to athleanx.com right now and grab our 90-day training program. The meantime, if you found this quick tip helpful, make sure you leave a thumbs up and let me know what else you want me to tell you about. And I'll be glad to make videos about them. Alright guys, we'll be back here. Again real soon.

Why stop at shredded obliques? Build athletic, ripped muscle here

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