

# Fat To Fit Transformation for a Teen

Fat to fit transformation can be an amazing journey. But there are many false starts. You may think a pill is the answer. Perhaps knowledge is the answer. But, no. The journey takes effort and time.

There are many overweight doctors and nurses. Having a lot of medical knowledge will not make a fat to fit transformation in your life. According to a [recent survey](#) 4 out of 10 doctors are overweight and 23% are obese. Don't ever take weight management advice from an overweight doctor. They simply do not know how to make the fat to fit transformation.

Many people want a magic solution to their weight condition. For most people, this magic solution is a diet, weight loss pills, or a gym membership. The weight loss dietary supplement marketed is expected to [grow 6% a year](#) for the next decade. The fitness industry is expected to grow [2.6% a year](#) globally.

## Fat to Fit Transformation Turning Point

But, for people who do undergo a fat to fit transformation, there comes a defining moment, a turning point when they realize the true answer to becoming fit. It's a lifestyle change.

That lifestyle changes involves eating a more healthy diet – not going on a temporary diet. This means eating more real foods, cutting out manufactured foods many of the nutrients and fiber removed.

That lifestyle change involves exercise. Our parents and grandparents lived before the current obese generation. They worked hard. In this obese information age, work often involves sitting at a desk for nearly 8 hours a day. Exercise

is an optional extra we must choose.

Cardio and weight training exercises are important for our health and weight control. Cardio burns calories. And weight training builds muscle that raises our metabolism so we burn more calories every hour of the day.

The decision to change your lifestyle will be the turning point in your fat to fit transformation experience. Make your's today.

It will be hard work. But, your fat to fit transformation will be worth it.

3 Month [Fat to Fit Transformation!](#) |Jason Robinson 16 Years old|

Hello! My name is Jason Robinson and this is my 3 month body transformation! I started off at 170 lbs and grinder my way to 134lbs! I really worked hard on this project and I hope you guys enjoy the video!

Songs used

Time- Hans Zimmer Instrumental Core Remix

Lullabies- Yuna(Adventure Club)

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# Core Strengthening Exercises for Beginners

Core strengthening exercises for beginners shows how you can get a firmer, more toned midsection that helps you perform everyday functions without back pain.

Your abs (abdominal muscles) form only a part of your core. Situps and crunches work only some of the core muscles. Your core is, basically, everything that is not your arms and legs. The core muscles include muscles in the neck, chest, back, shoulders, abdominal muscles, and muscles in the hip area.

Your [core muscles](#) give your body power and stability and are involved in almost every movement of your body. Strong core muscles help practically every daily activity. Strong core muscles help prevent back injury and ensure good posture and good spinal alignment. Every time you bend down, turn to look around, pick something up, sit down or stand up, or even sit still, you're using your core muscles.

While most people want to show off their abs, the entire core is critical. Working all your core muscles, as well as arm and leg muscles, helps the body burn fat. And, for most people, burning fat in the midsection is essential to show off your abs.

Most people have a layer of fat that covers their abs. So, even if you have well developed abs, nobody can see them because they are hidden by a layer of fat. Many people say that you build your abs in the gym. But, you reveal them in the kitchen.

So, if you are just starting out you'll want to do core strengthening exercises for beginners. You also need to manage your diet to prevent you from adding to your fat layer. Your diet can also help you burn more fat. See our section about [how to lose belly fat](#).

## **Core Strengthening Exercises for Beginners**

The following 5 minute workout is designed to be a set of core strengthening exercises for beginners. It concentrates on abs. It consists of the following exercises:

1. Lying knee twist
2. Crunch to Opposite Knee
3. Planks
4. Alternating knee raises
5. Heal touches

This 5 minute routine will be over before you know it. Visit <http://hasfit.com/workouts/home/ab/easy-core-exercises/> for the workout's instructions, more videos, free meal plans, and other health tips. <http://hasfit.com> for the best free easy ab workouts, beginner ab workout, easy core exercises, beginner core exercises, easy abs workout, easy ab exercises, easy stomach exercises, beginner core workout, and easy abdominal exercises.

Download the HASfit app:

Android <http://goo.gl/q1rpi0> – iPhone <http://goo.gl/6N3gfS>

We hope you enjoyed these core strengthening exercises for beginners. Look for more exercises to [develop your core and abs](#) to strengthen your core muscles.

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## **Hack to 6-Pack Abs: Cardio, Weight, Diet**

**Here is the hack to 6-pack abs. Everybody wants abs, but few people know how to get abs.**

The fact is you can just crunch your way to abs. You can't just do cardio to see your abs. You can't go on a diet to limit your calories to get abs. And don't rely on fat loss pills as the ultimate solution.

No, the hack to 6-pack abs involves a combination of tactics

that work together to develop and display your abs. Here are the keys to that combination.

If you clicked on this video you are one step closer to getting those shredded ABS: six-pack ABS, 4 pack abs, 8 pack abs. Whatever pack that you're looking for. I'm going to show you how to get them.

## **Hack to 6-Pack Abs**

Now there's four simple things that I want you to avoid if you want to be successful at this.

1. You need to avoid those infomercial commercials that tell you to go out and purchase a \$300 AB machine.
2. You need to avoid starvation diets which are the diets that require you to eat nothing.
3. You need to avoid fat loss pills. You'll find them everywhere.
4. And you also need to avoid doing a thousand crunches.

Now I know a lot of you are wondering, why do certain people have 8 pack abs, and why do some people want to have 4 pack abs? The answer to it is genetics. Some people are genetically gifted and are able to develop those 8 pack abs, or able to develop six pack abs, and 4 pack abs. Genetics also determines the alignment of your abs. You might not have six boxes equally lined up. Some people aren't like that. Some people might have alternating abs. Got a box right here, box right here. Some other than that.

It's all about genetics. So go ahead go talk to your parents. Thank them for whatever abs that you come up with. But it's all based off of them, your genetics.

## **Hack to 6-Pack Abs: Ab Exercises**

Now when I said earlier, I say to avoid a thousand crunches.

It's okay to do crunches here and there. But, what I really mean is, crunches is not the best exercise to develop a good abdominal appearance. You want to hit the obliques. You want to hit the lower abs and the upper abs.

Now, for the upper abs. Instead of doing rather crunches, why don't you jump on the cables and do some cable crunches? Also, for the lower abs, try some hanging leg raises. And for the obliques, why don't you try Russian twist.

Go to Google. You can research all type of abdominal exercises other than the crunch. Don't make the crunch your main abdominal exercise.

## **Hack to 6-Pack Abs: Clean Diet**



Fix Your Diet

Fix your diet. If you want abs, you gotta fix your diet. Abs will be determined off of what you eat. A good portion of how abs are developed is how you eat.

You will hear a lot of people say, "Abs are made in the kitchen." Now, they aren't really saying you go in the kitchen you make some ABS. What they're saying is abs are playing off what you eat. If you that nice cleaning diet, those ABS will eventually show, mainly because your body fat percentage will continue to drop.

You will lose some weight, and that's all about what you do the kitchen. You can't stuff your face with fast food seven days a week and expect to see ABS, you got to have a clean diet. You got to clean it up.

## **Abs are Revealed in the Kitchen**

This is how I like to put it. **Abs are made in the gym, but abs are revealed in the kitchen.** So you go to the gym. You work on your abdominal exercises. And you make those ABS strong. You make those ABS pop.

But in order to make those abs visible, you have to [eat right](#). You got to get in that kitchen and reveal them. Everybody has a 6-pack. Everybody may not have a 6-pack. But everybody has some kind of pack: four, six, or eight. And that's underneath all that domino effect. So you got to get rid of that fat. So doing a thousand crunches is only gonna make those abs strong underneath all that fat. But you got to remove the fat in order to see it, to see those abs. Therefore, you gotta clean up your diet.

## **Count Macronutrients**

My approach is counting my macros. Macros, meaning you have to have a certain amount of fat, certain amount of carbs, and a certain amount of protein. And that to me is the best way to get those abs to show.

Track what you eat. Track what you're putting in your body. If you don't track what you need, nine times out of ten you'll be eating too much of something. It's never really too much of protein. But, it can't be too less of protein. It is normally, for most people with too much fat and too many carbs. They don't realize it. But if you just sit back, track one day of what you eat regularly, you'll probably notice a lot of fat that you intake from the food that you eat. And the most good foods, the foods that we all love, contain a lot of carbs and a lot of fat.

## **Watch Out for Carbs and Fats**

To me, those are the two main macronutrients that affect your leanness. You affect your body fat. So you need to track how

many carbs you take intake. You track how much fat you're intaking. Most people don't need to go beyond 60 grams of fat. And there's a lot of people who can consume 400 or 500 carbs a day and be lean as crap. But hey, that's back to those genetics. Everybody is different. Everybody's body is different.

So you can't base your life off of what somebody else does. You may only be able to take in 100. But now I'm talking about macros. I'm gonna say that for another video. I'm mainly talking about abs, and in order to reveal those abs you need to start tracking what you eat.

## Hack to 6-Pack Abs: Cardio to Burn Fat



[Cardio is important](#) if you're trying to lower that body fat. That's just my opinion. And when I state cardio, I'm not saying on the treadmill 2 or 3 hours a day. The cardio I'm speaking up as high intensity cardio. High intensity cardio is a good way to burn fat. And it's a good way to get lean. So those ads are going to eventually show from doing that high intensity cardio. And you can do high intensity cardio three to four times a week. Maybe even 2 to 3 depending on your body, depending on how you feel. But eventually those abs will show from their high intensity cardio.

Now, you're probably watching this video, like who is this guy? This guy doesn't know anything about abs and eating and fitness and all that crap.

I actually know a great deal of it. And I've actually experienced the bad end and the good end. And that's why I'm able to tell you how to do it, give you a better way of how to do it, versus doing what I did to make those mistakes.

If you see this picture right here, this is me, probably two to three years ago, give or take nothing but cardio. I put the weights down, I said you know what, to get this I need these ABS to show, man. I need these ABS. I'm gonna bust out two or three hours of cardio every single day. And this is where I did a high intensity cardio, low intensity cardio. I was on an elliptical for hour.

## **Don't Do it Wrong**

I was doing high intensity cardio. I was jumping in that sauna. I was determined to get those after-show. And I heard cardio was the way to go. Guys, that's wrong. I'm in, as you see, I was frail as hell and had no ABS. My diet wasn't on point. I thought it was. I was eating nothing but tuna and yogurt. That was wrong. And I got no benefits from it.

I came home from school and my sister thought I was on drugs because I was so skinny. Terrible, terrible, terrible. Not the way to do it. Please do not follow my footsteps. I recommend you to pick the weights up, do cardio. Don't do too much cardio. But do enough cardio. And you can do three days a week doing some cardio. But lifting weights is key. Abs are your core. This is ABS core. All your core you got to strengthen your core. You got to get your core strong. And weight lifting is how you get your core strong. You got to deadlift; you got your overhead pressing; you got your squats; you got your bench.

There's a lot of exercises, big lifts, like that, power lifting. Basically, that will help you strengthen up that core. Then you have a lot of core exercises, as well. So I advise you to Google them. Look into it. But they will all help build up your core. You will see a lot of body builders, they don't even have, they don't even work there abdominal muscles because they they work the core so hard with those strong movements that it develops itself. Basically, I know, I don't know if that made sense.

Lifting weights helps you to develop those abs, so do a certain amount of cardio. Make sure you always hit in the weights. And make sure you clean your diet. That's three main things right there.

## **Hack to 6-Pack Abs**

Let me repeat this hack to 6-pack abs: cardio, weight training, and diet. And by diet I mean counting those macros.

This is me doing prep. Me doing prep, shredded, looking good. I wasn't feeling too good only because I wasn't tracking macros. I was definitely one all bro diet. And I was eating nothing but fish, chicken, asparagus, green beans, stuff like that. I mean, that's all go foods, all good bro foods you got to get him in. And I had a clean diet. And that's why I was so shredded. But I didn't feel that good.

## **Personal Example**

This is me, not too long, a little, probably a few weeks ago, counting macros, doing minimum cardio. Still was throwing in cardio about two times a week. Six times a week I was on those weights, lifting heavy. Keep doing a strength. And as you clicked on this video you thought it was real secret to it. But the secret was clean diet, cardio, and weight training. That's the secret to abs. And that's the only way you will get those abs.

That about wraps up this video. I hope this was helpful. Remember, those three keys to six-pack ABS: cardio, weight training, and diet. Count your macros, lift some heavy weight, and do some high intensity cardio. You will have shredded ABS. You will have a four pack, six pack, or eight pack. What, it's all up to you.

Hope this hack to 6-pack abs was helpful. Like this video. Comment on this video. Subscribe to this channel. I will give you more tips. And share this video. Tell your friends, let

them know how to get some abs. Everybody wants abs. Let's be honest but not all of us know how. Thank you for watching. More to come soon.

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## **Fat to Fit Transformation – 6 Months Body Transformation**

**Fat to fit transformation that will inspire you to make changes in your life. If you don't decide right now to change, maybe you never will.**

Going from fat to fit requires more than eating right and working out. It take commitment. After many years of gaining weight, losing confidence in yourself, being embarrassed by what you see, and reducing your quality of life, it's hard to make a commitment to better health.

Look in the mirror. You may be shocked by what you see. You body fat percentage may show that you are 30, 40, or even 50% fat. When you are overweight, you'll have an increased risk for many different medical conditions including type 2 diabetes, high blood pressure, cardiovascular disease, some cancers, osteoarthritis, fatty liver disease, sleep apnea, as well as kidney disease. You may be on several [prescription medicines](#) because of your excess weight.

And, when you are fit, you'll have more energy to do the things you really want to do when you are fit. You'll also have much less concern about all the consequences of being fat.

## **Fat to Fit Transformation takes Determination**

Your determination to make the transition from fat to fit may come from fear of the many unhealthy consequences of being fat. Or, your determination to go from fat to fit may come from the desire for the rewards of having a fit body.

There is no magic pill or potion to transform you from fat to fit. You have to decide to stop sitting around eating junk food and start training. Face your fears about your dismal health future and make a decision to make an [inspiring fat to fit transformation](#) you know you need.

Isn't it time for you to make the fat to fit transformation in your own life?

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# Muscle Recovery After Workout Builds Strong Muscles

Muscle Recovery After Workout is essential for building well defined muscles, including your abs. Muscle recovery and repair builds muscle tissue.

Even though you stressed your muscles to the point of failure, you didn't build an ounce of muscle tissue. In fact, your muscles were damaged by your intense workout. What you need now is recovery time. That's time to repair and rebuild your muscles so they will be stronger and larger. Then, they will be ready for your next workout.

Post workout recovery time is just as important as pumping iron during your workout. Time, rest, and nutrition are what your body needs after a strength training workout to build muscle tissue.

Whether you're lifting weights, playing a sport, or training with your bodyweight, the working out portion of the process is very important to develop your muscles and to increase your strength. There really is no other method quite as effective as exercising to achieve your physical goals.

However, most people don't fully understand and appreciate just how important [muscle recovery after a workout](#) is in this process. So, in this video I'm going to go over the importance of recovery: how long you should recover for, and how you can speed up your recovery.

# Muscle Recovery After Workout is Important

Let's start by talking about one of the most major reasons why recovery is so important. When you work out, whether you're lifting weights, playing soccer, or doing push-ups, you're going to break down muscle tissue in the process. This might sound like a bad thing, but it's actually totally OK. We're not talking about full-out muscle tears, but instead tiny little [microscopic tears in the muscle](#). These tears are what will end up leading to an increase in our muscle size, strength, and functionality.

However, the tears themselves are not what leads to all these improvements. In fact, a worn out, beaten up muscle is usually less capable than it would be if it was fully healed. So, the critical time for growing and strengthening your muscles is when you're out of the gym resting, not during your workout.

## Micro Tears Must be Repaired

When you recover from a workout, it takes some time to repair all those microscopic tears. Exactly how much time varies from person to person. And it's also dependent on how intense your workout was. For example, in a low intensity workout such as jogging at a steady pace, you're not going to need quite as long to recover. And some people can be ready to go for another run within 24 hours. On the other hand, if you do a powerlifting workout, it could take you anywhere from 72 hours all the way to a full week to recover, especially from heavy exercises involving large muscle groups like squats.

In general, when using weights, it's recommended that you take at least 48 hours off before working the same muscle group again. So you can go and workout the next day, but just try to work on a different muscle group.

## Muscle Recovery After Workout Depends on Style of Workout



Another factor that influences how long it takes to recover is the style of the workout. Does the workout involve a lot of eccentric lifting where you're slowing the weight down, or is it mostly concentric where you're accelerating the weight? If you're doing mostly concentric exercises where you drop the weight, such as Olympic lifters or many CrossFitters, then recovery is faster. Bodybuilders and power lifters would be categorized as doing more of eccentric lifts. So they may take longer to recover.

## Muscle Recovery After Workout Depends on Age

And the last factor that affects recovery time is age. If you're older, you're going to have a tougher time recovering than if you're younger. And you may need more time off.

Keep in mind that regardless of your age, your muscles aren't the only thing that need time to recover. Your connective tissues, such as tendons and ligaments, need time to recover as well. The thing about tendons and ligaments is that you may not even feel sore. But that doesn't mean that they are fully recovered. Especially because tendons and ligaments receive less blood than the muscles. So it takes them a lot longer to fully repair. Therefore, do not base whether you need time to recover or not only on the soreness because it's not the best indicator.

## Central Nervous Systems Needs Recovery

It's important to also realize that when you're training

intensely, you have to worry about your nervous system recovering as well. If you do an extremely intense leg workout and then the next day do an extremely intense [upper body workout](#), you may not be at your best for your second workout even though you are working different muscles. Doing a high intensity workout will take a toll on your nervous system. Chances are high that it won't be ready to go all out for another intense workout the next day.

Your CNS, your central nervous system, is responsible for generating muscular contractions in all types of training. So when you stack workout upon workout, eventually it can tire you out. To help your central nervous system fully recover it may be a good idea to not only take a day off between working the same muscle groups again, but instead to just take a full day off or even two. Or maybe just in general, a week. This will allow your body to fully recover.

I've been surprised so many times when I would take a few days off of working out and come back even stronger. This definitely had to do with my nervous system finally being allowed to fully recover.

## **Mental Recovery**

Another factor that could require you to take time off to rest and recover is the mental aspect of training. A lot of times when we work out day after day and week after week, we get into a rut and just go through the motions. This prevents us from going a hundred percent during our workouts. Taking a day or two or even a whole week off, like I said earlier, can sometimes be very beneficial. It'll give you a chance not only heal your body, but to also regroup and refocus on your goal.

You may be wondering how can you speed up your recovery time.

# Speeding Up Muscle Recovery After Workout

Number one, get enough sleep. Sleeping is when you're completely inactive and it's when your body will heal the most.

Another thing that will make a huge difference in the speed of your recovery is your nutrition. If you break down a muscle, you'll have to take in the proper nutrients to rebuild that muscle. Green veggies, fish, and nuts are just some of the foods that have an anti-inflammatory component to them that can help you heal and recover faster.

Obviously, also make sure that you're taking in enough protein as well because protein is made up of amino acids which are used to help repair your broken down muscle tissues. You can even take BCAA's or branched chain amino acids before and after your workout to help speed up your recovery even more.

That's it guys. I really hope that you enjoyed this video. If you enjoyed this video make sure that you subscribe to this channel. And also leave this video a big thumbs up and comment down below.

FREE                      6                      Week                      Challenge:  
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## How Long Does It Take To

# Build Muscle?

**How long does it take to build muscle? Been working out but not seeing results? Here are the key elements to faster muscle building.** The fact is, there are several important factors that determine how long it takes to build muscle mass. Response to resistance exercises is different in men and women, for example, due to body size, composition and hormones.

This video helps explain how to build muscle through strength training so you get the muscle mass you are seeking.

Hey there. My name is Dr. Anthony Balduzzi and I'm the founder here at the Fit Father Project. And in this video we're going to cover an extremely important topic: [how long does it take to build muscle?](#) And as guys, when we're looking to start putting on some muscle with our training and our diet, we want to know how quickly we can actually see gains and what we can expect in terms of the muscle gains.

In this video we're going to cover everything. Particularly we going to cover four factors that dictate how fast your body should build muscle.

## How Long Does it Take to Build Muscle When You Are Older?

Now first off, why should you even listen to me? Well, I'm a men's health doctor with over ten years of experience helping busy guys in their 40s, 50s, and 60s lose fat and pack on mass. But more importantly for this topic, I'm a national champion bodybuilder and here's a picture of me at my best. And you can see that I have some experience when it comes to muscle building. So I can give you a really good idea of what you can expect when you start in your training.

In this video we'll dive on in. I'm going to teach you exactly what you need to know and cover some of the training supplementation, nutrition principles as well. Let's dive on in.

Alright. There are a few factors that dictate how fast your body can put on muscle. The first one is something that we like to call your **training age**. That's how long you have been lifting weights. Because that's one of the biggest variables that determines how fast your body can pack on size. Because if you haven't trained before, you get something that we call newbie games where your body has an ability to put on a lot of muscle really fast. And, as you've trained for more years that muscle mass plateaus, and your body is getting closer to its genetic potential of how much muscle mass you can have. So the more years you train the slower the muscle building progress will be each subsequent year, as a rule of thumb.

## **How Long Does it Take to Build Muscle When You Are Starting Out?**

In your [first year of training](#), it's possible to put on 20 to 25 pounds of muscle. In your second year of training it's possible to put on roughly 10 to 12 pounds of muscle. And your third year, in your fourth year, that goes down to roughly five or two and a half pounds of muscle a year.

Now I need you to know first off, 10 – let's just say 25 pounds of muscle, your first year is a ton of muscle. If we take a guy who's frame is, you know, let's say 175 pounds, and we get them to 200 pounds with 25 pounds of muscle, that is a dramatically different guy. 20 pounds of muscle will change your entire look. Even five pounds of muscle.

Here's an image right here of a five pound muscle difference. You can see if five pounds of muscle is a lot. So for you, if you're starting out in your first or second year of training, you can expect that you can put on, I say, around you know,

let's say, two and a half to three pounds of good weight every single month.

If you find that you're putting on more weight than that, you're probably gaining fat because there's actually a genetic limit on how much muscle we can put on. So training age is the first thing.

## **How Long Does it Take to Build Muscle When You Have Bad Genetics?**

The second thing we need to talk about is genetics. You and I have different genetics. There are some guys that have better muscle building genetics and others, that's just the hand that we were dealt, based on our parents and our families we need to understand that most of the guys fall in the middle of this muscle building bell curve. They're not genetically blessed, but they're not genetically cursed. So those figures that I gave you before on how much muscle you can expect per year based on training probably fit you.

And of course, there are the genetic freaks. Those are the competitive, national champion bodybuilder kind of guys that can just put on muscle by looking at weights. For you and me, that's probably not us. We fall more in the middle.

So genetics also plays a really good part. And if you're a guy who has premium genetics you're probably not watching this video. You're probably not looking about how to put on muscle. So for you, because you're watching this and you're curious about what you can expect, you're probably in the middle of that curve.

So we need to really optimize your training, your nutrition, your recovery. We're going to talk about in a little bit.

# How Long Does it Take to Build Muscle When You Use Supplements?

To make sure you're building muscle as quickly as possible, the third thing is supplementation. What supplements are you taking? And the first thing I want to say here is I'm not talking about just the baseline good supplements that we're going to cover: things like creatine, protein, pre-workout, stuff like that. I'm talking about the dark side of supplements like steroids, pro hormones, and stuff like that. Because those have a humongous impact on your ability to put on muscle.

Now I absolutely do not recommend you go that route. I'm just telling you if anyone says that they're putting on more muscle than that rate, and we kind of talked about earlier, that natural gaining rate, it's probably because they either have premium genetics, but much more likely, they may be using something that's dramatically altering their hormone levels. Because the actual research shows the guys that take testosterone, steroids, you know, testosterone through injection, can put on more muscle than a guy who's lifting naturally even if they don't lift weights. It's just a fact.

No matter. Hormones have a humongous impact on our ability to put on muscle. If we're taking a lot of testosterone like steroids, you're going to build muscle a lot faster than if you're doing it naturally. But also know this, that those gains that come from steroids. They stick around as long as yours continue taking those substances. When you stop and you come off, you come back down the natural rate. So this is why we recommend that you get your hormone levels optimized naturally. But you continue to make stepwise progress. You don't need that other kind of steroid stuff because that's like your physique really increases and then it drops and you come off.

I'd rather see you do that slow, steady build in your muscle building progress by doing this naturally, safely in the healthy way.

## **Other Factors Affecting Muscle Building**

Now the other thing is how good is your training, your nutrition, your sleeping, your recovery? Because we talked about training age, which is obviously important. And those figures I gave you in terms of how fast you can build muscle are based on if you're training, eating, sleeping right. So let's talk about this a little bit.

When it comes to muscle building training, one of the most important things that you need to be doing, the best compound exercises. Things like squat, bench, deadlift, pull-ups, rows, like the real core muscle building movements. And you need to get stronger at those. Doing those consistently in a proven program is absolutely essential for your progress. And if you'd like to get some Pro form tips on those main compound movements, particularly the five best muscle building exercises, especially if your guy over 40 or 50, I recommend you check out our 5 muscle building exercises video 100% free.

Learn more in the video.

Check out our Old School Muscle program overview → <http://bit.ly/2rTwA9E>

See our 5 Best Muscle Building Exercises → <http://bit.ly/2sdTs2T>

Get your free 1-Day meal plan here → <http://bit.ly/2oX1wYv>

For more great workout, fat loss, and muscle building tips for busy fathers, visit our blog here: <http://fitfatherproject.com>

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# Killer Core Workout to Get Those Flat Abs

Killer core workout to get those flat abs to look tight, to look great this summer., This is the workout you got to do at least twice a week.

Your core muscles comprise a complex of muscles that go well beyond your abs. This complex includes muscles in the pelvis, diaphragm, back, hips as well as your abs. You will develop strength and improve stability with this killer core workout.

Now we're gonna do some killer [core](#) workouts. We're gonna do 30 seconds on with the 10-second break. So you get a little bit of time and transition to take a quick breather in between. And let's go.

## Killer Core Workout: V-up

All right. We're gonna start off doing V-ups. All right. You ready? And go. Good. You can see here, his legs are completely flat they're parallel with the ground. The thing you want to keep in mind as you're doing these, you want to keep your lower back, as you come up, pressed against the ground. A lot of times you'll want to kind of arch. You don't want to do that. To protect your lower back, to engage more of your core, you want to make sure that your lower back is pressed on the ground as you come up. Good. And rather than crunching forward, it's almost like you're trying to bring your nose and your head to the ceiling as you come up. Raising the shoulder blades. And rest. Good.

## Killer Core Workout: Plank

Alright we're holding. Into a plank next. Let's take these ten seconds to flip around. Get into place. We're starting in two,

one, and go. Good. Now the thing you want to keep in mind here, you want to keep your abs lifted. See here. He's got a nice straight line. You don't want your butt to be too far up in the air, making a peak like this. You want it to be nice and flat. But also you wanna remember you don't want to let your lower back sag here. That even might be deceptive. It might look like a straight line but your abs aren't engaged. You want to keep it, hold it nice and tight, like this. Squeeze your abs as hard as you can. You're almost there. We got three, two, one. Take a breather. Awesome job. Great.

It's great to even kind of work up in time. Start with 20 seconds, 30 seconds. Continue to work up in time. Keep working on a plank. Alright.

## **Killer Core Workout: Bicycles**

And go. We're gonna do bicycles next. It's a classic exercise. Good. The thing you want to keep in mind here is that you're coming up, it's not just a turning of your head. You really want to turn and bring those shoulder blades up to the opposite side with you. You're really gonna work your obliques. They're tearing up your entire core. This is targeting your lower and upper abs. This is a great exercise if your lower back starts to hurt, bring your legs a little bit higher up. It'll help support your lower back. Ready, and rest. Good. That was 30 seconds. Another 10 second breather.

## **Killer Core Workout: Side Plank**

Next you're gonna be going into a side plank. So, similar to a plank except we're gonna do it on your side. Watch Dr. Josh here as he gets into position. And go. Now, here's the option: you can go from your hand like this. But, if your wrist is starting to hurt, feel free to drop to your arm, and go on your elbow. Good. And another thing, so you can stack your feet like this, or you can put feet side by side. That all should give you a little bit more support. Keep your legs

straight though for balance. Good. Keep your hips nice and lifted as high as you can. Very good. Keep squeezing. You're almost there. And rest.

Here we got another ten-second breather.

We're gonna flip on the opposite side and do the exact same thing. All right. We're starting in two, one, and go. Good. Now another thing here, you want to make sure your hips are completely stepped. You don't want one hip to be too forward or another one to be too far back. Completely up and stack. Like this. Good.

Now if this is getting a little bit easy for you, you can add in a little hip lift. So, hip up and down. Adding a little lifts Dr. Josh with your hips, up and down. Good. There you go. This will actually engage your obliques even more, cutting those side cuts in your abs that you're always looking for. And rest. Awesome job.

## **Killer Core Workout: Suitcases**

All right. Last but not least. We're gonna go into suitcases. One of our favorite exercise, especially for those lower abdominals. It's hard to reach belly fat. And go. Good. Now, the key here is you really want to use your abs. You don't want to lose momentum or use the momentum to pull your abs up. Use your abs. Really engage your core. The lift. And it's not a matter of, you see, Dr. Josh here. He's not moving his lower legs, is that you see his knees, his entire leg, it's like it's one whole body part that he's moving. Just from those abs curling and get entire way up. He's lifting that shoulder blades off the ground every single time, meeting in the middle. Great form. And rest. That was 30 seconds. Take a 10-second break. You can do this as many rounds as you can. Go for a great burnout. There's a great killer [core workout](#). Highly recommend you do this a couple times a week. Who's been Dr. Josh and Dr. Chelse. enjoy yourself, have a good one.

For more info:  
[https://draxe.com/how-to-strengthen-your-core/?utm\\_campaign=Youtube-Jun-2014&utm\\_medium=social&utm\\_source=youtube&utm\\_term=strengthen-core](https://draxe.com/how-to-strengthen-your-core/?utm_campaign=Youtube-Jun-2014&utm_medium=social&utm_source=youtube&utm_term=strengthen-core)

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# Upper Abs Workout to Make Them Pop Out

**Upper abs workout to get them really big and make your abs pop out.**

Hey everybody. How y'all doing? Peter Carvell here. Today I'm going to start a little workout series where we're going to focus on working out just one area of your abdominal wall. So, either your upper abs, your lower abs, or your side abs. And the reason for doing this is that I've used this exact workout model when I did my body transformation. And it was extremely effective.

So, for example, on a Monday I would do my upper abs workout; and a Tuesday my lower abs workout; and on Wednesday my side abs workout. On the fourth day we'll move back to your upper abs. The reason for this is when you focus just on one specific abdominal area you can really hammer it. Which means more stimulation. Which means more growth.

## Warm Up First

Now today, we're going to focus on the [upper abs](#) workout. So let's have a look at this workout. Now when I do these kind of workouts I always like to start off with a warm-up ab

exercise. That would normally warm up the upper and the lower abs and sometimes even the side abs. And the reason for that is you'll always work some kind of percentage of your upper or lower side abs when you're just working the other specific area. So for this I'd normally use something like jackknife or double crunch. Today we're just going to do a nice little bent knee jackknives. Basically, and with this make sure you just do as many as you can and until you're nice and warmed up.

So nice. We're just going to go from here. Really. Just do as many as you can. Get your abdominal wall nice and warmed up. Okay.

So when you're done up the warm-up we're going to move straight into the first exercise. And with all these exercises you're just starting out trying to do at least 15 reps. But after a week or two, you want to get to doing as many reps as you can and working it to failure.

## **Upper Abs Workout – Crunch With Weight**

So the first exercise is basically a normal crunch with the weight above your head. Got about 7 kgs here. Just take the [weight](#) above your head, bend your knees, and then you just bring it up nice and easy. All the way back. Bring it up. Make sure when you get to the top you crunch it. And then down. It's really gonna work those upper abs. This doesn't have to happen fast. It's all about controlled movements. You'll see I reach. Focus on squeezing my upper abs. You don't want to do this sort of thing. You know that's all cool, but there's no form, there's no shape. And you're not focusing on concentrating on your abdominals. So nice and controlled. Squeeze it. And back. You're done with that.

## **Upper Abs Workout – Ball Roll Out**

The next upper abs workout exercise we're going to look at is the ball roll out. So you grab your ball. Make sure you go

nice and far back. Put your elbows on it and then you just roll it out and come back. If it's too close to you, you're going to start doing this, and then your upper body touches already. So you're not working on anything. So make sure it's nice in front of you. The last thing you want to touch is just your elbows. Roll over it, and come back. Also nice and controlled, and come back. Make sure when you get to the front you don't go and do this [let your back sag]. Then you're just going to injure your back. So keep your shape. Keep your posture. Move forward; bring it back. After that first exercise when you do this, it is really getting into those upper abs.

## **Upper Abs Workout – Butterfly Crunch**

Now then the final exercise is going to be a butterfly crunch. And here I want you to use a weight again. I really want you to up the intensity. Up the ribs and really pump out as many as you can. So we can now focus on different muscle fibers. That's the main thing about doing this kind of workout. It's about working all the kinds of muscle fibers so you can stimulate them all. So you get better growth, quicker. So a butterfly crunches basically you open up your legs like this. We're gonna take the weight, again when the whole eat in front of me. And now I really want you to just pump out as many as you can. Just to finish off this workout.

## **Workout to Failure**

And that's the full workout. You're going to feel your abs because I can feel mine already. Before I let you go I just quickly want to tell you about the structure of how to do this workout most effectively. Gonna be a little bit different than anything else we've done before. Move this one.

You start up the first exercise. You do it to failure, or if you're just starting out you do 15 reps. Then you give yourself 30 seconds break. And you do the same exercise again.

You do 3 or 4 sets like that. So you focus on the same exercise 3 or 4 times. Then you give yourself 30 seconds break. And then you move on to the second exercise. You repeat it three or four times and then you move on to a final exercise.

## **Focus on Your Upper Abs**

The reason for this is we really want to focus on one specific exercise and what that exercise does for our abs. And that's it. You're really going to enjoy this kind of workouts. And it really makes it easier. So you know to focus on your whole abdominal area can become quite a long workout if you have to do that. Until next time. Enjoy.

<http://www.sixpackfactory.com> brings you another powerful abs workout..

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# **Body Fat Percentage Pictures – 10% Body Fat Pictures**

**Body fat percentage pictures help motivate you to reach your goal. See what 10% body fat really looks like.**

Today we're going to be discussing [body fat percentages](#) pictures and look at realistic examples with different people including Conor McGregor, Steve Cook, Jeff Nippard, and many more, including, of course, yours truly. To make this as realistic as possible, I've only chosen people who have documented that body class percentages using its DEXA Scan which is supposed to be the most accurate method out there.

So what [DEXA scan](#) does it uses x-ray consisting of two different beams where as a higher energy which gets absorbed

by bones and soft tissue and the lower intensity one gets only absorbed by soft tissue, which means muscle and fat.

So before we start, again don't forget to click the notification bell next to the subscribe button, and also put the subscribe button to keep up with all of my videos that are coming. Still do that you will not regret it.

## **Body Fat Percentage Pictures 7% Body Fat**

So, the first on the list is going to be Conor McGregor. Love this guy. He's an Irish MMA fighter and he looked like this at the time of the DEXA scan. And as you can see, he doesn't look lean. He does look very very athletic. So Conor actually came to 7% body fat, which is extremely lean. And I would have guessed, like 10 percent by that. But apparently I'm wrong.

## **Body Fat Percentage Pictures 6.2% Body Fat**

Now let's talk about one of the most shredded people that I've ever seen. His name is Alberto Nunez and he took a DEXA Scan recently. This is a closest that you can possibly look to a Dragonball Z character. I threw that in there just to prove that Goku is in fact Mady. So before the DEXA Scan he did a little bit of a posing update to show people how he looks like. And this guy is insane. He looks like a human roadmap. He's got veins absolutely everywhere. Even his ass looks like a washboard. So Conor McGregor with 7% body fat; this guy must be like zero point five percent. Right? Wrong. He actually came to six point two percent body fat.

Apparently he's only got zero point 8 percent less body fat and Conor McGregor which is crazy when you look at the visual comparison. The difference is astonishing. But anyways. let's look at more examples.

## **Body Fat Percentage Pictures 5.7% Body Fat**

Next up is Mischa Janiec, the vegan bodybuilder and considered by many to have one of the best physiques on YouTube. We have the 5.7 huh? Yeah, crazy. He got 5.7 percent body fat. And this footage is shown after the DEXA scan. He is obviously in fantastic shape, very, very lean. But when you compare Mischa to Alberto you would have guessed that Alberto is actually leaner. And also there are other things that we can't really know, like lighting and pump. So let's just accept these results for now.

## **Body Fat Percentage Pictures 5.8% Body Fat**

So next up is going to be Rob Lipset, fellow Youtuber from Ireland. This guy has a really great physique. So what were his results? "I came in at five point eight percent body fat." I mean Rob has a fantastic physique, but he scored lower than Alberto Nunez and the same as Mischa. And Rob actually said that he thinks that he is actually higher than when he tested which I agree with. "I would give myself personally about 8%."

He took a picture of himself shirtless that day, and posted to Instagram with of course half night lighting and probably a little sneaky increase in contrast. Yes, we're all guilty of that. But this is really crazy because DEXA is supposed to be the most accurate, you know, test out there. And compare Rob with Mischa and Alberto. You can clearly see that they are not the same. But a percentage. And since both Robinson and Conor McGregor are from Ireland I'm starting to think that these machines are kind of racist and favor the Irish more than everyone else.

## **Body Fat Percentage Pictures 11.5% Body Fat**

Next up is Steve Cook, professional men's physique competitor. And he got a DEXA scan in his offseason. Steve Cook looks extremely shredded most of the time. So I'm surprised he took a DEXA scan when he was in the offseason. And his result came to at 11.5%. And fortunately, like many other physique competitors and bodybuilders, it's very hard to find footage of them shirtless when they're not stage ready.

Come on guys, it's okay. It's fine to show some love-handle action sometimes. Anyways I did my detective work and I managed to find a picture of him, or two pictures actually, from the same week of the DEXA scan. And these two are it. Obviously going to choose the best angles and lighting, but yeah, As you can see at 11.5% body fat he still maintains visible abs and vascular arms.

## **Body Fat Percentage Pictures 10.8% Body Fat**

Okay guys, get ready. Jaime Alderton is our next case study. He actually did two with DEXA scans. One before in before his contest prep and one right before his contest, I believe. As you can see here on the left, he tested at fifteen percent body fat. Another, right, you can see the end result after all his hard work. He got an astonishing low level of ten point eight percent body fat. So you're telling me that Jamie Alderton is 11 percent body fat. But look at the pictures that he took when he was contest ready. He looks absolutely insane, extremely dry, deep cuts. This does not make any sense.

## **Body Fat Percentage Pictures 8.2% Body**

## **Fat**

Another fellow Youtuber his, name is Jeff Nippard. As you can see he has a very full, complete looking physique. And as you can see here in the footage, taken the same day of the test, he is definitely carrying more fat than some of the other examples that I've shown. But nevertheless, he took the test and it came to a 8.4 which is a lot leaner than I expected it to be.. To me 8.2% seems a little bit low for him, especially when you're comparing him to Jaime Alderton.

## **Body Fat Percentage Pictures 8.1% Body Fat**

Next up Kinobody is another Youtuber that did a DEXA scan recently. And he is in great shape. But as you can see in this footage, I would have guessed him to 12% body fat to be honest. So let's see what I got. "it's an amazing eight point one." "Eight point one percent. Eight point one. WOW! That's great." So this is another example that does not make sense because he is clearly not leaner than Jamie Alderton with a score 3 percent lower.

## **Body Fat Percentage Pictures 17% Body Fat**

So it's now the moment that you've been waiting for. My turn to do the DEXA scan. I've never a DEXA scan before. This is my first time. So as you can see I just did a little physique update right after I did a huge burger challenge. So I was a little bit loaded, but you can see more or less how I'm looking before getting scanned. I would have guessed that I'm about fourteen percent body fat. Okay, you guys. Ready? Drum roll. Total body, seventeen percent. Yeah. Okay. It's not okay. Apparently I'm as bad as this G. So after crying a little bit in the bathroom for a few minutes, I came to the conclusion that my muscles are actually not muscles. They are a cluster of hardened fat that look like muscles, but they're

not.

I have a higher body fat percentage than Jamie Alderton before he started his prep. And, also, I am about 10% higher and by effect compared to Kinobody. As you can see right here. I guess I'll be showing my new raw broccoli diet today.

## **Body Fat Percentage Pictures 3.9% Body Fat**

To finish off, we have a very good example. we have Durianrider who is a part-time cyclist. And did a DEXA scan as well. "A lean 3.9 percent." Okay. What is going on here? This doesn't make any sense at all. If he was actually three point nine percent body fat, he will be on the verge of dying. So even if the DEXA scan is the most accurate way to measure body fat, it obviously has some flaws.

## **How Accurate Are DEXA Scans?**

So I was doing some research. I found out that there are three main manufacturers for the DEXA equipment. Depending on where the machine comes from, it may give use different results. And even the same machine that you use may give different results depending on a lot of different factors. A study, for example, shows that one of the most common reasons for the DEXA scan errors is the fat free mass hydration levels. It shows that even a 5% variation in fat free mass hydration can cause a difference of the 3% in body fat results.

So apparently, these DEXA scan machines assume that the non bone and non fat lean tissue mass has a constant hydration level. So instead, I found that a group of people who dehydrated themselves got different levels from the day after when they were completely hydrated. A study done in the University of Hospital in Italy actually found that 90 percent of all the scans had at least one error. But what they do show is that a DEXA scan is actually very, very accurate. But maybe

not as accurate as people think. They are to me personally, these numbers do not matter too much. What I feel works best for me is just working out hard, eating a clean diet. And just look at the results in the mirror. So if somebody you know thinks they know everything about body fat percentages, send them this video.

Thank you so much for watching these Body Fat Percentage Pictures. Don't forget to tell you the notification belt and the subscribe button right next to it because there will be a lot more awesome content coming your way very, very soon. Anyways, don't forget to leave a comment and let me know what you think your body fat percentage is. anyways I'll see you very soon. Peace out.

Thanks to Vitruvian Physique for the inspiration,  
Link: [https://www.youtube.com/watch?v=mrl1UxAr1\\_g&t=586s](https://www.youtube.com/watch?v=mrl1UxAr1_g&t=586s)

– Jon Venus

The Quest For Fitness

- ▶ Online coaching & Meal Plans: <http://www.jonvenus.com>
- ▶ Vegan Protein (JVFIVE for £5 off): <http://www.vivolife.co.uk/pages/jonvenus>

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## **Lower Abs Workout at Home in 4 Minutes**

Lower abs workout at home in 4 minutes will have your abs asking for rest. Great, effective workout for people with little time.

What's going on guys? this is Vince with v shred com and today I'm going to be giving you guys a four minute lower ab workout.

all right. so, a quick lower abs workout only takes four minutes. Those of you who say that you don't have time to hit ABS, you're just making an excuse. Everybody has four minutes.

This is going to be targeting the lower abs. This is going to be exercising mostly the [rectus abdominals](#), because rectus abdominals are the six-pack, that people what people call the six-pack. You have four different app regions in your muscle, or muscles in your abs. This lower abs workout is going to be targeting lower abs.

I give you three different exercises that we're going to be going through. We're gonna go 15 seconds of each exercises back to back, to back. Then a 15 second rest at the end. So we're gonna basically doing 15 seconds of everything/ We're gonna go four times through, and that's gonna be it. So let's go ahead and get into this.

## **Lower Abs Workout Set One**

### **Reverse Crunch**

The first exercise is going to be a reverse crunch. We're going to go after that into a mountain climber. After that into a leg lift extension. 15 second rest. Four times. So let's do it.

But, before I get into the first lower abs exercise, the lower reverse crunch, a lot of people think that reverse crunch starts down here and they crunch up just like that, and they think this is a reverse crunch. This is not a reverse crunch. This is just momentum, that's all this is. Reverse crunch starts right here. You're going to go from here. You're gonna throw, or you're gonna thrust your knees up to your chest, squeezing down your lower abs making sure your butt is coming

up off of the ground. jJust like that. Back down to 90 degrees, and back up. That's a reverse crunch.

So, let's go ahead start this ab workout. And boom, reverse crunches. Again you want to make sure you're not creating any kind of momentum. If you're not going to be talking to the camera like I am, you're going to try to breathe out when you do each crunch, driving those knees up. Stopping it parallel.

## **Mountain Climbers**

Flipping over. 15 seconds mountain climbers. We all know amount climbers are. Don't be lazy with these mountain climbers. Lazy mountain climbers are these right here. You want to make sure you are thrusting your knees forward, squeezing down on your lower abs, right there. And that's gonna be it already.

## **Leg Lift Extensions**

Flip over. Leg lifts extensions. You're gonna bring your legs up. Extend up, but instead of bringing them all the way down here, you're gonna stop right here. Extend right here, back up, extend. Really focusing on driving with your lower abs, squeezing down, breathing out with every single rep. And that's already that. So I went over for a couple of seconds there. But I'm gonna go ahead and get back into this. Wasn't very good with that timing. I'll be better on this one.

## **Lower Abs Workout Set 2**

### **Reverse Crunch**

Reverse crunches. 15 seconds. Watch this time.

### **Mountain Climbers**

I'm gonna get into mountain climbers next. Flip over. mountain climbers ,driving those knees up all the way almost as if your knee and yourself in the face, but don't actually do that.

## Leg Lift Extensions

Flip them back over leg lifts extensions. Drive those feet up to the ground, up to the ceiling. And rest.

Oh. OK. So your abs should be feeling this. If they're not try to focus on your form a little bit better. Five more seconds of rest.

## Lower Abs Workout Set 3

Get back into the reverse crunches. Already halfway done. Reverse crunches. Stop at a parallel, driving the knees up to your chest. Three, two, one.

Flip over. Mountain climbers. Drive those knees up. Don't be lazy. Squeeze them down. Every single leg drive you should be squeezing on your abs. That's it.

Flip over. Leg with the extension. And if your back butt's on the mat, don't get embarrassed. One more second. Oh wow. Last one.

## Lower Abs Workout Set 4

Guys, quick workout but you should definitely be feeling it in your lower ab region. If you're not, really start focusing on squeezing down on your lower abs and driving through them. Last one, reverse crunches. Next one up is going to be mountain climbers. In three, two, one.

Flip over. Mountain climbers. Drive those knees. Every single knee drive should be squeezing down. When you're at two, one.

Flip over. Leg with the stanchions. Last exercise of the ab workout. Drive those feet up. Squeeze on those abs. And that doesn't it guys. Oh! Go ahead and just stay right here for you guys. So that's a quick four minute lower ab workout.

That was a great lower [abs workout at home!](#)

## **Any Questions?**

Whenever I post these, stand up, whenever I post these follow-along workouts I always get a lot of questions in the comment sections about how often you should do them. And that really comes down to how conditioned your abs are, and how used to doing ab workouts they are. If you are not really getting sore from an ab workout like, this you can do it pretty much every single day.

## **Avoid Over training**

Your abs are a very small muscle group so they recover significantly faster than, let's say, your chest or your back, especially your legs. Those are large muscle groups that take a lot more time to recover. And if you don't give them that time, they never do recover. And you get into that stage of over training.

Your abs, it's kind of hard to get into that stage of over training because they are so small. So I always say if your abs aren't sore you can pretty much train them. So I would start out by doing this ab workout by two, three times a week, maybe every other day. And then also remembering to switch up the ab workouts. That way you are continuously shocking your muscles, confusing them, working different fibers. Because just like any other muscle in your body, your abs are a muscle that have fibers that need worked and need worked in different angles, need worked with different weight, different rep ranges, different rest times.

## **Variety of Lower Abs Workouts**

So try out a bunch of different ab workouts. If you guys are looking for a full body program that teaches you all about the training that you need all over full body training, the nutrition that you need, the type of dieting you need, to be doing a type of cardio you need to be doing, to hit workouts with ab workouts included in all of it, I have a couple of

programs.

But what I did was create a body type quiz that asks you a couple of questions about your body to see what your goals are. and what you're struggling with. And then basically matches you up with first off it gives you a couple of tips that you can just take. And you'll even have to get a program. But then, after that, it recommends which of my programs is best for your body type to help you achieve those goals faster. And not just get on some kind of cookie cutter, one-size-fits-all workout plan. That's not going to work for you.

## **Body Type Quiz**

So, if you guys want to check out my body type quiz and see what I would recommend for your body, you can click the link in the description below this video. Other than that, if you guys have any comments, questions, concerns, videos that you guys want me to make, leave them in the comment section below.

And then last but not least, make sure you guys are subscribing to my channel. That way you're not missing out on future videos. Alright, thanks for watching and I'll see you in the next one.

For more tips and tricks to building your dream body, use my free fitness tool – <http://vshred.fit/4MinLowerAbs>

Tips For Fat Loss : <http://vshred.fit/11FatLossStackYT>

For Muscle Building : <http://vshred.fit/11MuscleStackYT>