

Six Pack Abs Workout at Home with No Gym Equipment!

Today I have something very special for those of you that don't have access to a gym. This is a six pack ab workout at home with no gym equipment. This six pack exercise routine can be done right in your own house without the use of any gym equipment.

And even though I'm a big fan of using weights while working the ABS, there are ways of increasing the intensity of a regular body weight ab workout without using equipment like weights. So today in this video I'm gonna share the most powerful six pack AB workout that you could do without weights. It's gonna involve exercises that are really intense and they're designed to fatigue your abs without the use of machines, benches, barbells or dumbbells.

Just one thing that I need you to keep in mind before we get started. For this workout and for these exercises to be effective you have to make sure that you follow the tips on how to perform them correctly since we're not using weights. We can instead increase time under tension by going really slow on the negative portion of the contraction. For some of these exercises we can also hold a position and squeeze the ABS for a certain number of seconds before continuing the movement. So instead of just wrapping out these exercises as fast as you can, pay close attention to the way I want you to perform them.

Navy SEAL Situps

So this workout is going to start with a tough one. I call these Navy SEAL situps. Now if you can't do this one don't worry. I'll give you a regression in a second. But with the Navy SEAL sit-ups you start with both your hands at the side

of your head and both of your feet slightly above the ground. Raise your upper body and your lower body up off the ground as if you're performing a V sit up. Except here you're going to be bringing one elbow to the opposite knee and then return back to the starting position. And bring the other elbow to the opposite knee once again. It's important that in this exercise you bring your upper body and your lower body off the ground at the same time. You're going to try to perform this exercise for sixty Seconds straight.

The regression for this exercise is a regular bicycle sit-up where rather than bringing your entire upper body to your lower body, and more of a sit-up, you would instead twist and lift your shoulder blade off the ground rather than your whole upper body. So with Navy SEAL sit-ups you're bringing your upper body completely off the ground, whereas with this one you're simply bringing your shoulder blades off the ground.

Now let's say that you can only get 30 seconds of the more advanced Navy SEAL sit-ups before the exercise becomes too difficult. That's totally fine. Simply move on to the regression halfway through. So as soon as you start failing, just switch to the bicycle situps.

Leg Raises With a Pulse Up

After doing those for 60 seconds you want to move on to the second exercise with no breaks which is a leg raise with a pulse up. For this one start with both your hands under your butt. With your back flat on the ground and your feet slightly raised off the floor. Raise your legs all the way up until they're pointed straight towards the ceiling. Next, lift your hips up off the floor without rocking your legs. Once at the top of the movement, slowly lower your hips back down towards the ground. Aim for a solid three count when slowly coming back down. Repeat this exercise for 45 seconds.

If the pulses get too difficult at any point just switch to

regular leg raises until the 45 seconds are up.

Crunches With Hands Sliding Over Knees

Right after you're done with those, switch into the next one with no break. This next one is going to be a crunch with an isometric hold. Here you're going to start with your hands on your thighs and your back flat on the ground. Slide your hands up over your knees to crunch up. But rather than going straight back down, hold that position for a three-second count. Then lower your back and your hands back down. Repeat this exercise once again for 45 seconds before moving on.

Cobra Stretch

Once you're done with this one you're gonna immediately flip over onto your stomach and perform a Cobra stretch. The Cobra stretch is more of a stretch to elongate your abs. But you can bet that after all those reps that you already did, if you do Cobras correctly, you'll definitely feel the burn. Start flat on your stomach with both your hands directly under your chest. Straighten your arms and extend your elbows at the same time. Look up towards the ceiling while keeping your hips glued down to the ground. Hold this position for 15 seconds and then come back down and relax for five seconds. Then come back up into a Cobra again and repeat this three times. This stretch counts as your break. So try to enjoy it.

V Situps

As soon as you're done with all three 15-second stretch intervals flip right back over onto your back for V situps. Here you're going to start flat on your back with both your hands above your head and your feet slightly above the ground. Bring your upper body and your lower body together, trying to reach for your toes with your hands. Then lower back to your starting position with your hands above your head and above the ground, and your feet slightly above the floor. Repeat this exercise for 60 seconds straight then drop your feet to

the ground with your knees bent.

Long Arm Crunches

Stack one hand over the other and point your hands straight up towards the ceiling. Crunch up and reach straight up towards the ceiling. You're gonna repeat this one for 60 seconds before moving on to the next.

Jackknives

The last one in this sequence is going to be jackknives on the ground. Start with your hands directly behind your back and with your feet and your upper back above the ground. Bring your knees into your chest and at the same time bring your upper body towards your knees. Again you're gonna do this exercise for 60 seconds.

Cobra Stretch

Then flip over onto your stomach for another three rounds of the Cobra stretch.

Side Oblique V Situps

Now for the next three exercises we're going after the obliques. For the first one start on your side leaning slightly more towards your butt. Bring your elbow and your upper body off the ground as you raise your legs to meet your elbow. Perform 45 seconds on one side before switching over to the other side for another 45 seconds.

Side Oblique Crunch

Next you're gonna lay flat on your back. Stack your knees and turn them to the side. Your hands are gonna go to the sides of your head and you're gonna crunch straight up. Then lower yourself back down slowly. You want to crunch up and hold it for three seconds. This will also be done for 45 seconds per side.

Alternating Heel Reaches

For the last one you're gonna bend your knees into your chest and raise your upper back slightly off the ground as you reach side to side for your heels for this one. To be effective you really have to try to raise your shoulder blades up off the ground every time that you reach for your feet. Try to do this exercise for sixty Seconds straight.

If you're a beginner, completing all these exercises just one time through is probably more than enough of a workout. But if you're intermediate, I recommend taking a one-minute break and then repeating the whole thing from the very first one, starting with the Navy SEAL situps. If you're really advanced, you can repeat this entire workout circuit for three rounds. Each time you'll notice that it's harder and harder to complete the same exercises.

Remember that failure is fine and as long as you try to improve the amount you can do each week, You'll progressively develop better ABS right in your own house.

That's the *six pack ab workout at home*, guys. I really hope this video has helped you out. If you enjoyed it make sure you subscribe to the channel. I have plenty of great free content just like this. And also feel free to visit my website. We're running a challenge right now to help people just like you get ripped ABS. As you know getting ripped ABS isn't just about working out but it's also very much about burning fat. With a proper diet my clients that have taken part in this program have been losing an average of 20 pounds or 5% body fat in six short weeks. To find out how you can get this program for free you can click the link below or you can visit my website www.marykay.co.uk/

FREE 6 Week Challenge:
https://gravitychallenges.com/home65d4f?utm_source=ytube&utm_term=equipment

6 Reasons Your Abs WILL NEVER SHOW

6 Reasons Your Abs WILL NEVER SHOW! You've been watching what you're eating. You've been doing crunches. And you've been losing weight and body fat. But you still can't see your abs. And it seems like no matter what you do you'll never get those abs to show.

But don't lose hope. Even though this video has a pretty harsh title, I'm here to help. And to start we have to go over the six most common reasons why your abs aren't showing. by learning the reasons and fixing the mistakes that I'm gonna go over in this video you should be on your way to six-pack abs in no time.

but a big disclaimer is that you actually have to make the changes that I recommend in this video. You can't just watch it and hope that you get abs. So let's jump right in.

Reason #1 Your Abs Will NEVER Show

The first reason why your abs aren't showing is because you're not choosing a variety of exercises with a full range of motion. And you're getting minimal negative contraction. It's a common known fact that the negative portion of any movement is where the most muscular breakdown occurs. It's also commonly known that in order for your muscles to grow and come back stronger, you have to first effectively break those muscles down. Meaning, if we want to have abs to show, we should definitely focus on the part of the movement that

breaks down the most muscle. Which once again is the negative portion of the movement.

The mistake that a lot of people make is that they primarily focus on movements that only allow for minimal negative contractions because those movements can't be done with a full range of motion. Let me give you a couple examples to further drive home the point. A super common exercise is the crunch on the cable cross machine with rope where you sit on your knees and you have the rope behind your head and you crunch down. Even though I do admire this exercise because it's actually involving weight, the angle that the weight is pulling on your abs is already problematic. And on top of that, you can only come up to neutral. I say the angle is problematic because you lose abdominal tension before you can even come up to neutral. Meaning, you have a very small negative range of motion. And most of your work is done within a very short range. It would be like doing a bicep curl only allowing about your arms to come down to 60 degrees rather than extending a full 180 degrees.

Let's look at another example. Crunches on the ground. They only allow you to move from a neutral position to your shoulder blades slightly elevated off the ground. Again, very little range of motion, especially in the negative aspect. The most negative you can get is neutral.

Let's look at another example. Leg raises on the floor actually have the same issue. The floor will prevent you from giving your abs the stretch that they could definitely use to grow. Also with regular leg raises, the angle will again take the tension off the ABS except in the limited ranges of motion.

The plank is another example. It's a simple isometric contraction, meaning no negative at all.

To get around the problem, focus primarily on doing far more effective exercises. For example during the decline sit-up.

The angle is set up in such a way that the tension will not come off your abs at any point. So the negative portion starts at the top of your sit-up and continues all the way to the bottom. Because of the way that the angle is set up, this allows you to open up your abs more and get more muscle breakdown.

Same thing with the stability ball sit-up. You can curve your back around the ball allowing you to get past the point of neutral normally. The floor would be the end of the movement on a regular crunch like we were just talking about. But with the stability ball, you have a longer negative range of motion.

Another upgrade would be leg raises hanging from the bar or hanging off the edge of a bench.

These exercises accomplish the same thing that give you more room to work the negative portion of the movement. I'm not saying to not do the other movements, but your bread and butter should be exercises that allow full range of motion and provide more negative tension like the decline sit-up, like the hanging leg raises, like the stability ball situps. And then sprinkling in the short range of motion exercises like crunches to help you finish off your abs.

Reason #2 Your Abs Will NEVER Show

The next mistake you're making is that you're trying to get abs by just training your abs. Many of you have a layer of fat covering your abs. And as important as it is to build up the muscles to have them pop out, it's also equally important to burn off the layer of fat sitting on top of your abs. You'll never burn off that layer of fat by doing crunches because there's no way to target fat burn. The only way you'll be able to burn off that belly fat is by creating an overall negative energy balance requiring your body to pull energy from fat stores all around your body including from your midsection.

The unfortunate truth that no one wants to hear is that your abdominal fat is usually the last to go. And the belly area is usually the first place that your body likes to store fat. So even if you're dieting and exercising, this may feel very much like an uphill battle. Therefore, the key to lose belly fat and keep it off is consistency. Find a plan that you could be consistent with if you've been consistent with diet and a workout plan and you still can't lose the belly fat.

Reason #3 Your Abs Will NEVER Show

This leads us right into the next reason why your abs won't show. Insulin resistance. Insulin is a fat storage hormone that will prevent fat loss when elevated and seems to increase the storage of belly fat. According to the American Academy of Family Physicians, there's a strong relationship between abdominal obesity and the degree of insulin resistance regardless of how much you weigh overall. Also, in a study at the Garvan Institute of Medical Research in Sydney, Australia they investigated the link between abdominal fat and insulin resistance in normal and overweight women. They found that abdominal fat was a strong marker for insulin resistance and the major determining factor of insulin resistance in women. Now it's a mistake to think that if you don't have diabetes you can't be insulin resistant.

There are different levels of insulin resistance just like there are different levels of insulin sensitivity. The best, most natural way to lower insulin resistance is by trying a fasting diet approach. There are many different ways that you could set up a fasting diet plan. So for the sake of time I'll include a link in the end of this video. And in the description below for an in-depth video of how to set up your own fasting diet plan.

Other things that can help insulin resistance is avoiding all forms of simple sugar. Meaning no ice cream, soda, sweet tea, Gatorade, candy, sweetened coffee. No simple sugar at all!

Weight training has also shown to help with insulin resistance. So if you're not weight training, start doing that right away.

Some studies have also shown apple cider vinegar can prevent blood sugar and insulin spikes after eating. But keep in mind what you eat will impact your insulin a lot more than what you supplement with.

Reason #4 Your Abs Will NEVER Show

The number four, and probably the biggest mistake that I see people making, is that they're going for super high reps and not training their abs at a high enough intensity level. As much as it might seem like it burns a whole bunch to do a hundred reps of crunches, it doesn't mean that it's actually the most beneficial way to build up your abs. In fact, it's quite the opposite. A 2009 study published in Physical Therapy and Sport concluded that abdominal muscles were significantly more recruited with higher weight loads. This doesn't come as a shock to me because I've been doing weighted ab exercises since I was 14 years old. And it shouldn't come as a shock to you because, think about it, you can grab a very light weight and curl it until your arms are so sore that you can't lift them up anymore. But this is typically not the protocol that anyone would suggest for building bigger biceps. The abs are not some special muscle on your body. They are still categorized as a regular muscle group. Meaning they get broken down the same way and they get built up the same way as other muscles in your body.

So if you're not using weights for your ab workouts, then that is, right away, a huge red flag. And it's a main reason why your abs aren't showing. You wouldn't expect your shoulders to show without first working on building them up through a progressive weight training program. Same thing with your abs. Even if you cut all the fat off your body if your ab muscles were not built up you wouldn't see much muscular definition

because there would be none to fix this problem. Focus on movements that allow you to load the ABS with weight and focus on upping the weight over time. With a progressive weight training model, meaning you can start off using just your body weight, but every week make it a point to try to increase the weight load you use for your ab exercises.

Some of the best weighted exercises are decline sit-ups, leg raises, pulses, and stability ball situps.

Reason #5 Your Abs Will NEVER Show

Let's move on to the last two and I promise I'll make these quick because I'm sure we all got things to do. So mistake number five is that you're training your abs either everyday or simply way too often. Some experts will advise you to work your abs no more than four times a week. And I think that's pushing it because that means one of those days you don't get a rest day before work your abs again.

Two to three days a week should be the most that you work your abs. Once again, your abs are muscles. Would you train any other muscle in your body every day for maximal improvements? You know your ab muscles grow and get stronger when they repair and recover, just like any other muscle in your body. Give them time to recover and I promise you won't regret it.

Reason #6 Your Abs Will NEVER Show

The last reason why you can't seem to get abs is one that nobody wants to hear. Nobody in the fitness industry wants to talk about this. But since this channel is committed to the truth, I have to mention it. ABS may not be in your genes. Even though this is definitely not the most likely reason, and I certainly believe that most of the people watching this video can get abs, one undeniable reason you don't have abs maybe because you simply don't have the genetics for it. Some people naturally carry more abdominal fat and even if they get down to leaner levels with rip arms and ripped legs. The ABS

still don't show through on top of that. Genetics play a role in determining the shape of your abdominal muscles themselves. And genetics especially play a role in the symmetry of your ab muscles. For that reason, don't obsess over how your abs compare to someone else's. Your goal should be to make incremental progress based on yourself. Everyone can get a flat stomach but there's no guarantee that your abs will look as symmetrical or as ripped as some fitness model in a magazine. And they don't have to.

The most important part of this journey is for you to become a better version of who you were yesterday. Abs are not going to change your life for the better. Abs are not going to get you the girl of your dreams. And I promise you, the novelty, it'll wear off. Nobody really cares except for you. So make your transformation about you, not someone else.

That's it guys. I really hope this video has helped you out. Keep in mind most of you can get abs. Just follow the other 5 tips make sure you subscribe to this channel. And if you want a done-for-you transformation program with a customized diet plan, a workout plan, and an accountability coach guiding you for six weeks, try my free six week challenge where you're one competition is yourself and your willingness to stick to the plan you compete against yourself. Which is exactly how it should be. Right now, on average, my clients are losing a minimum of either 20 pounds or 5% body fat which may just be what you need to finally see those ads show. You can register by clicking the link below and seriously if you don't have a solid plan I highly recommend you do this program you can access it by visiting [gravity transformation com](http://gravitytransformation.com).

FREE 6 Week Challenge:
https://gravitychallenges.com/home65d4f?utm_source=ytube&utm_term=never

Fat Loss Calculator: <http://bit.ly/2wpmH7d>

Here's the video about how to set up your own intermittent fasting plan from scratch ↓

<https://goo.gl/XzaQPH>

Total AB Motivation – Keep the Blood Pumping Through Your Muscles

Love going to the gym? Keep pushing blood through your muscles. Get pumped! Build abs.

A lot of people define being fit by looking at the mid section of your body and yes we are talking about the abs. There is nothing like a ripped, defined mid section and even better when it's displayed by some of the best mid sections in the world like in this video. Abs, abs and abs. Enjoy

Why Weighted Abs Training is a MUST (4 Best Weighted Abs Exercises)

Why Weighted Abs Training is a MUST! If you want a well-defined, impressive looking abs, but aren't incorporating weighted AB movement, then you need to watch this video.

As your muscles become stronger, progressively greater

resistance is needed to further strengthen them This is true for all muscles, include your abs.

Weighted abs training is simply a way to add resistance to your ab exercises. After you have conquered any issues you have with body fat, especially [subcutaneous fat](#), you need to concentrate on firming up your abs. Weighted abs training will make your abs workouts much more effective and make your abs pop out.

The majority of people approach ab training differently than they would muscles like the chest and the back. They often throw in a little bit of body weight ab training after every workout and stick to exercises like flutter kicks for high reps. And don't get me wrong, these exercises have their place in ab training as I'll mention later on in this video. But they don't provide the necessary overload needed to grow your 6-pack and make your abs pop out more.

Weighted Abs Training is a MUST

If people still judge the effectiveness of an ab exercise based on the burn sensation that they get when they do the exercise, this burning sensation is pretty much meaningless. For example, stand with your back against the wall and then your legs and 90 degrees and try to hold this position for as long as possible. You're going to get an intense burning sensation but you probably don't think that this exercise is an effective exercise for building your quads. A much better exercise will be weighted barbell squats or any other weighted exercise. And it's the exact same when it comes to AB training.

Why should you train your abs differently than any other muscle?

You want to progressively overload your ab training. And the best and easiest way to do this is with weights. And once I

started to incorporate weight into my out training routine I definitely saw a difference. And I saw that my abs we're actually able to pop out more than they used to. So in this video I'm going to be showing you guys the four best weighted ab exercises and how you can incorporate them into an ab workout routine that you can use.

But keep in mind like getting down to a low enough body fat percentage to be able to see your abs in the first place is a must. If you do all the AB training you want but it's not going to help you if you have a layer of fat that's covering your abs.

Before I get started with the exercises please support me by eating that like button and the subscribe button. They'll really help me out.

Weighted Abs Training Routines

Anyways, let's get started with the exercise.

Weighted Abs Training: Hanging Leg Raises

First exercise is hanging leg raises with a dumbbell between your feet, which is a great exercise for targeting your transverses abdominus while putting more emphasis on the lower portion of your abs. Simply hang on a pull-up bar or any elevated bar. Grab a dumbbell between your feet or have someone place it there for you. And try to bring your legs up to about 90 degrees while keeping them straight and without swinging your body.

This is quite a difficult movement if you've never done it before. But luckily there are progressions to help you master this exercise over time. To start you can do captain's chair leg raises with bent legs. And then once you can do that for around fifteen reps straight, you can move on to doing it with straight legs. And once you can do that for fifteen reps you can move on to adding weight using a dumbbell between your

feet.

Now once you feel comfortable you can try hanging leg raises and gradually add weight to this exercise. You want to gradually increase the weight you use or the reps you perform over time in order to continuously strengthen your abs.

Weighted Abs Training: Pull Downs

Second exercise is ab pull downs which is a great exercise that once again targets your whole transversus abdominus but emphasizes more of your upper abs. So you want to kneel one to two feet in front of the cable system. And after selecting an appropriate weight, hold the handle with both hands and keep your forearms around your neck. Then by using your abs you want to try and bring your elbows down towards your knees until your head just about touches the floor.

And repeat this movement at the top position. You want your back to be straight or slightly arch to fully stretch the ABS. Before you can track them you can also do these with twists to the side as you come down like so, which will hit your oblique muscles as well.

Weighted Abs Training: Woodchoppers

The third exercise is something called cable woodchoppers which are a great way to exercise your obliques. And it helps with that feline. You want to focus on pulling the handle across and down your body by using your obliques. Keep your hips facing straight and don't let them rotate to ensure that you're using your obliques to move the weight.

Weighted Abs Training: Oblique Twist

The final exercise is weighted oblique twist which, as a name says, will target your obliques. You can hold a dumbbell weight ball or pretty much any object that adds weight to the movement. Simply lay on the ground, raise your leg slightly in the air while keeping your back up, and repeatedly move the

way to each side of your body by using your obliques. But this is too difficult for you, then you can keep your feet planted on the ground and do this instead.

For the best results what you want to do is combine these weighted exercises with body weight ab exercises which can be used to train your abs to failure. For weighted exercises you want to stick between 6 to 15 reps. And for bodyweight movements, you can do as many reps as possible and just go to failure. I prefer doing my ab exercises in a circuit routine to save time.

Weighted Abs Training Workout

Here's an example of a workout you can use: Exercise 1 weighted hanging leg raises for 6 to 15 reps; exercise 2 ab pull downs for 6 to 15 reps; exercise 3 cable woodchoppers for 6 to 15 reps; and exercise flutter kicks until failure. So basically you just go through all four exercises consecutively and then you take a minute or two to rest and repeat. The circuit again 4 more times for the best results. You want to train your abs with a workout like this two to three times per week which can easily be fit in at the end of other workouts. And that's basically it.

I hope this video is clear and concise and helps you guys out. If you have any questions let me know in the comments below and please don't forget to support me by giving the video a like. Subscribe to my channel and check out some of my other videos. Thanks and I'll see you next time.

If you enjoyed the video, please don't forget to give it a like and subscribe to my channel for more! You can also follow me on Instagram at @Jayethierfit.

Creatine From a Medical Point of View

Creatine From a Medical Point of View! My name is Naomi Albertson, M.D. I'm a sports medicine and family medicine physician and today I'm going to be talking about creatine from a medical point of view. Information provided in this presentation is intended for your general knowledge only and does not constitute medical advice. I am a medical physician at the Reno Orthopaedic Clinic and the owner and developer of Dr. Ni's OC2. OC2 is a combination of vitamin d3, calcium citrate magnesium and creatine monohydrate for total frame support.

In today's talk we're going to discuss creatine, talk about what it can do for you, whether it's safe and how it should be used. So let's start with some myths.

Myth number one: creatine is a steroid.

Number two: creatine isn't natural.

Three creatine is only for body builders.

And four, creatine will make me look like a bodybuilder.

So what is creatine really?

Well creatine is not a steroid it's produced by the human body from amino acids glycine and arginine, and its main role is to facilitate recycling of ATP—the energy currency of the cell; primarily in muscle and brain tissue.

Creatine is still the most widely used performance-enhancing supplement by athletes, men and women of all ages. When used

in moderate amounts and with normal exercise, creatine does not cause muscle bulking but does increase strength and recovery.

So what can creatine do for you?

Well, supplementing with creatine can increase storage of creatine in the muscles, providing more available energy, and allowing you to exercise longer, more easily and more effectively. Some research suggests that creatine in combination with exercise may increase bone density.

Other research shows that when combined with 30 grams of whey protein twice daily, creatine may increase strength in adults older than 70 years of age even without exercise. Additionally, creatine is supported by research for use in patients with chronic heart failure to improve heart pumping function.

And finally, it's supported in patients with neurologic conditions such as Parkinson's disease to slow down the deterioration of brain function. Creatine can help fight against sarcopenia. Sarcopenia is the normal loss of muscle mass and strength as we age, and can begin as early as age 35. We see strength losses between ages 50 and 60 of about one and a half percent per year, and those losses will increase after the age of 60 by up to three percent per year. So creatine supplementation can actually help you to maintain strength and stay active.

Is creatine safe?

Well, it's been studied over about 40 years with multiple randomized studies and there's very little downside to its use. Some people who take more than 5 grams daily may develop an upset stomach or even small amounts of water retention.

Additionally, people who are on protein restricted diets should be especially careful and consult their doctor before

starting supplementation with creatine to ensure their total protein intake isn't too high.

So how should I take creatine if I decide it's something I want to try?

Current recommendations suggest that taking creatine every day and in low amounts is effective in improving muscular strength and recovery. Taking creatine with a small amount of carbohydrates is also likely to increase absorption for greater benefit.

If you're sensitive to creatine and you do develop some stomach upset, splitting the amount you take each day into two servings may help you tolerate it better.

And finally, creatine's best effects will be achieved in conjunction with regular exercise.

So what happens if you stop taking creatine?

Well there's good news and there's some bad news. The bad news is that as we age we lose muscle strength and muscle cells. The good news is that creatine provides raw material for energy creation in your muscle cells and helps to maintain the strength that's achievable with the cells remaining. So since aging still causes cell loss, using creatine regularly can help to offset the strength declines seen with aging.

So if you take creatine regularly, you will increase muscle strength but if you stop taking creatine you not only won't see continued improvements in strength but the natural process of aging and muscle cell loss will not be offset by the gains in strength and you will overall see declines in strength.

So, if you're interested in maintaining muscle strength as you age, ongoing creatine supplementation can play an important role.

You should note that a small percentage of people will not

benefit from creatine, so if you're not seeing some improvements in strength and endurance within a month it's recommended you discontinue taking it.

So you may have seen these other myths about creatine.

One: creatine causes weight gain. This is false. However, as I mentioned some individuals may experience a small amount of water retention in muscles.

Two: you don't need to exercise to see the benefits. Unfortunately, this isn't the case. You do need to exercise to make the most of creatine.

Three: normal use of creatine can cause damage to the kidneys. Unfortunately, this myth came about from a case report of an athlete who was trying to cut weight and dehydrate while taking high amounts of creatine. Unfortunately, in that individual renal failure did occur. It has not been documented otherwise in the literature.

Four: you need to front-load it in large amounts for it to be effective. High amounts do allow for faster saturation and storage of creatine within muscle cells, however, lower amounts on a regular basis achieve the same benefit also over fairly short periods of time (approximately two to three weeks). For that reason, there's no need to front-load it and it's much better tolerated in smaller amounts.

Five: heating creatine is a good way to dissolve it. Creatine does not completely dissolve in water. However, heating it may actually denature it, as it is a combination of amino acids. For that reason it is not recommended that it be heated for dissolution.

Thank you for watching this presentation: Creatine From a Medical Point of View. You can find more presentations on my website at [bone and muscle dot com](http://boneandmuscle.com). I recommend Dr. Ni's OC2 for total frame support.* It includes calcium citrate,

magnesium, and vitamin d3 for bone density and creatine monohydrate for muscle support. Please read more and see the research at bone and muscle dot com.

* These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat , cure, or prevent any disease.

The Secret To Get Your Abs To Show | 6 Tips To Get A 6 Pack

The Secret To Get Your Abs To Show: ABs! Those six elusive little muscles that men of all ages, races, and body fat percentages are in search of. We've been diligent with your weekly workouts: pecs check; bicep double check; legs whatever; back, shoulder, triceps, all super solid.

But when it comes to abs. it's just not happening like the Men's Fitness article promise. You've crunched, you've leg lifted, you've even trained obliques giving it some of that, a little bit more of that. But, nothing!

All your other body parts have come to the party, but your abs, they're a no-show. But not anymore.

Today, gentlemen, we're helping you unlock your abdominal destiny.

Tip number one is: think of your abs as a byproduct, not as a muscle that you build. Like a bonus at work from a job well done. Like a test that you studied your ass off for, abs are kind of like a physiological knuckle bump that your body's given you for making proper and good lifestyle choices.

Tip number two: you need to decide how bad you really want those abs. Abs are overrated and what I mean by that is unless you're some genetic freak show that just has a super low body fat percentage, and abs are just blazing through all the time, these are people that I hate and I'm sure you hate as well, they don't do anything; they just did crunches, check out my ABS, and they're the ones always in the mirror at the gym. Like check-in and taking pictures. Punch them in the face next time. I'm kidding. Don't punch them.

But abs are overrated. What you have to do, what you have to give up in order to get them is tough. Keeping them, super pain in the ass. All the delicious foods that you love: you got to cut way back. All the free time you enjoy sitting there watching TV, munching on chips, playing video games: yeah, well that's got to be cut back too. And alcohol: that's like abdominal kryptonite. Alcohol has a bunch of empty calories. But what happens after a few drinks? Exactly. You run for the border: tacos, baby burgers, fries, chips, whatever it is.

You're bad decisions in terms of your diet tell me again, how bad do you really want abs? You gotta weigh the pros and cons. For most people, what you need to give up and do in order to get them is more than you signed up for. And I get it because it's tough. So gentlemen that's the end of this video for you.

Not ready for abs? No big deal. We'll see you next time.

But, if you're still here and I haven't scared you off, and you're thinking maybe abs are for me, maybe I do want them, well gentlemen now we can move on to some actual practical advice that is going to help you see them.

Everybody's got abs. But ultimately if you want to see them you got to get that body fat percentage down.

So TIP number 3, I wasn't kidding, is reduce or eliminate alcohol from your diet. If you're looking to lose weight or reduce your body fat percentage, alcohol is the number one

thing that you can eliminate from your diet. That is going to help kick-start everything. You're going to feel better. You're going to reduce your calories. You're not going to make stupid decisions that you do when you're drinking. Maybe that's just me who makes bad decisions when they drink. But seriously guys cutting out alcohol or eliminating it completely from your diet is going to make a huge difference on the body fat percentage. You're going to lean out. You're going to see that your face is gonna fit out all of a sudden. You're gonna be, like, oh I'm not retaining water. I'm looking dynamite. And the place that alcohol likes to accumulate the most is right around the midsection.

Tip number four is eat a cleaner, better diet. If you guys are looking for some tips or an idea of what a good healthy diet looks like I've actually created the Alpha M diet plan that is completely free and listed and linked in the description.

Tip number five: morning cardio. There is absolutely no better time in the day to shred body fat and get those ABS to show. Like doing cardio first thing in the morning, you don't need a gym membership; you don't need any fancy equipment; all you need is your ass and some sneakers and you can do it. All right; go for a walk, go for a jog jump rope, do whatever you need to do. I also did a video talking about a free app called freeletics. Alright, that video is listening to link down in the description essentially this app all it does is show you workouts that you can do at home, including cardiovascular ab workouts muscle. It's the best app for fitness I've ever seen. I'll link the app down in the description as well. But the deal is you've got no excuses. Right?

Cardio guys. I know that you're like, but I got to work, but I got to go to school. If it's important to you you will find the time and do it. That app is free to download. It's easy to use. And it is just something. There are tools out there. Technology allows for pretty much everything to happen. And your abs no exception.

And tip number six, the fun part. Everybody likes doing ABS, doing crunches, doing situps, doing whatever you need to do. Gentlemen this is the time you got to work at why'd you have to work it. Because you've got to develop the separations in between those abdominal muscles. You don't need to percent body fat if you've developed the separations and actually like work those ABS. Because you'll actually be able to see them even if your body fats a little bit higher. I just unlocked the secret to getting abs which is really there is no secret. It's about making smart lifestyle choices in order to reduce the body fat, eat clean, right, take it easy on junk food and alcohol, drink plenty of water, work those ABS through your cardio gentlemen. Abs are yours for the taking. Just snatch it right? There or hope you like playing and all the sudden in a few weeks months years you've got your abs. But I go back to point number 2 which is abs are indeed overrated. They just are and they're not for everybody. The most I can hope for you is that you live the healthiest lifestyle that you possibly can. If abs happen: awesome! If they don't: who cares because you're amazing with or without abs.

Alpha M. Diet Plan:
<http://www.iamalpham.com/index.php/topics/the-alpha-m-diet-plan/>

Build AMAZING Body @ Home:
<http://www.iamalpham.com/index.php/topics/workout-at-home-no-weights/>

Freeletics App: <http://www.frltcs.com/AlphaM>

#1 Way To Burn Body Fat:
<http://www.iamalpham.com/index.php/topics/number-one-way-to-burn-body-fat/>

*Special alpha m. thanks goes out to the best fitness app on the planet, Freeletics, for sponsoring this content!

My Website: <http://www.iamalpham.com>

My Services and Products: <http://www.aaronmarino.com>

Best Hair Product: <http://www.peteandpedro.com>

Best Grooming Tool: <http://amzn.to/1Yr0nCJ>

Tiege Hanley Skin Care: <http://www.tiege.com>

Funny Six Pack Video – Do Women Want Men With Six Pack Abs? CONNOR MURPHY Finds Out The Truth!

What is up Six Pack Shortcuts? My name is Connor Murphy and I might not look like I have a six-pack right now, but we're going to talk to some girls and if they like six-packs. We're going to show them the real me. let's see how good.

So we're talking about New Year's resolutions today. We're talking about New Year's resolutions, so do you guys have New Year's resolutions? IT's okay if you don't. Do you guys have any New Year's resolutions?

To try and big money. I don't have one. Join us moving right here. I, this this is going to be a good, right – to be more positive. Both. Is not happiness bad well guess what? During this interview we're going to be very positive and we're going to have a lot of fun. Okay. I promise you that. All current events. The findings resolution is to run the half marathon. Have you heard about Connor Murphy? Okay so you're not too hot with Krita men.

Together, what do you think would be a good New Year's resolution for me? My friends have been telling me that I need to get abs for the new year. What do girls think about a six pack? Six packs are good right, right? It'll, it should help

me out with the ladies, correct? Yeah. Yeah. Maybe they definitely like out right. Yeah, abs on a guy look look great, right? Okay. All right. It shows. It shows that you work hard right? Anybody doesn't that usually like, the man or the bad bod, exactly. Thank you.

People feel from the dad but I've actually gained quite a bit of fat in the past year, so I've actually gained quite a bit of weight over the past year, but, uh, though I'm kind of self-conscious about my body. So this year I'm really trying to work on my abs. Okay, cruise my confidence right? I'll be able to talk to girls better, right? I'm really awkward right now.

So how about helping to keep the motivation going. If I can get a six-pack by the end of the year, how about if I complete that New Year's resolution by the end of the year? And if I can get abs by the end of the year then can I get your number? I get your number. That pair I'll come to wherever you are. I'll come find you and you guys can give me your number. That's fair, okay? I got that awesome. All right, perfect sweet.

But, I need help though, okay? Like how do i how do I go about getting abs? You guys got to give me tips though. Like what do I do? I want these ABS so bad. What do I do? What can I do to get a six-pack. Start with the marathon. Get all the plankS, pull the plank. OK. I'll tell Carlos all right? Perfect. Just like a how many do? I do how many until i get a six-pack? Wait. How long do we have to do this for? How long does it take until I get a six-pack?

I knew you really need to beginning going over. I don't know if I can do this for that long? You might be here. My finger. Oh yeah. This will give me a six-pack. Let's try. See, don't, don't, all right. I can't get them. Where you want in you it.

So do I have a six-pack now? Do you think that that run gave

me a six-pack? I just did that. That was a long time so like, does that mean I have abs now? Now it doesn't have do you think that helps? Like, do i that no. Let's just see how I'm doing. Maybe I gained a little bit of that. Right, are you straight on cuz I swear I felt like I felt like it was doing something hopefully.

I got us now yeah that's pretty quick. I think I've gained at least like your plane thing that actually worked one of the differences that one wasn't it? Actually I did get a six pack that's a bit. A year yet I mean. I don't think it's been a year agree to that yeah yeah damn that looks smooth that's how the quick a six pack transformation you ever see guys what healthy is everybody you know not everyone only beautiful girls you know if you pick yes alright guys thank you so much for watching so if you don't know about me I have a Fitness YouTube channel where I do stuff like this you know interact with girls make Fitness fun so I'll be appearing on the Six Pack Shortcuts channel you know not only showing you how to get a six pack but also showing you how to be more confident so remember to Like comment and subscribe and I will see you guys next time [Music]

The Key Superfood Fruits For Burning Fat & Getting Six Pack Abs

What's going on? It's Thomas Delauer with Six-pack ABS dot com. I'm the creator of the science-based six-pack intermittent fasting program which is the world's leading intermittent fasting program.

I want to talk about the best and the worst fruits that are helping you or keeping you from getting six-pack ABS. So let's talk a little bit about it. First I have to help you understand the science of fructose metabolism.

Fructose is the sugar that is in fruit, and here's the thing, guys, it doesn't metabolize the same way that traditional glucose or traditional sugar does. You see when we consume regular carbohydrates, all the cells in our bodies can utilize that as a fuel source. However, with fructose, the sugar that comes from fruit, the only organ in the body that could utilize it is the liver.

That means our muscles and all our other cells can't use fruit as an energy source. It doesn't mean that fruit is bad. It just means that we need to be very particular with the kinds of fruit that we consume. So I'm going to give you fruits that are good, fruits that are kind of neutral, and then fruits that you should avoid.

First and foremost, the first one on the list is avocado. And you might not be thinking that that's much of a fruit, but the reality is it is a fruit. And one cup of avocado has only 1 gram of fructose, albeit it does have 235 calories in an entire cup of avocado. But it's worth it when you factor in all the different antioxidant properties that you get from it as well. And when we're talking about the actual efficacy of fruit in terms of how the fructose is utilized, avocado is going to be the go-to.

Next up is gonna be cranberries. Now here's the thing, guys. Cranberries are not what you think. They're not just those dried sweetened cranberries that you see in the bulk bins or you get at the grocery store all the time. Cranberries are actually a little bit bitter, and they're harder to find than the dried ones are. But if you cook them up and you add a little bit of Stevia to them they taste just as good, if not better. And the thing is, cranberries contain a lot of other

components. Not only are there only 4 grams of fructose in an entire cup of cranberries, but they also contain something known as anthocyanidins. These anthocyanidins are very, very powerful when it comes down to getting rid of bacteria in your body. So not only is it good to get rid of the bad bacteria in your gut, it's also very powerful at getting rid of bad bacteria that compile in your urinary tract, and in your bladder. Maybe you've heard of people drinking cranberry juice when they have a UTI or a kidney infection. Well that's the reason why here's the thing most people end up drinking cranberry juice that has a ton sugar and triggers inflammation, and also ferments and feeds the bacteria so you're ending up not really getting anywhere special. You're better off to take good old-fashioned cranberries and sweeten them yourselves with a sweetener that doesn't have a high glycemic load.

OK. The next fruit that we want to talk about is lemons. And I know you're wondering what the heck man you're giving me these fruits that aren't tasty fruits. There are things that I don't even think of as fruits to begin with. But the fact is lemons are a fruit and lemons contain a very unique kind of fiber known as pectin. You see, what pectin does is pectin breaks down and moves fats through the body. So if you have undigested fats in the digestive system, then pectin is going to help move those through meaning any excess fats that would ordinarily get stored as a triglyceride or stored as fat end up getting expedited through the body. But lemons also do something else: they stimulate the actual gallbladder to create and secrete more bile. Bile breaks down fats. You see bile salts which are in bile literally break down, emulsify, fats help that process out so that the fats can be utilized and not just stored and undigested. So this literally helps you utilize and potentially burn more fat. That's why the lemons are so critical.

Okay. Now the neutral ground. We've got blueberries and we've

got strawberries. Blueberries have a little bit more sugar. They're about 14 grams of fructose for an entire cup, which really isn't too bad. But it's still a fair amount of fructose. But the thing is they are so powerful when it comes down to specific antioxidants that help out what's called BDNF. Helps out your brain. Okay. They have something known as anthocyanins these anthocyanins can cross through the blood-brain barrier and help your brain literally to regenerate. There's such a powerful antioxidant and normally they can't get through that blood-brain barrier. The blood-brain barrier has a wolf at the door for anything that would normally try to come in the brain. Blueberries, that specific anthocyanin dye, the dark thing that's in the blueberries of whatever actually makes them blue and dark and purple, gets into the brain and helps your brain grow. So then couple that with the fact that they're not too high glycemic they don't have a lot of carbs they're pretty powerful fruit.

Strawberries are kind of in the same boat. OK, only 7 to 9 grams of carbohydrates by way of fructose for an entire cup. So if you're trying to watch your carb intake, you're trying to stay on low carb diets, then it might be a good idea for you to load up on the strawberries to still get that sweetness you want but without the fructose load that's all gonna turn to fat.

Okay, now the fruits you should avoid. Bananas. Don't believe all the hype. Sure they have some potassium. But not nearly as much as even an avocado has. You see a whole bunch of bananas is gonna have less potassium than generally one good-sized avocado. So don't believe all the hype. You ended up with 20 grams of sugar for just one medium banana. That's really not worth it.

Next up is gonna be grapes. Straight-up fructose. There you're looking at a cup you're looking at close to 20 grams of carbohydrates again from fructose. However, one cup of grapes doesn't have a lot of surface area because grapes are usually

good size, so that means that you're ending up like maybe 15, 16 grapes and you're having 20 grams of carbohydrates: straight fructose that your liver can barely metabolize.

Last, but not least, apples. Guys, apples are just a commodity at this point. They are so genetically modified they are everywhere. We create them in the masses so really we're not getting much from them. They're not very nutrient dense and they end up having up to 25 grams of fructose in just a single apple. So really you're not getting much out of them. You're just getting the sugar. And the very little thing that you are gonna get out of them is in the skin, which most people don't even like in the first place.

So that's the general breakdown. So fructose does not metabolize the way that regular sugar does. And lastly fructose doesn't trigger a ghrelin response. What that means is it doesn't satisfy unlike other carbohydrates. You see sugars can make you hungry but most carbohydrates will satiate you for a little bit. If you have fructose it doesn't do any of that, has no effect on that hormone level. So keep your fruit in moderation and whenever possible get it from the ripe fruits.

As always keep it locked in here on this channel and if you have ideas for future videos you can put them in the comment section below but also make sure you check out my internet and fasting protocol down below. I will see you soon.

Burn Fat Fast For Six Pack Abs:
<http://go2.sixpackshortcuts.com/SH3WD>

Check Out Thomas' Channel: <http://www.youtube.com/TheTDeLauer>

Smart Cardio For Men Over 40 – Functional Cardio Day

Help Yourself Get In The Best Shape – At Any Age:

Hey guys what's up? It's mark today to bring you a quick and easy workout that I personally designed as a key component to my new workout program ABS after 40. I like to call this workout functional cardio day.

Now this is important for you guys over 40 to watch because if you have experience with other workout systems such as P90x or Insanity you've probably encountered or heard feedback from others stating that catastrophic injuries are often experienced with these systems. The high impact nature of those programs can lead to serious joint, ligament and muscle tear damage that will not help you lose weight at all. In fact these types of injuries were more than likely keeping you fat and out of shape.

Now I'm not saying high impact movements are a complete waste of time. But when it comes to men over 40 there is simply a better way to achieve the fat burning effect you need without the risk of blowing out a knee, twisting an ankle, or busting a hip. Now let me clarify one thing. Low impact does not necessarily mean that I'm suggesting some powder puff geriatric water aerobics class. Forget the water wings guys .I'm going to take you through my personal method for full body toning. It's functional cardio days fellows.

Functional cardio days are great for guys who are looking to burn body fat fast without the need to perform any side impact movements that more often than not lead to ligament or joint damage. And what's even better is that you can do this workout right at home. There's no equipment required on functional cardio days. No grueling hours on seated stationary bikes or

treadmills where your heart rate stays at a constant non fat oxidizing state.

With these quick low-impact exercise intervals your entire body will get work leading to faster more efficient weight loss than wasting hours chained to a piece of cardio equipment. You'll get it in and be done in 15 minutes or less. This workout is an absolute staple of my abs after 40 program. There's no better time than now to start your fitness transformation guys.

So let's get into what a functional cardio day actually looks like. We're going to be knocking out five different exercises for 10 reps each. You may take rest as needed. But keep in mind that the goal here is to keep your heart rate elevated in the fat burning, training zone. So for best results try to keep your rest minimal. Take about 30 to 60 seconds of full rest between each cycle. The program calls for three total cycles. So pay close attention to my form and intensity as I demonstrate exactly what I'm expecting from you guys in the performance Department.

The exercises we will be performing will be number one lateral lunges, two decline push-ups, three reverse plank kicks, four bench dips, and finally, fifth, shoulder touch planks.

Let's go. Follow along and watch my form as I show you how to do these five exercises. Okay.

First of all we're going to start with lateral lunges. They may seem really easy but you need to do slow controlled movements, and go as deep as your body will let you. If your knees or your back starts to hurt go half way down. So it's as simple as this. Lateral lunges, hands in the middle. You take a step to one side and a step back. That's one, two, three, four, gosh, six, seven, Hey 9. Yeah.

And right after that, no rest, we're going to go into decline push-ups. Three, five, six, seven, eight, nine, and ten.

All right, no more rest. h\How about some reverse plank kicks now? All right. So it was this all fours. One, two, three, four, five, six, seven, nine, yeah.

All right. .Into those, no rest, straight over here Let's do some bench dips. Lean out on – yes. Hey, nine, ten. Okay.

No more rest. All right. Last thing we can do is shoulder touch planks. Okay. Spread out like this and we're going to go: one, two, three, four, five, six, seven, eight, nine, ten.

Alright guys. That's one complete cycle: five exercise, no rest in between. I'm going to take about 30 seconds you can take up to a minute or longer. Just catch your breath. As you can see they may look easy but when you do them back to back to back, you really get your heart rate up, it keeps your blood pumping.

We start burning more calories at the same time. That we're actually working our muscles. I got about another 15 seconds so I'm gonna do it all over again.

Now guys, if after three cycles of this you feel like you can keep going, please please hit it harder. There's nothing that says you have to stop at three. Three is the bare minimum I want out of you though. Okay, four or five or six is fantastic. The more you put into it the more you're going to get out of it. Simple as that.

<http://go2.sixpackshortcuts.com/SH1A2>

Hey guys, what's up! Today I want to bring you a quick and easy workout that was designed as a key component to the NEW workout program, Abs After 40... I like to call this workout, "Functional Cardio Day".

Now this is important for you guys over 40 to watch because if you have experience with other workout systems such as P90X or Insanity, you've probably encountered or heard feedback from

others stating that catastrophic injuries are often experienced with these systems.

The high-impact nature of those programs can lead to serious joint, ligament and muscle tear damage that will not help you lose weight at all – In fact, these types of injuries will more than likely keep you fat and out of shape. Now I am not saying that high-impact movements are a complete waste of time but when it comes to men over 40, there is simply a better way to achieve the fat-burning effect you need without the risk of blowing out a knee, twisting an ankle or busting a hip.

Functional cardio days are GREAT for guys who are looking to burn body fat fast without the need to perform any high impact movements that, more often than not, lead to ligament or joint damage... And what's even better is that you can do this workout right at home – there's no equipment required on functional cardio day.

With these quick, low-impact exercise intervals your entire body will get worked – leading to faster, more effective weight loss than wasting hours chained to a piece cardio equipment. You'll get it in and be done in 15 minutes or less.

The exercises we will be performing will be:

1. lateral lunges
2. decline push-ups
3. reverse plank kicks
4. bench dips
5. shoulder touch planks

Workout Breakdown:

- Lateral lunges for 10
- Decline push-ups for 10
- Reverse plank kicks for 10
- Bench dips for 10

- Shoulder touch planks for 10
- Round 2, fellas!
- And here we go, final round... Round 3.

How men over 40 need to be training:
<http://go2.sixpackshortcuts.com/SH1A2>

Thanks again for tuning in guys. I know all of you guys out there who are over 40 have been waiting for the solution to finally getting rid of your belly fat... And let me tell you, the solution is just a couple days away!

Reserve your spot for the full Abs After 40 program now:
<http://go2.sixpackshortcuts.com/SH1A2>

I'll see you guys there.

-Mark

PS: Don't forget to share this video with any of your friends who are over 40 and that are looking to get into killer shape:
<http://youtu.be/auJRUvCF0eo>

How I Got a 6 Pack in 6 Weeks – BRUTAL Abs Workout...

Eight months ago I was in the best shape of my life. However, since then I've gotten punchy. So I'm putting myself on a new regiment.

I want to get rid of my chubby gut and see if I can get shredded six-pack abs in six weeks.

Because I'm working without a trainer I don't want to push myself too fast and risk getting injured. So for my first two weeks I'm sticking entirely to bodyweight exercises so I can have a strong enough body to handle weight training. I work ABS three days a week and do three days of additional weight training in between. And 30 minutes of cardio every day, no exception.

If there is one thing I learned doing over any challenge it is that diet, diet, diet is the absolute most important part of any muscle building regimen. So for this challenge because I want to be burning fat at the same time I'm building muscle my diet will consist of 5 boiled egg whites with oatmeal and apples for breakfast, or on lighter days plain Greek yogurt with banana. Follow that with two chicken breasts and broccoli as well as assorted vegetables. A small bowl of lentil soup as a snack. And for supper two ground turkey burgers with spinach and broccoli.

For week two I had a second 20-minute ab workout on top of my previous exercises. This routine I pulled from youtuber Scott Herman. So you can check out his channel if you want try the routine yourself.

Literally, for the past four days I have been racing to Chipotle after work and just downing a burrito. And that's cuz my diet right now it just doesn't have enough calories in it and I am losing weight so much faster than I want to.

I'm not building any muscle, so I've got to find a better way than this to add consistent calories to my diet.

By week three I purchased a gym membership so i can start training with weights and additional equipment. For extra calories i had 3/4 cups of brown rice to my lunch and boiled sweet potatoes in my supper. And with this small diet tweak I started seeing fast results.

So I'm at week five now and as you can see my abs are just

starting to come in. But I still kind of have this like inch and a half of just like water weight and some fat that I really need to burn off. So what I'm trying now is this body building technique called the ad vacuum that involves sucking your belly button back to your spine and blowing out all of your air and just holding it.

So for the final two weeks I'm going to be incorporating the AB vacuum in on top of my ab training on top of my cardio training, on top of my dieting. And I really think I'm going to finish this challenge strong.

In six weeks I lost seven pounds and almost a full inch off my waistline. And honestly I didn't think this challenge would be any harder than the Wolverine diet. And it absolutely was.

Your abs are just so strong that you have to push them to the point of complete exhaustion every workout if you want to see real progress. So this has been a grueling six weeks for me, but I am so glad I've gotten through it.

I am really happy with my progress and this time I'm gonna work so much harder not to lose the games I've made and I keep building on as I move forward.

Thank you so much for watching. I really hope you enjoyed it. If you want to see more videos like this or videos on a host of other challenges please subscribe below and we will have more videos coming soon. Cheers.

WORKOUTS:

1)

https://www.youtube.com/watch?time_continue=663&v=2Yk_z7CK6Ig

2) <https://www.youtube.com/watch?v=L5iE09mAp58>

Getting a six pack has definitely been one of the most challenging tasks I've done. You're abs are exhausted 24/7, on top of all the cardio you're forced to do. Really please with the results though!

Get connected with us on social media!

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More videos coming soon fam, stay tuned ☐