

How To Get A Six Pack In 3 Minutes For A Kid

How To Get A Six Pack In 3 Minutes For A Kid –

Sup guys, today I'm gonna show you how to get a six pack in 3 minutes; once again just a little ab workout you can do if don't have a six pack. Alright.

So make sure you're stretched a little bit out. I mean stretch out your back. And maybe warm up with some flutter kicks or something.

Alright, so the first exercise we're gonna do is v ups so your gonna do 30 seconds of these.

The next exercise we're gonna do is flutter kicks, again 30 seconds of these.

You can put your hands under your butt; point your toes if you want. Make sure you are activating your core.

Alright the next one is clams for 30 seconds of these. we're gonna be doing 3 rounds of this of one more exercise. Keep it up guys!

Come on guys!

Alright now, we're gonna do 30 seconds of plank. Make sure your butt's not sticking up in the air; make sure your butt's not saggin' down. You wanna be level like this

Come on keep it up guys I know its tough.

Now we're gonna do another round. V ups first. 30 seconds of these. Moving on to flutter kicks, 30 seconds. Make sure you are not bouncing your feet off like this. Keep it up guys.

30; now we're gonna do clams. Make sure your hitting knees to elbows, feeling it.

Moving on to planks. Almost done guys.

One more round of this. Come on guys keep it up! One more round moving on to flutter kicks come on guys. 10 seconds guys. 10 more seconds planks.

Last 30 seconds. Good work guys. That's the workout

Let's see if hes got more six pack. Alright guys. Its not really a six pack in 3 minutes, but its a good ab workout.

Thanks for watching. Make sure to check out our website howtosbybros.com

Thanks guys.

Ok what's the real secret to get a six pack in 3 minutes ?

There is none there no magic pill that gets you abs in minutes or a workout that gets you a six pack, what gets you a abs is eating right, working out and doing a whole bunch of cardio. You don't have to be skinny to get a six pack in 3 minutes you just have to have less than 10% body fat. I will admit this ab workout for getting six pack is temporary but within 1 month if you do this workout 3 days a week with cardio, you will see results

10 Muscle Building Mistakes

(KILLING GAINS!)

The 10 Worst Muscle Building Mistakes that you should avoid. These mistakes are common for beginners that are starting to look into how to build muscle as well as advanced. If you're looking for the best bulking and muscle growth diet/workout you should first make sure you're not making these mistakes

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

Fat Loss Calculator: <http://bit.ly/2wMv9NU>

TIMESTAMPS:

Mistake 1 – Always Sticking to The Same Rep Range –
<https://youtu.be/seWbTqP6yJc?t=1m>

Mistake 2 – Undervaluing The Importance of Food

Mistake 3 – Having Too Low of a Meal Frequency (Intermittent Fasting) – <https://youtu.be/seWbTqP6yJc?t=4m27s>

Mistake 4 – Overvaluing Supplementation –
<https://youtu.be/seWbTqP6yJc?t=5m44s>

Mistake 5 – Not Trying to Develop Neuromuscular Connection –

Mistake 6 – Working Out Too Much –
<https://youtu.be/seWbTqP6yJc?t=7m39s>

Mistake 7 – Avoiding Intense Weight Training Sessions –

Mistake 8 – Not Switching Up Your Training Style (Drop, super, tri sets) – <https://youtu.be/seWbTqP6yJc?t=10m3s>

Mistake 9 – Not Realizing Barbells and Dumbbells Are THE BEST – <https://youtu.be/seWbTqP6yJc?t=10m51s>

Mistake 10 – Not Allowing Your Gains to Stack Up –
<https://youtu.be/seWbTqP6yJc?t=11m27s>

I've spent years trying to build muscle naturally and let me

start by saying it's not easy. There's so much misinformation out there on how to build muscle as a natural and even if you were to find the right information there's so much of it that it's easy to get overwhelmed and not take action. I felt that first hand as I've gone through phases where my goal was to strictly be as bulky as possible and other phases where the goal was to get as lean as possible. Over the years of going through dirty bulks, clean bulks, cutting phases, trying different supplements, as well as constantly modifying my workout plan I went through a lot of trial and error. And I want you to avoid making the same mistakes that I did so you can see results as fast as possible by focusing on the things that truly matter when it comes to building muscle while ignoring the rest. So today I want to go over the 5 biggest muscle building mistakes that you're probably making that are preventing you from seeing the gains you deserve. Let's jump right in and start with the biggest workout related mistake that beginners and advanced people make. Always sticking to the same rep range. There is a rep range that is believed to be better for building muscle and even though there's a lot of debate about what the best rep range is most people will agree that it falls somewhere between 6 to 12 reps. The best results that I noticed were always within a narrower rep range of 5 or 6 to 8 reps. However by constantly sticking to this same rep range you're going to have a lot of trouble making progress especially after you're no longer a beginner and results start slowing down. This is why you want to spend time with three different rep ranges low moderate and high. Your moderate rep range could be 6 to 8 reps. Your low rep range would be roughly 3 to 4 reps and your high rep range could be 12 to 15 reps. You would spend two to three weeks working on each rep range and you would do this because each rep range has benefits that will transfer over to the other rep ranges helping you get stronger and build muscle faster. The three to four rep range allows you to lift a much heavier weight which will then make the weight that you were using for your moderate and higher rep ranges a lot easier allowing you to

lift heavier weights for those rep ranges as well. With a high rep range of 12 15 or even 20 reps you'll be increasing your endurance and your body will adapt to an increased production of lactic acid. This will help you squeeze out extra reps at the moderate rep range and even the low rep range with the very heavyweight. Breaking up your work out into periods of low moderate and high rep ranges is known as periodization and this will allow you to continuously increase the intensity of your workouts in the shortest amount of time possible ultimately leading to some very impressive results. Your body is very good at adapting and periodization is a great way to constantly keep it guessing which is a big plus when it comes to building muscle. The next mistake is undervaluing the importance of food. If you happen to be a hardgainer you have to eat a lot of food to build muscle. if you're not a hardgainer you still have to eat a lot of food to just not as much. Muscle is metabolically active tissue and due to our biology and the way that we've evolved our bodies try to conserve energy whenever they can to ensure that we don't starve. So from an energy conservation standpoint your body doesn't want to build muscle and you're going to have to force it into growth.

10 Minute Ab Workout: How to Get a Six Pack

Okay everybody. Today I'm going to get you on your way to having that six-pack.

We are doing ten minute abs which means ten exercises 30 seconds each; twice through. We're going to work straightaway so come down to the floor.

We're going to bring our legs up and for 30 seconds we're just going to drop our legs down and bring them up again. Okay, so we're working the lower abs here. That's this little pooch here that's really hard to work out. That's it. Keep breathing now we want to make sure that we're keeping our back flat on the ground; so if you feel it start to come off, just don't go as low down. Great star every one. Cool. We've got to start like we mean to go on. Are you ready to change it into the next exercise?

Whoo! Now come round nice and quick bring those legs up; we're gonna flutter them. Again we're going to be working these lower abs. You're also gonna feel your quads are gonna be working too. So you're gonna get a good leg workout. And we're gonna be doing a lower abs for like a minute and a half. So we'll really strengthen those lower abs and get rid of that pooch. Now I like to have my arms out to the side gives me a little bit more support; and make sure you're just not gripping onto the ground. Okay. See it's come round again next 30 seconds.

Cool cross him over now if you can just test your legs and bring them down slightly. The lower you bring them the more you're gonna feel it in those lower abs. But make sure the back doesn't come off the ground. Cool. And you can really start to feel it in those lower abs as you come down because it gets harder to talk. Cool. And then probably quite difficult for someone like me that never shuts up. Great job guys. Cool.

Flipping over onto your tummies. I'm gonna do mountain climbers, nice, slow, and controlled. Again 30 seconds. Hey, you want to make sure that your back is an arch. The nice and neutral and your hands are underneath your shoulders. And nice and gently bring those knees into the chest. Excellent job guys. Keep it going. That's it. Squeeze, pull that tummy up.

Ready? Next exercise is going to be rolling back on our backs

okay onto your bottoms we're going to make a V pulling in and out you're going to really start to feel this in your quads as well make sure you really are just engaging those Tulle muscles so we get that six-pack great for job guys oh if you're feeling the burn there means is working come on don't give up oh it's only ten minutes before I only got about seven minutes to go whoo okay ready next exercise go down onto your back arms up I'm just gonna alternate move touching our toes now no worries if you can't get your legs straight it depends how flexible you are just keep trying to reach up for those toes see the game through it nice and quickly the way you can do this just we're alternating ah your exercises keeps it fresh current and keeps you motivated ah okay next exercise can take it into the Russian twist so coming up into that be aa and twisting round let me take this nice and controlled and if you want to increase this and make it even harder you can add a weight into your hand that's it just keep breathing well I can feel the burn in my belly now you should be able to feel it too keep it going great work okay you really stand on to the next exercise ready and flip straight over we're gonna hold a plank okay to dress up like this again make sure that your elbows are underneath your shoulders I like to grab my hands together it gives me a bit more support and we're going to keep our back nice and flat I love when you're dipping it down or sticking your booty in the air nice neutral spine that's it Hari therefore just a little bit longer and we're going to go into our side planks three two one straight away no rest holding it up now you've got different variations of this you can either put your hand here you can lift it up or if you find that too difficult you can just bring your bottom down and then eventually you'll be able to bring it up and put your hand to the sky and look up every nice and easy really are working our oblique muscles here now we've done this side so obviously you're gonna have to do the other side we're going to make sure that it's even so you ready to switch over on to the side plank ready let's go straight up that's it hold up nice and tight just keep thinking about pulling up here so

really using those oblique muscles those muscles down the side and look up great job are you ready to do this all over again cuz I am you ready whoo if you made it five minutes you can do ten minutes and if you're gonna do ten minutes you're gonna get more of the ABS and you work for five ready let's start again go spin it back round you're done five minutes you're gonna get five minutes worth of ABS if you do this all over again you're gonna get double the ABS so remember what's first leg drops working that lower abs now just think you're halfway through already so you may as well just give another five minutes and keep going you do this workout every day and of course eat clean as well you really are going to see the difference in those ABS I know there if I do more exercises just working my abs really do feel the difference and drinking lots of water helps too okay ready for the next exercise we're gonna go into flutter kicks now I do like to keep my legs nice and high you can do them down here but as you see my back tends to come off the ground so I'm just gonna keep it here it's really important that we don't damage our lower back oh I can really feel it on my quads now my abs are burning if you can feel the burn shout I can feel the burn that means it's working if it doesn't hurt it's not working so just think about those ABS afterwards okay ready to go on to scissor kicks let's go now these lost for some reason I can take lower down just cuz the movement is different going cross it also stops me talking which is probably a good thing for now okay let's keep breathing no one given up just yet or what are you working it all the way to the end no stops no stops for water just yet you can have a rest at the end whoo okay feeling the burn in those lower abs you ready to go to the next one remember what it is yep mountain climbers who's spinning right over and let's bring those knees into the chest now if you want more cardio you can do this quicker but as today we're working on getting that six-pack listen to take a nice slow and controlled great job everyone who do this every day you're gonna get that sexy beach body I'm still working on mine I still want to make improvements so just give yourselves ten

minutes a day put on a bit of exit and get your body in shape
oh okay ready sitting back down not sitting we're just gonna
be sit okay be sit crunches that's it nice controlled ah you
should be really psyched to feel it now you should be feeling
the burn I can really feel it in my quads give that back nice
and straight whoa feels good though I know that my abs going
to look great afterwards that's when you want to take a
picture keep it going we're going to go into the Russian twist
three two one I like we're going on to the Russian twist we're
going to do opposite low turn touches okay ah so bring in that
hand up to the toe great job come on you're almost there
you've just got a couple of minutes of exercise to go just
just think about it it's just time and think how great you're
gonna feel when you finish it that's always my motto whoo how
do you then feel afterwards I promise you it's gonna be the
word awesome keep it going ah okay let's dig into those
Russian twists just two minutes of exercise to go and put a
nice slow and controlled remember if you want to use a weight
that's gonna increase it make it even harder and if you want
to modify this way you can just hold it here and don't worry
about the twist ah and eventually you'll be able to work up to
the twist ah now remember this exercise we are working our
oblique muscles so try to get that definition at the sides are
you ready for your last minute and half exercise all pranks
let's spin it over onto our front let's hold that plank
remember keep our spine nice and neutral engage those ABS
really try and work them just think about pulling in those
muscles really tightening them cool you've done an excellent
job so far guys if you manage to keep up with me you deserve a
pat on the back but I don't want any of you giving up now okay
you've only got less than just over a minute of exercise to go
no quiz hang up or shoot to do this okay ready to take it on
to that side plank ah keep it going come on put in these
muscles here go get some definition in outsides and lift up
come on squeeze excellent job guys you're almost at the end of
the workout could you manage to get through this whole thing
whoo and you can feel the burn then your abs are on the way to

getting that six-pack that's it keep holding don't stop now we're almost at the end ready to switch over onto the other side and let's face the other way cool go straight up hurry up here pull those abs in excellent job guys remember if you manage to get through this whole workout leave me a comment or you can tweet me at the model pilot let me know you got through our 10 minute ABS because we've also got five minute abs six-minute abs 8 minute abs as well on exits but 10 minute abs is the most powerful one we have whoo so let me know if you merge you get through it remember it's Twitter hat the model pilot squeeze and release whoa great job everybody awesome work well ex hit has got plenty more ab workouts for you if you don't have time to ten minutes we've got five minutes we've got eight minutes we got three minutes or for you we've also got loads of other workouts we've got Victoria's Secret Series cardio workouts leg busting everything for you hit this button here it's gonna send you the newsletter which it's got all the fantastic things that ex hitters going on if you've got any questions tweet me at the model pilot or on Facebook Rebecca Louise fitness thanks for working out with me today and make sure you visit us again soon.

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Inspiring Fat To Fit Muscular Strong Body Transformations 1

before and after!

Inspiring Fat To Fit Muscular Strong Body Transformations! Think you can't lose weight and get six pack abs? You can – if you shed pounds and build muscle the right way.

Before you can go from being fat to a fit muscular strong body you need to make a decision. There needs to be a turning point in your life where you decide to make a change.

No! There are no magic pills, potions, or simple one step plans to make your transformation. It takes time, effort and determination to go from being fat to a fit, muscular, strong body.

What will that turning point be for you? Here are a few ideas that may nudge you, or push you, into making a firm and clear decision to transform your body and your life:

- You have become lazy and complacent over your overweight condition.
- There are no more excuses for eating junk food that is not nourishing your body.
- If you don't make good lifestyle changes now, you never will.
- You developed a potentially fatal chronic disease.
- Because of being overweight, you lack confidence.
- Chronic conditions are affecting your quality of life.
- Your doctor keeps increasing your medication.
- People are commenting about your ever expanding gut.
- You eat everything you see and have no dietary goals or control over your eating.
- You look in the mirror and realize you need to make a change.

To make your transition from being fat to a fit, strong body you need to always have the reason for change clear in your mind.

Inspiring Fat To Fit Muscular Strong Body Transformations

6-pack abs are admired for a variety of reasons by many different people. Among these factors is the belief that that they look captivating; 6-pack abs are better than flab any day. 6-pack abs are in big demand right now. However, getting 6-pack abs and sculpting your stomach muscles takes a bit of work, education, and self-discipline. 6-pack abs are possible, we see all of them the time. However, these are usually people on TV with the time and money for personal trainers personal nutritionists and the best health club memberships available.

Only a good diet will result in the abs you desire. Six pack abs are a result of applying what I call the mathematics of weight loss (a part of which means remaining within your daily caloric requirement.) with the right muscle strengthening exercises.

Six pack abs are just accomplished by building the abdominal muscles and then losing the fat that covers them up. Abs are usually developed initially through indirect stimulus.

You can if you really want to. You can go from fat to fit with a muscular and strong body. Watch for more Inspiring Fat To Fit Muscular Strong Body Transformations. You actually can make the strong body transformation with good exercise and changes to your diet.

Check out the **5 Factors of amazing abs:**
<https://howtogetabs.net/specforceabs>

This is the most scientifically researched and fully systematized and planned core strength training and stability program on the planet. No matter your current level of development you will amaze yourself with the feats of abdominal strength and skill you will master by simply

following the simple progressions in [Specforce Abs](#). And the fringe benefit will be a flat belly and even ripped six pack abs.

How I Went From Fat To Six Pack Abs – Thomas DeLauer's Incredible 100 lb Fat Loss Transformation

How To Achieve Six Pack Abs With The Fastest Method – Science:
<http://go.sixpackabs.com/sciene2ba>

Hey, guys! So, yesterday I promised I'd share with you my story of transformation and how I was able to completely disrupt and change my life for the better. You may not know this about me, but I wasn't always ripped...

0:18 – I used to be 280lbs?!

0:33 – I was just trying to be the best that I could be... But in reality, I let my health go completely to the waist side...

0:48 – The biggest thing that I did for my life was getting my health back in control... And the BIGGEST thing I did to take control was:

I Stopped Eating All The Freakin' Time!

1:06 – Intermittent fasting was a HUGE part of my success

1:51 – What you may hear when first starting intermittent fasting

2:56 – “Time is the ENEMY”

3:45 – Reasons others fail at intermittent fasting & why we do NOT

5:29 – Tomorrow – Tuesday, October 24th: Top 5 Myths About Intermittent Fasting BUSTED

I appreciate you guys taking the time to listen to my story, and I hope you have the courage to face what’s holding you back too for not only the body, but life you truly deserve.

I’m coming to you tomorrow with another video on the Top 5 Myths About Intermittent Fasting, so make sure to: “Like” “Share” & “Subscribe” to SixPackAbs.com

I’ll See You Tomorrow,
-Thomas

Make The Decision To Change Your Body & Life For Good:
<http://go.sixpackabs.com/sciene2ba>

P.S. Make sure to “LIKE” and “SHARE” this video on Facebook:
<http://sixpackabs.com/thomas-delauers-story-fat-to-fit-my-body-transformation/>

**9 Foods you should NEVER EAT
if you want a SIX PACK | 6
PACK Diet to lose weight how**

to get abs fast

9 Foods you should NEVER EAT if you want a six pack helps you make healthy choices that trim the fat so your abs can be seen.

Most Americans think that they're fairly healthy. But they are often consuming a lot of so called health foods that you should never eat. These foods are often labeled "sugar-free", "all natural" and even "organic". But, they pack on the fat that hides your abs.

TRICKY foods you should never eat again if you want a six pack or to lose weight. If you're wondering how to get abs fast this 6 pack diet will show you what foods to avoid to burn belly fat quickly.

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

Fat Loss Calculator: <http://bit.ly/20awDJq>

I've been working out 7 days a week twice a day everyday and I just can't figure out why I'm not losing weight. Like I do everything right, I lift heavy weights, I do tons of cardio, I eat 6 small meals a day, I don't eat past 6 at night, and I still can't see my abs. I can't figure out what the heck I'm doing wrong...

What's up guys my name's Max and in today's video I want to go over the 9 foods you should never eat again if you want a six pack and if you want to lose weight. Since you've probably already realized that ice cream is one of them, let's start with ice cream first.

Foods you should NEVER EAT – Ice Cream

First of all ice cream is super high in sugar which can lead to weight gain, increased levels of blood triglycerides and diabetes. When you have a high spike in blood sugar which ice cream will definitely cause you to have your body reacts by releasing a lot of insulin.

When [insulin levels](#) are high in your body it's literally impossible for you to burn fat. And it's very easy for you to gain weight. Couple this with the fact that most ice creams will have at least 300 calories in just one cup and you'll easily see how ice cream is one of the worst foods to eat when trying to burn fat.

Foods you should NEVER EAT – Popcorn

Another food that's terrible for you if you want to see your abs, and its also just as bad for your health...and that food is popcorn. Almost all microwave popcorn varieties come in a bag that is lined with [perfluorooctanoic acid](#) (PFOA). This chemical is the same toxic stuff found in Teflon pots and pans. And This chemical when heated has been linked to infertility, cancer and other diseases in lab animals. There are also GMOs, artificial flavors, MSG.

And I don't know if you guys know this, but regular corn farming requires a lot of pesticides. On top of all of that trans fats are still used by most popcorn brands even though trans fats have pretty much disappeared everywhere else since they're so strongly linked to heart attacks.

And finally, last but not least, certain studies are starting to show that it might be a bad idea to Nuke any of your food, not just microwavable popcorn. So yeah. Popcorn may be the single worst food you can have for fat loss and for your health.

Foods you should NEVER EAT – Cookies

Moving on.. we have Oreos, and in general, any type of cookies that you buy in a package like Chips Ahoy, Keebler fudge cookies, I think they're called. Now why are these so bad? Well all of the same things that applied to ice cream apply here as well. You will get an insulin spike. It'll be impossible to burn fat until your insulin levels go back down.

But something that makes this such a dangerous food to eat if you're trying to burn fat is the enormous calorie content. In just 6 Oreos we're looking at 270 calories. And I bet that almost nobody eats just 6 Oreos. Oreos are addicting. As soon as you eat one, you know you're going to eat 20. If you eat a row, which is typically how much people eat, you're looking at 675 calories. Good luck burning that off. Oreos are super high in sugar, fat, and calories. That is definitely something you want to avoid while cutting body fat.

Foods you should NEVER EAT – Soft Drinks

Next we have soft drinks. Let me show you guys something. This right here is peach flavored Snapple. And in one cup there are 200 calories and close to 48 grams of sugar, or 12 teaspoons.

You only really should be allowed a maximum of 6 to 9 teaspoons of sugar a day. You already went over with just one of these drinks. Now, it's not only Snapple, and I know that you guys already know that, Pepsi, Coca Cola, Mountain Dew, Hawaiian Punch, Brisk Sprite, and all that other canned soda. I already know that you know that that's bad for you. Especially when you're trying to burn fat.

Foods you should NEVER EAT – Juices

But you might have not known that the orange juice and apple juice and, in fact, most juices that you see at the store are absolutely horrible for you. Apple juice has 24 grams of sugar

in a cup. Granted that's half the amount that you're going to get from a cup of Snapple, but that's still going to cause a major halt for your fat loss.

Foods you should NEVER EAT – Chips

Up next we have chips. Luckily, lately there have been some brands releasing chips that are actually not that bad for you. Unfortunately most of them still are pretty bad for you. Almost all chips are super high in salt, sugar, and fat. Also because they're cooked at such high temperatures it could cause the formation of carcinogens. Don't be fooled by the kettle cooked chips and the "natural" chips because it's the same shit. The one brand of chips that I've seen that I like are Utz sweet potato chips. They just have peanut oil, sweet potatoes, and salt listed as the ingredients.

Foods you should NEVER EAT – Cream Cheese

Cream cheese is next on the list. And just so you guys know cream cheese is made out of full fat milk and cream. Does that sound like what you would include in your diet if you wanted to get a six-pack? The other thing about cream cheese is that it's filled with additives and artificial flavors. And unfortunately when you try to go with the lower calorie, low fat alternatives to avoid the high fat and high cholesterol content found in regular cream cheese, you're unknowingly adding more additives and artificial flavors. Let's see what we have next.

Foods you should NEVER EAT – Pizza

Okay. We got Pizza. Pizza is a combination of fat from the cheese and carbs from the dough and a bunch of salt. In total, one slice of pizza is 285 calories. Almost everyone I know has at least two slices which would put you well over 500 calories. Combine this with dessert and you'll quickly see that you're never going to see your six-pack eating this kind

of food.

Foods you should NEVER EAT – Honey Mustard

The next thing you should never eat is honey mustard and other high calorie condiments. In just two tablespoons of honey mustard you're taking in close to 230 calories with 6 grams of sugar and 11 grams of fat. Mustard is fine, but when honey meets mustard be cautious. You also want to avoid mayonnaise. Almost all dressings and blue cheese.

Foods you should NEVER EAT – Fried Chicken

Last but not least is fried chicken. Now although you know anything that you fry technically bad for you. Fried chicken is going to cause a huge spike in calories and huge spike in fat and carbs. And it also increases your risk of obesity cancer, and it's not very good for your health either. Also the oil that they use in this kind of food is typically the cheapest available, meaning not very high quality.

So that's all 9 of the worst foods you can eat. We're trying to get a six-pack. The really cool thing is that you can even eat some of these foods occasionally, sneak them into your diet, and still get a six-pack. Of course. Every time that you do you will have a couple extra 100 calories to deal with. But it can all technically be dealt with as long as your macros and calories are balanced at the end of the day.

Stay Healthy

So remember that total food intake plays a big role. In fact, it plays the biggest role if you only eat a serving of chicken breast with some honey mustard you're probably going to be fine. If that's all you ate for the whole day you're still going to burn fat as long as you remember that you need an

overall calorie deficit of about 25% below maintenance. And you do your best to keep your insulin levels low.

You'll be seeing that six-pack in no time.

But when I'm trying to burn fat I gotta say straight up, I completely stay away from all these foods. Like I mean you have no cheat days at all, so you're probably wondering like well why do you have all these foods and Macs. And that's something that I'm going to let you guys decide.

In the comments below where do you guys think I got all this food that I get out of my fridge going to get it at my friend's fridge but that's it. I really hope that this video has helped you guys out remember to subscribe and hit that Bell icon so you know when I release new tips and tricks to further help you out I'll see you guys.

Creatine: How to Best Use It for Muscle Growth (Avoid Side Effects)!

Creatine is one of the few supplements out there that is actually well-backed by research in terms of its effectiveness.

However, there's a lot of confusion out there as to how to take creatine and how creatine works. In terms of "what does creatine do", it simply allows a faster regeneration of ATP in our muscles.

Since ATP is the main form of energy for our muscles, this enables us to perform an extra rep or two during our training. As for the best creatine to take and how to use creatine effectively, stick to creatine monohydrate and take your creatine with your post-workout meal.

There seems to be a slight benefit to taking creatine post-workout, and it actually drastically improves its effectiveness by taking creatine with carbohydrates and protein. Now as for whether creatine causes hair loss or other side effects, research is inconclusive at the moment. Long-term creatine supplementation does not cause any adverse health effects but may increase DHT which is a hormone that accelerates male pattern baldness in those who are susceptible or have it in their family history. Thus, those who are susceptible may want to consider that. But more research is definitely needed – the findings aren't as serious as many people make it out to be.



Creatine Article (BUILTWITHSCIENCE.COM):

[*Creatine 101: How to Best Use Creatine for Muscle Growth \(12 Studies\)*](#)

You can browse around my website and read the articles I do have up (I'll be adding more articles on a regular basis).

Also, give me a follow on my social media platforms if you haven't already, as I post informative content there on a more regular basis (links below). Thanks again! Cheers!

<https://www.instagram.com/jayethierfit/>
<https://www.facebook.com/Jeremyethierfit/>

STUDIES:

Creatine Benefits:

<https://www.ncbi.nlm.nih.gov/pubmed/12945830>
<https://www.ncbi.nlm.nih.gov/pubmed/14685870>
<https://www.ncbi.nlm.nih.gov/pubmed/10410846?dopt=Abstract>
<https://www.ncbi.nlm.nih.gov/pubmed/20181066?dopt=Abstract>

Creatine Responders/Non-responders:

<https://www.ncbi.nlm.nih.gov/pubmed/15320650/>

Best type of creatine:

<https://www.ncbi.nlm.nih.gov/pubmed/19387397>

What to take it with:

<https://www.asep.org/asep/asep/kreider2.pdf>
<http://www.physiology.org/doi/abs/10.1152/jappl.2000.89.3.1165>

When to take it:

<https://jissn.biomedcentral.com/articles/10.1186/1550-2783-10-36>

https://www.researchgate.net/publication/266138342_Creatine_timing_on_muscle_mass_and_strength_Appetizer_or_Dessert

Loading vs non-loading:

<https://www.ncbi.nlm.nih.gov/pubmed/17908288/>

Cycling not needed:

<https://www.ncbi.nlm.nih.gov/pubmed/12701816?dopt=Abstract>

Creatine no side effects:

<https://jissn.biomedcentral.com/articles/10.1186/s12970-017-0173-z#CR8>

Creatine hair loss study:

<https://www.ncbi.nlm.nih.gov/pubmed/19741313>

Music:

[Soundcloud.com/lakeyinspired](https://soundcloud.com/lakeyinspired)

How To Get SIX PACK ABS Fast For Summer | 2018

Chris Heria breaks down exactly how to get six pack abs FAST! Burning fat and high intensity interval training are two main factor when it comes to getting a shredded aesthetic! but abs can't be perfect if your nutrition isn't! use this workout routine that incorporates the right components to getting six pack abs Fast for summer!

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3 Exercises to Get RIPPED V-Cut Abs FAST

If you want to Get RIPPED V-Cut Abs, this video is for you. Here is the secret to getting ripped v-cut abs.

It's really simple. First, you need to manage your diet to reduce your body fat so your abs can be seen. Good nutrition will help your body burn more fat and build strong ab muscles.

Second, you need to do the right exercises to get ripped v-cut abs. The right abs workout will target the abs to produce that popular v-cut, ripped abs look.

And this v-cut is popular. Both men and women love the v-cut look. It shows that you have dedication to eat right and stick with healthy exercise.

So, this video shows exactly how to get ripped [v-cut abs](#) fast.

Do you want those chiseled, ripped v-cut abs that you see plastered all over Instagram? Well if so then you came to the right place because I'm gonna show you exactly how to do that. And I'm gonna show you how to do it in less than three months.

Genetics Help Your Get RIPPED V-Cut Abs

One thing that I want to mention right off the bat is that some people may be more genetically predisposed to nice ABS than others. But that shouldn't hold you back from at least trying because everybody can get better than they are right now, me included. So without further ado let's get right into it.

Lose Body Fat to Get RIPPED V-Cut Abs

First thing that probably is the most important thing when it comes to getting abs is you can't be overweight. I hope this doesn't come by surprise but you should be under 20% body fat if you want to obtain nice abdominal muscles.

You might be thinking like, well I just want to [lose weight](#) around my, you know, abs. I want my abs to show. I want those v-cut lines.

Well, I'm sorry to inform you there is no such thing as spot treatment when it comes to losing weight. You can't just pinpoint one area and lose fat in that certain area. It's basically all or nothing.

But don't you worry because I am about to show you at the best way of doing that. What do you think the best form of cardio? Is it running? Do you think it's biking? Is it weight resistance training? Wrong it's not.

Jump Roping Helps Get RIPPED V-Cut Abs

It's jump roping. Jump roping is the highest intensity form of a aerobic cardio. Aerobic cardio is cardio that you do long-term. It's not super strenuous to your muscles. You can do it and maintain your energy for quite some time.

When you're doing it jump roping is four times as effective as both bicycling and running. You can burn over a thousand calories in one hour of jump roping. This is gonna make you shred that weight off. It's gonna melt fat off your body like butter on a hot car in the middle of summer.

Good Diet Helps Get RIPPED V-Cut Abs

And if you're trying to cut your weight down and lose that body fluff then you need to get your diet in check. I don't know how in depth you guys want me to go with it. I think most of you kind of know but stick to Whole Foods. You know grains,

greens, proteins, no processed foods.

Try to stay away from sugars. Sugars are gonna make you build fat quicker than fats even will. But if you guys are a little confused on diet I can do a video on it just let me know in the comments below.

But when it comes to looking more muscular, you know building that six-pack appearance, you want to be burning that candle from both ends. Not only should you be cutting the fat on the outside but you should be building the muscle from the inside out. The rectus abdominis, you know, your six-pack muscles go from the bottom of your chest all the way down into your pelvis. And as far as I know, it consists of three different sections: your upper abs, your lower abs, and your obliques (you know the side abs).

3 Exercises to Get RIPPED V-Cut Abs

If you want to obtain those cut lines you want to target your lower abs. So I'm gonna show you my three favorite lower ab workouts. These are the only exercises I do for lower abs. You want to do three sets of all of these exercises every other day in order to give yourself time to recover from the previous workout.

But keep up with these. Be consistent with it and eventually you will achieve your desired Get RIPPED V-Cut Abs.

Get my jump rope here: <http://amzn.to/2FYfIph>

My name is Brett Maverick Lange and I make video's about reactions, challenges, fitness, nutrition, fashion, lifestyle and anything fun through a combination of informative videos and vlogs. I preach a lifestyle whereas you can combine fitness with every aspect of your life, such as social activities, drinking alcohol, partying and still eating your favorite foods on a daily basis. Don't forget to subscribe if you want to stay up to date ☐

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