

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

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

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

No, the hack to 6-pack abs involves a combination of tactics that work together to develop and display your abs. Here are the keys to that combination.

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

## Hack to 6-Pack Abs

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

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

Now I know a lot of you are wondering, why do certain people have 8 pack abs, and why do some people want to have 4 pack abs? The answer to it is genetics. Some people are genetically gifted and are able to develop those 8 pack abs, or able to

develop six pack abs, and 4 pack abs. Genetics also determines the alignment of your abs. You might not have six boxes equally lined up. Some people aren't like that. Some people might have alternating abs. Got a box right here, box right here. Some other than that.

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

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

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

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

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

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



Fix Your Diet

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

abs are developed is how you eat.

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

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

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

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

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

## **Count Macronutrients**

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

Track what you eat. Track what you're putting in your body. If you don't track what you need, nine times out of ten you'll be

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

## Watch Out for Carbs and Fats

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

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

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



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

intensity cardio three to four times a week. Maybe even 2 to 3 depending on your body, depending on how you feel. But eventually those abs will show from their high intensity cardio.

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

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

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

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

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

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

is how you get your core strong. You got to deadlift; you got your overhead pressing; you got your squats; you got your bench.

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

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

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

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

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

## **Personal Example**

This is me, not too long, a little, probably a few weeks ago, counting macros, doing minimum cardio. Still was throwing in cardio about two times a week. Six times a week I was on those weights, lifting heavy. Keep doing a strength. And as you clicked on this video you thought it was real secret to it.

But the secret was clean diet, cardio, and weight training. That's the secret to abs. And that's the only way you will get those abs.

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

Hope this hack to 6-pack abs was helpful. Like this video. Comment on this video. Subscribe to this channel. I will give you more tips. And share this video. Tell your friends, let them know how to get some abs. Everybody wants abs. Let's be honest but not all of us know how. Thank you for watching. More to come soon.

Online Coaching: [xfactorfitness3@gmail.com](mailto:xfactorfitness3@gmail.com)

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**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 ads. 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]