

Four Personal Trainers Try Junk Food

Four personal trainers try junk food and give their reactions. Personal trainers have a reputation of looking healthy, physically fit, vigorous, with an athletic build. And, it takes a lot of willpower and determination to get that way and stay that way.

Personal trainers need to eat healthy foods and avoid [junk foods](#) that will move them along the path to flabbiness with too much fat and that dreaded “middle-age spread.” They would have gotten used to eating healthy, nutrient dense foods and avoiding junk foods.

So how would you think four personal trainers would describe various junk foods when they were given them to eat? Explore this reality in the following video.

One of the personal trainers looked at a chocolate topped donut and called it “Diabetes on a plate.”

Another trainer tried a Whopper and fries and said, “It tastes good, but again, is it worth it? How many burpees do I have to do later?”



Photo by [ReneS](#)



Given a can of Coke, one trainer said, “440 calories for a few sips of Coke. Definitely not worth it...”

About the whole experience, one personal trainer said, "That's what people don't get. They need to put the work in to then be able to afford to eat that kind of stuff."

What is your attitude about junk food?

Four Personal Trainers Try Junk Food

Four personal trainers taste test some of the most popular forms of junk food, from ice-cream to a fast food chain burger and chips.

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Facts. is an online brand that creates short and relate-able videos including taste tests, watching TV/ YouTubers, gender taboos & more.

Similar to channels such as BuzzFeed, WatchCut, TheFineBros & GMM we focus on creating content that depicts people (usually Irish people) experiencing new things for the first time, whether that be food, drink or maybe a TV show!

Fat To Fit Transformation for a Teen

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

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

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

Fat to Fit Transformation Turning Point

But, for people who do undergo a fat to fit transformation,

there comes a defining moment, a turning point when they realize the true answer to becoming fit. It's a lifestyle change.

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

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

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

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

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

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

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

Songs used

Time- Hans Zimmer Instrumental Core Remix

Lullabies- Yuna(Adventure Club)

Fat to Fit Transformation – 6 Months Body Transformation

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

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

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

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

Fat to Fit Transformation takes Determination

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

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

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

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Get Ripped Diet Hack To Get Your ABS To Show FAST

Get ripped diet hack to get your body in shape so your abs pop out. These hacks will help you see your well developed abs and

Look amazing.

Get Ripped Diet Hack

Gentlemen, congratulations because this is the year that you are gonna take your physique to the next level. Time is of the essence because summer's gonna be here before we know it, resulting in beach frolicking, pool parties, and mowing your grass shirtless to give all the thirsty Cougars of the neighborhood a treat.

This is the summer that you are gonna have abs, or at least not be embarrassed to take your shirt off in public. Right now I assume that you're lifting weights, right job, doing cardio, nice work. Give yourself a round of applause.

All right, that's enough because the reality is that what your body looks like is actually 80 percent due to what goes in your mouth. And you're dying. So today I'm going over my top five food hacks to get your abs to show.

Get Ripped Diet Hack 1

Get Ripped Diet Hack number one. Don't do it: diets. Just stop. Like, like, if you're doing a diet, you got to stop because diets are temporary. The results that you get from dieting temporary as well. It's about adjusting your lifestyle, developing an eating plan that you can handle, that you can do now, and a week from now, a year from now.

When I hear diet, I think restriction. Meaning, like, I can't have x, y and z. And I really may want X, Y, Z. Or even if I don't want it, if you tell me I can't have it, I want it even more. It's not a diet, it's a way of life. It's a way of eating that works for you.

Get Ripped Diet Hack 2

Food hack at number two: Pick one day during the week and prepare all of your food for the entire week. For me it's Sunday. On Sunday I make a ton of food. I make my salmon, my chicken and I grill a bunch of meat. And then I also make my grains. For me it's either quinoa, wheat berries, farro. And I will make a big batch of both.

Do all of your meal planning, shopping and cooking on one day. That way it's taken care of. If I've got to wing it, if I've got to be like, mmm, it's Thursday, I'm hungry. Right, like I will never go and cook myself something healthy. I always grab something crappy because it's easier. And when I'm hungry, all willpower goes out the window too.

Get Ripped Diet Hack 3

Get Ripped Diet Hack number three: Prepackage and portion all of your meals. This is my lunch for five days: Monday, Tuesday, Wednesday, Thursday. And in each container this week I'm doing broccoli, quinoa, half a sweet potato, and a chicken breast. And I package it up and so every day when lunchtime comes.

Get Ripped Diet Hack 4

Hack tip number four: find healthy delicious snacks. The reason why I have been successful at maintaining a lean, a sexy physique, at the age of 41 is because I know how to snack. I know what to look for when I'm looking at a label.

If you are somebody who is looking for a super healthy and delicious snack, you gotta check out today's video sponsor: Daily Harvest. So I am obsessed with Daily Harvest. Like it is ridiculously delicious. The way that it works, they send you directly tiered or superfood eats. They've got smoothies, they've got activated breakfast bowls, and they've got

something called nice cream, which is like vegan ice cream sundaes. Even got soups. All the Daily Harvest ingredients are organic. They're unrefined and they're picked at the peak of ripeness. And then put in the cup and then frozen.

Instead of telling you about them, I think it's going to be easier if I show you. Your Daily Harvest box arrives. It's on dry ice so all the ingredients in each cup remains frozen. You unbox it and then you stick it directly into your freezer. Then when you're ready, go to your freezer. I'm feeling like a mint cacao smoothie, so I grab it. I unwrap it. Then I'm going to pour almond milk. You could also use water, you could use dairy, and you're gonna put it into a blender. You're gonna blend that bad boy, pour it back into the cup, grab a straw, stick it in and enjoy. Mmm, oh my god, it tastes like mint chocolate chip ice cream.

Great Selection

Guys, they've got such an insane selection, it's ridiculous. I highly recommend going and checking them out. Not only are they delicious, they're healthy. And they're quick. They're convenient. So that you don't have to like be, like, oh I'm hungry, and you go grab a Snickers. I've been like totally blown away by Daily Harvest, guys, and I think you will as well. There's a special link down below – Daily – Harvest DOT com, slash alpha M.

Hit that link, and then enter the discount code alpha M. They're gonna give you three free items when you sign up and give them a try. They've got different plans. You pick and you choose, like if you're only into the ice cream or the nice cream, as they call it, you can just pick that. Or, if you're into the smoothies, or the overnight oats, like, they've got incredible products, guys. Link below. Duper affordable. Super delicious. Easy, and definitely a food hack that you should check out.

Get Ripped Diet Hack 5

Tip number five: Once or twice a week I will have a cheat meal. Not a cheat day, or hey, a lot of people do like the whole lie. I mean whatever. For breakfast, lunch, snack, dinner, midnight snack, it's 24 hours I can eat whatever want. Just hear me out. Personally, I feel like this is the absolute wrong message, that one day you're so gluttonous and you're just going, like, nuts. Instead, to maintain sanity, what I do is once a week, twice a week max, not consecutive meals, not consecutive days, I will have a cheat meal.

If I want pizza and beer, I go out for pizza and beer. If I want ice cream, I'll go of ice cream.

Before I go I'd also like to leave you with a bonus.

Get Ripped Diet Hack 6

Food hack tip number six is slow down. Eat slow. 20 minutes is how long it takes for your brain and your stomach to kind of talk to each other. And be like, "Yo, I'm cool. Because what happens, right, you know how this works, if you just like stuff your face really fast, right after about like 20 minutes you like oh my god I feel like I'm gonna die, because you feel so disgusting.

But if you slow down, you eat at a normal pace. After about 20 minutes your body's like. "Hey, I'm not hungry anymore", and it's a lot easier to not overeat when you slow down.

Look Amazing

I promise you something, if you implement these five plus the bonus number six, slowdown get ripped diet hack into your life, into your eating plan, you're going to be amazed at how your body changes. You're going to be amazed at how incredible you feel, how amazing you look. It's ridiculous, guys. You're gonna not only be looking amazing this summer, you're going to

be looking great forever because these five things are something that if you do consistently, it's gonna change. It's gonna change everything, guys. You're incredible. You're beautiful. But now, hopefully, you'll be just a little more shredded this summer.

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Build More Visible & Blocky Abs so They Pop Out

Build More Visible & Blocky Abs with these ab exercises. Each day's routine target specific ab muscles that will help them pop out.

What's going on Nation? Welcome to bench break episode 6. how to build more visible & blocky abs.

Now we all know that as you start to decrease your body fat percentage, you're going to start to see the outlines of your abdominals and your obliques. But what if you want to have those extra deep cuts and you want to have the kind of abs that really poke out when you flex? Well, in order for that to happen you need to train your abs like you would any other muscle part that you want to grow.

What I want to do today is go over with you the training techniques that I use to help me build a defined 6-pack and obliques. For your frequency, I'm going to recommend that you train your abs 4 times a week. What I like to do is split those workouts into two different categories.

On day one, I like to focus on the rectus abdominis and on day 2 I like to focus on the obliques. And then what I do is I take a rest day. Then repeat those workouts with day 4 where I get some dominus, day 5 I'm hitting the obliques again.

For the intensity of these exercises, you're going to be trying to lift as much weight as possible for the designated rep ranges. Just like any other muscle group that you train you want to apply as much weight and progressive overload as possible to really rip and tear the muscle fibers so that you can actually have some growth.

Now, the sets and reps and rest periods for these exercises. I'm going to recommend that you do at least 4 sets per exercise and you keep that rep range between 12 and 15 repetitions. And only take a 60 to 90 second break in between each exercise.

Now that you have an idea how to format your routine, what I want to do is go over with you my six favorite exercises for day one. When you decide to make your routine, you only need to pick 2 to 3 exercises per day. So if you want to use the exercises from this list, just pick 2 to 3.

I'd also want you to know that there is a lot of speculation

out there that you can't target your lower abs specifically or the upper. In my experience, whenever I perform an exercise that involves weighted leg lifting, so whipping my in the air and applying extra weight to it, I feel like I have a lot more engagement in my lower abs. So with this in mind, every single time I do my day one workout I make sure I always incorporate an exercise that involves lifting the legs.

Day One for Build More Visible & Blocky Abs

So let's get started with the first exercise.

Ab Pulldown

Now the first one is my all-time favorite exercise. It's called an ab pulldown. Now I'm going to simulate this with bungees, however, if you check out this video right here, it's actually an exercise you can perform a lot easier with a lot more weight with a cable machine. But, I don't have that in my studio, so I'm gonna demonstrate it right here.

So the ab pulldown is very simple. On your knees like this; you're holding the handles by your head; and you're bringing your knees to your elbows. Or just a elbows to knees. If you could bring your knees to your elbows that's Talent.

And you'll notice I'm trying to keep my torso in one place as I do the exercise. When you start to lift really heavy with this exercise, if you can have somebody stand on your toes, you can focus more on contracting your core as opposed to trying to do the exercise and hold yourself in one spot.

Dumbbell Hanging Knee-Raise

Second exercise is going to be a dumbbell hanging knee raise. Now for some of you it actually might already be intense exercise just to kind of hang like this and raise your knees

in the air as high as you can. For those of you who are a bit more advanced, I'd like for you to do it with a dumbbell. There's a few different ways you can do this if you have access to ankle weights, you can use those as well. If you don't, just position the dumbbell where you can grab it with your feet. You're gonna hang like so and bring it up as high as possible, controlling the weight on the way up and on the way down. And you're not using any momentum. You can also perform this exercise or the dips, doing the same thing.

You bring yourself in the air and with this one you want to make sure your hips are staying in line with your hands. Okay. I'll show you the difference. This is what the exercise I suppose would look like. It's actually pushing my hips forward. This is what you don't want to do. You don't want to be doing this. Okay. Hips forward. Bring the weight up as high as you can. So that's the more advanced way to do it.

Ball Passes

My third favorite exercise is the ball passes. These can get pretty intense, especially if you use a slower tempo. So you go a lot slower with the ball pass.

Now whenever you do these it's actually a 1-1 count. So it's not one repetition until the ball leaves your feet and then comes back to your feet. So just like this. Lay down the ground, hands over your head. Come up as you come up to grab the ball your shoulder blades have to come off the ground. Don't just get lazy and do this. Shoulder blades up grab. Come back down. Don't let your feet or the ball touch the ground. Bring it back to the middle and then go back and forth just like this.

Medicine Ball Floor Crunch

The fourth exercise is going to be a medicine ball floor crunch. For this one you might want to start off with a

smaller size medicine ball. This is an 8 pound ball and the way this exercise works, it's similar to the ball pass where you're going to hold the medicine ball between your feet. Don't have a medicine ball, you can try to find something else to hold. You hold the ball in the air and as you bring the ball and you're going to crunch and touch your elbows to your knees just like this. And you'll notice the whole time I wasn't letting the medicine ball touch the ground. And for me, that one really kills my lower abdominals.

Dumbbell Toe-Touch Crunch

The next exercise I want to show you guys is going to be a dumbbell toe touch crunch. And for this one you're gonna lay down on the ground like this. You're gonna hold your arm in the air. Show lay it on the ground. Keep one leg bent. Then what you're going to do is raise one leg in the air and touch the toes with your opposite hand, like this. Then come back down to the ground just like that, And what you would do is perform all your reps on one side, and then switch to the other. Again, you guys will see that all these exercises I'm really getting my shoulders off the ground. I'm contracted my abs as hard as I can.

Ball Crunch with Plate

The sixth exercise is going to be a ball crunch with the plate. The way this is going to work, you don't need much weight in this exercise, believe it or not, is you're going to sit on a ball, take a plate. Then you'll hold it behind your head, like this Then what you're going to do is you're gonna lean back as far as you can, come up for a crunch, and then come back down and hold that plake to your head as tight as you can. Just like that.

Those are some of my favorite exercises. That's how I get the rectus abdominus on day one.

Day Two for Build More Visible & Blocky Abs

So we're going to do now is go to day two. I'm gonna show you some of my favorite exercises that target obliques. Now we're on to day two, which is going to be obliques. Once again, I'm going to show you guys four challenging exercises to really target your obliques. But remember, you're only picking two to three to do on your day two workout.

Woodchopper

The first exercise is going to be a woodchopper. For this exercise you want to use a cable machine, however I'm going to demonstrate with a bungee once again. So for the woodchopper, what you want to do is you want to set up the pulley so that's at about your hip height. From there you're gonna hold on to the handle. I like to interlock my fingers. And as a rule of thumb with most oblique exercises, I like to keep my hips facing one way and never let them move. That way I get as much attention as possible as I twist my torso.

So for this exercise I'll actually start with my toes facing forward and my hips facing forward away from the machine. Grab the handle though. Keep my arms straight and then push all the way through. And as they come back, I'm keeping my hips facing forward, just like this. And for this exercise you will obviously have to do 15 reps on one side and then 15 reps on the other side.

Now you can also switch up this exercise every once in a while. If you would like, you can try doing it from a low angle like this, just to target your obliques a bit differently. And you would go from the bottom to the top. And then you can also put the bungee up higher and target from top to bottom. But you'll notice that whether I'm doing the middle, top, or bottom, the bungee is always going through the

center of my core.

Standing Oblique Crunch

The second exercise I want to show you guys is a standing oblique crunch. Now with this exercise it might be easier for you to start off by holding a plate. But as you get more advanced and stronger, you go to dumbbells. With this exercise, once again, you can do 15 repetitions per side. It's really important that you keep your hips in one place and you only dip as far as you can go without your hips pushing out to the side. Don't move a little bit. But there's a big difference between dipping this low and then dipping like that. It's really throwing your body out of whack, unwanted pressure on your spine. It's just not good thing. So stay with your feet about shoulder width apart put your hand on your hip or behind your head. Dip down as far as you can and then crunch. And even when you crunch, crunch as tight as you can without pushing your hip out to the side too much, So you don't want to be doing this. You just want to stay nice and tight. Go down, come up, really crunching your torso and focusing on your obliques. As soon as you're done switch sides. Pick the other side.

Floor Oblique Twist

The third exercise is going to be a floor oblique twist. You're going to use a plate. If you want to you can also use a medicine ball. For this exercise you're going to actually try to balance on your gluts. So keep your feet together, flex your glutes a little bit, lean back as far as you can while still being able to sit upright. And what you want to do is bring the plate back and forth. You can touch the ground if you'd like to, but the exercise would be a little more intense if you just go as far as you can to the ground without touching. And then go back to the other side. So I'll show you real quick. So down back and forth just like this. And once

again, you're doing 15 reps per side.

Standing Oblique Twists

Now the fourth exercise and this is a really challenging exercise is gonna be, you know, standing oblique twists with dumbbells. And the way this exercise works is you're going to stand with your feet a little bit wider than shoulder width apart. You're gonna hold your arms out to the side like this, bend your knees, and then you're gonna twist side to side just like that. And again, you'll notice that my hips are facing forward the entire time. I'm not really using that heavy of weight. The most I usually do one this is ten pounds dumbbells. Believe it or not, fives are actually pretty challenging.

You can do it correctly. You're doing that one one count, again. So one rep is left, right, one left, right. You also want to make sure your arms are staying straight the entire time. If you've never done this exercise before, I want you to start off with just your hands. What tends to happen if you go right to dumbbells is you'll twist and your arms will start doing things like this. And it's not really letting the exercise do what it's meant to do, which is target your obliques. So start off with your hands out to the side like that, and focus on keeping everything nice and straight.

If you want to practice, you can actually get up like a wooden pole or something to put across your neck and put your arms on top to practice it like that as well.

Review

So that's your day two routine. You can be targeting your obliques: pick 2 to 3 of your favorite exercises. And remember, try to progressively overload as you're doing your routines. The goal is to get 15 repetitions. If by the time you get to your fourth set you've increased the weight, you

can only get 10 to 12, that's okay.

Just push it as hard as you can. If you guys have any questions about this video or your exercise routine to get better results, join us on the forum section, right here. The community and I are there daily to help you guys out. And for more great tips, exercises, and routines, feel free to join us in our home in Fitness.com.

And as always, more good stuff coming soon. See you guys.

If you're looking for a quick way to switch things up, login to your profile and go to the workout section of the website. Once there, click on the muscles you want to train. Then you'll be brought to a page where you can further filter down your search. Now you have a complete list of all the routines that target your chest and utilize only a barbell or dumbbell. From here you can race the routine, add it to your routines in your profile. And if you scroll down you can see a write-up of the entire routine as well as photos of all the exercises. You can also download a printable PDF just by clicking on it.

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Cause of Obesity and Treatment of Obesity

What is the cause of obesity?

With 70% of Americans overweight, any treatment of obesity

that does not address the cause of obesity will fail. Doctors and pharmaceutical companies are often content to treat symptoms.

Dr. Jason Fung presents six talks that help you understand what science has discovered about the real cause of obesity and the successful treatment of obesity.

Welcome to the lecture. This is called the etiology of obesity and this is the first part of my six-part series looking at, basically, what the cause of obesity is. And then later on we'll get into what a successful treatment of obesity looks like.

First Record of the Cause of Obesity

So let me start with a story. This is William Banting. He was a London Undertaker and he lived in the 1796 to 1878 and basically he had become very obese through the years starting in his mid 30s. He had started to gain a few pounds every year until by age 62, he had weighed about 202 pounds which was really quite obese for that time. And not being too happy with that whole situation, he decided that he would do something about it.

So what he did was he went to see some physicians and they gave him some various advice such as increasing the exercise. So living near the Thames, he actually took up rowing. And he decided that he would row every day. The problem was that he said that he developed a very healthy appetite. But in the end, he wasn't able to lose any weight. So he went to see some other esteemed doctor at the time, and he told him well all you need to do is decrease your caloric intake and you'll automatically lose weight. But what he found was that he was just tired and hungry. And he still wasn't able to lose weight.

The Cause of Obesity Found!

So eventually he came to the attention of a French surgeon who told him about a specific diet which involved eating three meals a day of a meat, fish, or game with just very little stale toast or cooked fruit on the side. And what happened was that he avoided very strenuously these fattening carbohydrates which were sugar and starch, the bread, beer, sweet potatoes. And what he found was that he actually was able to lose a significant amount of weight very quickly.

So he published this in a letter called "Letter on Corpulence" published in 1863. And it actually quickly became one of the best-selling diet books of its time. And it's really considered one of the first diets.

This sort of idea about a treatment of obesity actually persisted for quite a few years.

Early Medicine Knew the Treatment of Obesity

So William Osler who is considered the father of modern medicine. He authored the textbook "The Principles and Practice of Medicine" which was very influential. In it he discusses treatment of obesity. And much of his ideas are similar to Banting. They featured lean beef, veal, mutton, and eggs. That was his opinion. He actually had published a monograph himself on obesity and its treatment. His thought was that what needed to be eaten was fatty foods. Fats are crucial actually, because they increased the satiety and therefore decrease fat accumulation. His idea, of course, was very similar to Banting, that one needed to strenuously avoid the fattening carbohydrate.

Up until the 1950s and 60s, this idea was fairly prevalent. It wasn't really a secret in any way. If you look at standard textbooks, or even for those addressed to the lay public at

the time, such as Dr. Spock's "Baby and Child Care", things hadn't progressed much beyond that. What he noted was that rich desserts, the amount of plain starchy foods taken is what determines, in the case of most people, how much weight they gain or lose.

The Cause of Obesity Well Known

In the British Journal of Nutrition in 1963, Dr. Passmore writes "every woman knows that the carbohydrate is fattening." That is, this cause of obesity was fairly common knowledge. That is, if you eat fattening carbohydrate, not all carbohydrates, but the starchy foods, the sugary foods, the sweets, they are going to lead you to obesity. That was pretty well the prevalent thinking at his time.

How We Lost the Cause of Obesity

Things started to change in the 1950s and 1960s with the great so-called epidemic of coronary disease. And what this was, was as we industrialized, what we noted was that there was an increasing incidence of coronary disease. So in the 1950s dietary fat increasingly became vilified for its effect on LDL cholesterol. The so called diet heart hypothesis. And by the 1960s, the American Medical Association was insisting that the so called low carbohydrate diets were fad. Of course, they really were anything but a fad, having been used for close to 200 years.

The vitriol was so extreme that John Mayer, who is a prominent nutritionist of his time, actually said that these carbohydrate restricted diets was the equivalent of mass murder. We're killing people with these, with these reducing diets. The problem was this, of course, that if fat was the problem then you necessarily had to eat a high carbohydrate diet if you're going to eat low fat. Because fat and protein tend to travel together. However, the fattening carbohydrate could not be healthy in that it's low fat and unhealthy at the

same time. Because it causes obesity.

Now Fats are the Problem!

So in order to resolve this cognitive dissonance, all of a sudden the fattening carbohydrate suddenly turned into the "healthy whole grain". The fat with its dense calories was simply assumed to cause obesity even though there was really no proof, anecdotal or otherwise. To sustain that the model that we think about obesity, instead of being the fattening carbohydrate model, all a sudden became this calories in calories out model. And that's where we were in the 1970s.

There was still a significant amount of debate of course, between the dietary fat proponents and the dietary carbohydrate refined carbohydrate camp. And this was settled not by scientific dispute, but really by dictum by government in 1977.

USDS Supports Agriculture with Dietary Guidelines

The US Department of Agriculture published. for the first time. this Dietary Goals for the United States. This was the first time, really, that any government institution had told Americans that they could really improve their health by eliminating or reducing the fat in their diets. This is a copy of the USDA Dietary Guidelines and what you can see very prominently is that you should avoid too much fat, saturated fat, and cholesterol. And what you should eat is actually adequate starch. So instead of avoiding the fatty carbohydrates, you should really eat more.

And this dietary fat controversy turned from a scientific controversy into a political one. It came down really on the side of eating more carbohydrates. This explicitly determined goal was to raise the consumption of carbohydrates until they constituted 55 to 60 percent of calories, and to decrease the

fat consumption from approximately 40 percent to 30 percent.

This is what gives us the very familiar food pyramid which is meats at the top with poultry, fish, you know, weekly or even monthly. And at the bottom what you should be eating every single day is bread, pasta, rice, and whole grains.

Lack of Exercise as a Cause of Obesity

Physical activity, of course, is very important. It got to the point in 1995 if you were to look at an American Heart Association diet. But this is what they wrote, "To control the amount and kind of fat diet, saturated fatty acids, and dietary cholesterol, you eat snacks from other food groups, such as low-fat cookies, low-fat crackers, unsalted pretzels, hard candy, gumdrops, sugar, syrup, honey, jam." In other words, it really didn't matter how much sugar was in your snack or in your diet. It only mattered how much fat there was.

So things like this, which is candy, is entirely fine to eat as long as you're cutting the fat. So how did we do? How did we do?

As a nation, well it turns out that we actually did pretty well. If you look at what happened, we made a very conscious effort to eat less fat, less red meat, fewer eggs. If you look at the average fat consumption of Americans, it decreased from about 45% of calories to about 35%. If you look at what else we told them to do, so you know, get your blood pressure checked, get your blood pressure treated, to stop smoking, to treat your cholesterol, we did very well as well. So 40% decline in hypertension, 28 percent decline in hypercholesterolemia. So it turns out we did very well.

Public Followed Government's Advice

So in fact, you can't really say that the public wasn't

listening to us. In fact, they were had listened to the advice of the time and tried really their very best to comply. And they did.

We told them to eat less fat and eat more carbohydrates. And that is what they did. So if you look at the changes in the U.S. food availability, you can see that butter, eggs and animal protein, such as meat, significantly decreased from the 1960s to today. And what we ate instead was what we were told to eat: grains and sugars. If you look at the U.S. sugar consumption through the years you can see through the 1800's there's a steadily rising increase in the amount of sugar per capita that Americans were eating. This really reflects the increased availability of the sugar. As sugar plantations kind of spread throughout the Caribbean and the U.S. south. By the time you hit the 1920s you can see that there really is not that much more that we are going to eat. And we enter a sort of flat period from the 1920s to about 1977.

By the time they tell us that eating sugar is just fine, you can see that there's this secondary spike in the amount of sugar that we eat. If you look at grain which is the, the most important of which is wheat, we you can see that in 1950 the per capita consumption was approximately a hundred twenty-five pounds per year and in the 1960s it decreased slightly. In the 1970s, decreased down to a hundred and thirteen. But by 1980 had gone up to 122. By 1990 a hundred and forty one. And two thousand, a hundred and forty six total.

Grain products shows a very similar distribution. And what happened you can see that there had been a very slowly increasing incidence of obesity over the previous years. But when you hit here if there's a clear tipping point right here in 1977 when they release the first Dietary Guidelines for Americans. You can see that the curve really changes, That is instead of a slowly rising increase in the prevalence of obesity, it takes a very sudden sharp turn for the worse.

Calories-In Calories-Out Cause of Obesity

So this is the way that we understand obesity now. The reason we don't actually think about what causes obesity is because we actually think that we know what causes it.

And this is what we think: so this is caloric reduction as primary theory that is it's all about the calories. Sometimes called calories-in calories-out. And what causes obesity? Well it's clear that you either eat too much or you exercise too little. and really those are personal choices or behaviors. So that is the way that many of us think about obesity as it currently stands.

Assumptions

And there's a few implicit assumptions in that theory that you may or may not realize. But a calorie, the calorie of sugar, is no different than a calorie of fat. The fat stores are essentially unregulated. That is, it's simply a dump for excess calories. Of if there's the imbalance here, it will be simply simply dumped into the body as as fact the intake and the expenditure of calories are under your conscious control. That is, we make all the decisions on how much we eat, how much we exercise. Which sort of ignores the effect of hunger as well as basal metabolic rate.

Dr. Jason Fung goes on to talk about what science shows to be the result of various studies trying to support the calories-in, calories-out hypothesis as well as the studies showing the real cause of obesity.

This is the first of a six-part series in which Dr. Fung describes how you can actually control your weight, lose excess fat and maintain a healthy weight. Watch all six lectures.

For more information see [Http://intensivedietarymanagement.com](http://intensivedietarymanagement.com)

Ab Exercise To Burn Fat Fast Using Weights

What's the best ab exercise to burn fat fast? These top 3 ab exercises burn fat and build your abs. Exactly what's required to get your well defined abs to show.

What's going on six-pack ABS? Its Thomas de Lauer, your lead nutritionist and lean trainer here. And today I want to give you some different ways to train your abs with weight.

You see, a lot of times we think that we just have to be doing crunches forever and ever and ever to get our abs to pop through. The reality is, when we're doing that we are seeing the ABS because we're getting some neural activation, and we're seeing the ABS because, quite honestly, if we're to cardio by doing thousands of sit-ups and that cardio is probably burning some fat, So, sure you're gonna see your abs. But you have to treat your abs just like every other muscle.

That doesn't mean that you need to go train them in a four six repetition range and go for this craziness. But, you do need to get them under some load. You do need to get this under some weight so that they can actually have some time under tension. So I want to show you three of my favorite weighted ab exercises. Nothing crazy. Simple things that you can do at home with little 5-10 pound dumbbells. A little bit of weight goes the long way. And you don't want to be loading your spine with a lot of weight anyway.

Modified Cable Crunch Ab Exercise

So let's start with an ab exercise that you probably know of which is gonna be just a regular old good old-fashioned cable

crunch. Okay, this is something that you see the gym, but might not be something you can do at home. But you can modify it. I'll show you how.

Okay, so what I'm gonna do when I do a cable crunch is get myself far enough back so I'm not, I don't want to be crunched in. Because what I don't want to do when I do a cable crunch is be supertight where I have to slide sliding my butt back. I wanna be far enough back. But when I'm at the top of the motion, I'm dushing in and tuck underneath.

I want the motion, but I couldn't down. I want my elbows to come along the plane of the floor. So see how they're like moving like that so that I've come up elbows are traveling along the floor and I'm curling in. Yet not this. If I do this it's really hard on the back. i want to be far enough back so I get that stretch slide the elbows you on the floor. And you want a hinge right at the bottom. Boom. So you get halfway down, hinge halfway down. So that's how you shouldn't doing those when you're in the gym.

Modification

Now the thing is is you could modify this ab exercise. You can do it with any kind of resistance band or anything like that. There's actually a way that you get a similar motion by doing it with a simple plate. So we're gonna do this this is we're gonna hop on the ground.

One thing that's really important when you do any kind of weighted sit up at all is, you don't want to be having your feet off the ground the whole time. So that's going to end up doing is to make it so that you're really engaging your back way more. And you're tilting yourself back. You're going to have an awkward motion here because you're going to have extra weight out of it. So you want to make sure your feet are planted and you want to hold this place down. It's far back. And you hold the weight back, almost behind your neck, Behind

your head if you put up on in your head you're going to do this; that's that's working your neck.

One baby hold it for the back and then fringe up that small little crunch we're hitting the back. The exact same way but you don't want to coming down if you come down all the way again. You're meeting that thoracic region so hold hold this plate along your back. And you have just enough resistance to get what you need it may not look the same as that cable app, but it is okay.

Weighted Side Oblique Crunches Ab Exercise

Now this next ab exercise is a variation of one that I've shown you before. So an ab move that I've shown you before, for the obliques. Here's when you get on your side, and you're hitting your abs like this. Okay. You're basically leaning on your forearm. Oh, we can do the same thing by taking a plate and holding it behind our head like this. Same thing except I'm just looping it through. If you have one that has a loop like this, it makes it really easy.

You can do this with a kettle bell; you can do it with a small dumbbell; anything like that. I'm just gonna hold it through the loop. And I want it right by my ear. Same thing.

I'm on my hip pocket, leaning on this arm, helping myself up a little bit. But I'm focusing on the negative. So what I mean by that, I help myself up in the movement ,then I release the pressure off of my arm, here, and I allow the weight to carry me down to the negative fashion. It's like up and down. Up, let the weight carry me down, up, let the weight carry me down, up.

We're basically letting the weight give us a negative distraction on the ABS. Which is a pretty powerful thing. And something that we obviously want to try getting in as much as

we can. Don't need to go super heavy; no need for you to grab a 25 pound plate and try to do that. It's not gonna do you any good.

Windshield Wipers Ab Exercise

Okay now another one that I want to focus on is grabbing, we'll grab this here. Absolutely do it home. You can do this with two dumbbells, or you can do it with a barbell. I'll show you both.

These are called windshield wipers. Technically they are an ab exercise because you are engaging, using the upper body level. In all, we're going to do here is go from side to side. Boom. That's the middle, that's the side, middle, outer side. Another side, middle. Very straightforward move.

Variation

Let me show you the other variation of this ab exercise where we do it with some kettle bells. Might be something that will be easier to do at home because you may not have barbells sitting around. Let's go nice and light; let's go the pink ones and I'll show you a variation that you can do to make it a little more advanced dude. Same thing.

Pretend you're holding a barbell, back but now since you actually have more motion this way you're going to engage the Sartorius in the internal or external obliques. That works same thing okay. But what if I want to make it a little bit more advanced? Well, we do that the down side, side, middle, and crunch a punch. It's a side, slide, middle in touch, side, side, middle.

Watch Your Back

And the reason they don't recommend doing that with our back is because it can get difficult once you get that last little crunch up. And the last thing I want to have happen to you is

you get tired you have that barbell come down on your face. At least with kettlebells or dumbbells you're safe. You're gonna fall this way if you do fall. Say a little bit more control.

Here are quick little ways for you to engage the ABS in a different way. Okay if something again when you're activating a little bit more intensity and you're getting a little bit more that sarcoplasmic reticulum, part of the muscle to actually contract at its fullest, you're gonna get more muscle growth. If you get a little bit of muscle growth in the ABS, that's what's going to give you that pop that you want. It gives you that a little bit of the actual definition in your abs. And of course, I can't say this enough times, if you really want your abs to shine through you have to get leaned.

Intermittent Fasting: The Fastest Way to Get Lean

What's the fastest way of getting lean is intermittent fasting. So if you haven't already make sure, you check out the link down in the description that goes to my intermittent fasting. For science-based expect which is now the world's leading intermittent fasting course, that's the quickest way to get your abs to the diet.

This is gonna be one of the quickest ways to get abs when it comes down to your training. So as always, make sure you're keeping it locked in here on the channel with six-pack ABS calm and I'll see you in the next video.

Achieve The Body You Deserve:
<http://go2.sixpackshortcuts.com/SH3oN>

Facts About Spot Reducing for Targeted Fat Loss

Want to get rid of fat in stubborn areas? Spot reducing for targeted fat loss seems to be the answer. But, what are the facts about targeted fat loss and spot reducing?

Welcome to Rick's corner. I woke up this morning and I looked out the window and I said, here in California, another day in paradise. 73 degrees, sunny. You can't beat it. This type of weather I could have all year long, yeah.

The subject today I want to talk about is **spot reducing**. I've done abs I don't know how many times, but spot reducing we've never really touched on. And I've had people approach me over the years in the gym. especially women and men alone. They said how can I *spot reduce* a part of my body? For example women want to reduce this piece in their thighs, men have a lower belly fat hanging. Pecs have a little bit of fat on them.

Spot Reducing Does Not Work

And what I tell people is, **you can't spot reduce**. It's just not gonna work. You can work a muscle and shape it. And it can come to a certain shape. If you have fat over that muscle it's not gonna go away by working it harder and harder. It's the same thing with abs. And I've said this, I don't know how many times.

When I was around 16 I started doing sit-ups in the living room with my mom holding my feet. Every day, 100 reps. Every day 100 reps. And my abs started to develop. And I was only probably hundred and forty five pounds. So they showed. They showed that I was working them. And as time moved on and I got heavier and heavier and bigger and bigger.

And the more I work my ABS, the bigger they got. They got thick. In a shirt someone says are you fat? No. I'm not. That it's my abs. You can see they're ripped. But they stick out. Now I'm not doing drugs. I'm not doing GH. I'm not doing insulin. I'm a kid. And it's just the fact that the muscle grows.

So I had talked to several people that said, look I need to reduce my waist. I'm doing abs every day, and I'm working them hard, and hard, and hard. They're just not showing up well. But we have to realize is that the ab muscle is a muscle. And it grows. And sometimes genetically it might grow bigger than other people. So, genetically, it might not. Sometimes, genetically, you might not even have abs.

Overworking a Muscle Makes it Bigger

So you can work them and try to get the muscularity into them, but if you overwork them they are going to get big. And they're going to make you look fat. And so, in your mind, and you look in the mirror you think, spot reducing isn't working yet, I'm not working them hard enough I got to go back and work em harder. And then it's the same thing again. They are bigger, and you get depressed. You think, oh my god, nothing's gonna bring them out.

So what I did for myself was I cut it down to hundred leg raises every other day. And that maintains them. But the other part of that was diet. Now it's the same thing with spot reducing. If you want to get rid of this little thing down here for you a woman you have really got to watch your diet. That's all it is.

Now, I've been seen people in gyms over 50 years. And I see men and women in there at least 10 or 20 in my same gym over here in North Hollywood Gold's that have never changed. They're doing their their lunges. They're doing the treadmill. They're doing their cardio. They're doing the bike. They're

doing a circuit workout. And they're fat. And their spot reducing effort doesn't make it go away. And they have not reduced that body fat at all.

Stick With a Diet That Works

Even recently a very good friend of mine. like a neighbor, she was a large in the hips and she knew it. And she never used to be, and she was working out crazy. She came back to the gym. They made it for mine. They still worked out crazy, hard, but she did. But she cut her diet down to like chicken and asparagus. And that was it.

Now that gets old. And it gets boring. But it has results. And the results are less body fat. So you want to do what works for you. Yes, you're gonna get sick eating like that. But it's gonna work. So once you get down to the point where you find this little stuff in here, gone, and the lower belly fat for the men, you'll say to yourself, you know what this looks really good. I'm just gonna stick on the diet.

And then you can have a cheat day here and there. But you're not gonna get rid of that extra fat, especially you guys who are older. You get this fat under the pecs, and even the arms. Skinny skin sags as you get older. Unfortunately, it sags, and it's a little dimply. There's not a lot you can do about it.

I used to see my mom and my sister. They had these fatty arms full of like cellulite, you know. What can I do to tighten this up? I said you can only tighten up the muscle underneath it. That's not going to go away unless you change your diet from eating the french fries the shakes and the burgers.

Overall Fat Reduction is the Key

So I just wanted to touch on that a bit because so many of you asked me how do I spot reduce. **There is no such thing.** You have to reduce all over. And the unfortunate thing about it, once you diet down to where you look where you want to look,

but you still have little bit here. You got to diet even harder because that's the last thing to come off. Once you diet down to where it's right there, and you take everything else, carbs out, it comes off.

Now keep in mind that if you do that, when you go back to eating again, it's going to come back a little bit. It just does. It's unfortunate. It just does. Especially if you get older. So keep it in check. Have your cheat day once in a while. And go back on your diet. And when you see the results in the mirror, you know saying you know, I look pretty darn good. And yeah, I got it from watching what I eat. Your workouts are intense. You're doing all you can do. There your homework is at home. You don't need a gym. An hour there and you got another 23 hours at home to figure out what to do with your eating.

So that's my tip on that. I think it works for almost everybody I've ever talked to. But you got to stay with it. You can get liposuction. I've seen people do that. The trouble with that, it does remove the fat cells, but then you get fat somewhere else because the fat's got to go somewhere.

Actually, fat cells don't go away. They just shrink down. They get smaller and smaller. When you diet and then when you eat, they fill out again. So keep that in mind. Anyway, that's what I wanted to talk about.

This should tell you all you need to know about targeted fat loss with spot reducing. There is no such thing. You have to reduce all over.

Exercises to Get a Sixpack and Ripped V Cut ABS FAST

Get a Sixpack and ripped V Cut ABS FAST with these 4 Core and Ab Exercises you can do AT HOME!

So in this video I'm gonna show you the top 4 app exercises to get ripped ABS fast. HA! Let's go. What is up Carrot Kingdom? So, a lot of you guys asked me on Instagram after I posted these pictures here, hey Mario, how did you get your six-pack?

So you know what? I thought I'd make this video right now where I'm going to show you four sixpack ab exercises you can do at home, right now, to not only get those ABS but also those V cuts shaped lines. I'm gonna show you how to get them with my favorite 4 exercises.

Walking to Burn Fat

So, let's get started with exercise number one. Alright guys, get ready for exercise number one. You can do, and one of my personal favorites, it is called, wait for it, keep waiting, walking. Yes, walking. And I know a lot of you guys are gonna be like, no Mario, I wanna have AB workouts. I want to have crunches and cork twists, starfish crunches.

Two things you gotta understand first of all. It doesn't matter how many cork twist or starfish crunches you do if you have a layer of fat on top of your abs. They're never going to show. And here are a couple of things about walking you probably did not know. So, first of all, by walking just for an hour, very moderate walk, you burn around 200 to 300 calories. You might burn less calories than by a run, obviously, but percentage-wise, that energy is gonna come mostly from your fat cells right on top of your abs. So you're gonna burn them off by walking every single day. That's what I'm doing here. So I've got this health app on the iPhone and

I tried to walk at least 10,000 steps every single day. So try to make that a habit.

Knee Raises for Lower Abs

And let's move on to the second exercise. Alright guys. So now that you know how you can burn off some of that baby fat by walking every single day, let's move into the actual strengthening part of your abs. And one of my favorite exercises in the world that you can do anywhere on the planet is called knee raises. So the idea is pretty simple. You just find any object that kind of elevates your body. And then you raise your knees. So you can either hold on to a bar. You can hold on to a rail. \You can literally hold on to a tree. You can either keep your legs straight, which makes it way harder, or you go for the classic knee raise. So what's gonna happen with that, it's gonna work mainly the lower region of your abdominals.

So many people try to do million crunches which focuses mainly on the upper part of your abs. But you want to get into these lower abs. You know you want to get those v-cut shape abs. Girls love them; guys love them; babies love them; everybody loves them. So let's focus on this area of your abs. And especially if you do kind of like a twisting movement. So you don't just go up but you actually bring your legs around in a circle that's gonna also work your obliques so that one day you're gonna look like Alexis Ren. I mean just the waist line obviously. You're probably not gonna grow boobs. Maybe. Hopefully. That'd be cool.

Russian Twist for the Obliques

All right guys. Moving on to one of my absolute favorite ab exercises by the way, I found like a golf court or something beautiful here in Korea. So that's a great setup for this next exercise which is called Russian twist. And if you've ever been with a Russian man you know that they have a lot of

manliness inside them.

So all you got to do is put down the camera then you get two water bottles. And then you're just gonna hold the water bottles in your hand as a little weight. And from there you're gonna twist from one side to another. What that's gonna do is, first of all, you're gonna look freaking cool and outdoorsy and gangster. But secondly, it also works your obliques. So again it's gonna get you that V line abs shape ab that the ladies love.

So with this exercise you don't need to do many of those. Just make sure to do them slowly and with control. And when you can't do anymore you don't stop there. No. You just drop one water bottle first, then you keep going until you can't do anymore. Then you drop the other water bottle and if you can't do anymore without water bottles then then then you're done bro.

Dry Humper Works Your Core

So you guys know we've worked on a low region of the abdominals we've worked on our obliques. And now it's time to finish it off with one of the most classical but most amazing exercises which is called the dry hump, Er, Yeah. So let me know in the comments if you find a better name for this exercise.

In the meantime, let's call it the dry humper. What the dry humper does, unlike just a regular plank, it is much more intense because you have that hip movement. And many people didn't know when you do a plank you don't only work on your abs, you also work your back it's your whole core, that whole waistline that surrounds your waistline, and gives you a beautiful waistline.

So dry humping is a great exercise you can do especially at the end of your workout. There's a lot more variations. You can also do hip dips; you can do crocodile crunches. It all is

the same idea of having a plank exercise but adding some more functional movements that just give you a better workout for your abs.

Let me know in the comments what do you think of those exercises. Also let me know if you have any more questions for me because I always try to read every single one of your comments. I love connecting with you guys. We are a freaking community that supports each other to achieve our goals. Make fun a priority and stay healthy. So on that note guys one carrot a day keeps the doctor away. And I see you in my next video.

Hope you enjoyed learning how you can get a sixpack and ripped V Cut ABS FAST with these 4 core and ab Exercises!

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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

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

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