

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

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

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

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

Together, what do you think would be a good New Year's resolution for me? My friends have been telling me that I need to get abs for the new year. What do girls think about a six pack? Six packs are good right, right? It'll, it should help me out with the ladies, correct? Yeah. Yeah. Maybe they definitely like out right. Yeah, abs on a guy look look great, right? Okay. All right. It shows. It shows that you work hard right? Anybody doesn't that usually like, the man or the bad bod, exactly. Thank you.

People feel from the dad but I've actually gained quite a bit

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

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

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

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

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

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

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

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

Fructose is the sugar that is in fruit, and here's the thing,

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

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

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

Next up is gonna be cranberries. Now here's the thing, guys. Cranberries are not what you think. They're not just those dried sweetened cranberries that you see in the bulk bins or you get at the grocery store all the time. Cranberries are actually a little bit bitter, and they're harder to find than the dried ones are. But if you cook them up and you add a little bit of Stevia to them they taste just as good, if not better. And the thing is, cranberries contain a lot of other components. Not only are there only 4 grams of fructose in an entire cup of cranberries, but they also contain something known as anthocyanidins. These anthocyanidins are very, very powerful when it comes down to getting rid of bacteria in your body. So not only is it good to get rid of the bad bacteria in your gut, it's also very powerful at getting rid of bad

bacteria that compiles in your urinary tract, and in your bladder. Maybe you've heard of people drinking cranberry juice when they have a UTI or a kidney infection. Well that's the reason why here's the thing most people end up drinking cranberry juice that has a ton sugar and triggers inflammation, and also ferments and feeds the bacteria so you're ending up not really getting anywhere special. You're better off to take good old-fashioned cranberries and sweeten them yourselves with a sweetener that doesn't have a high glycemic load.

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

Okay. Now the neutral ground. We've got blueberries and we've got strawberries. Blueberries have a little bit more sugar. They're about 14 grams of fructose for an entire cup, which really isn't too bad. But it's still a fair amount of fructose. But the thing is they are so powerful when it comes down to specific antioxidants that help out what's called BDNF. Helps out your brain. Okay. They have something known as

anthocyanins these anthocyanins can cross through the blood-brain barrier and help your brain literally to regenerate. There's such a powerful antioxidant and normally they can't get through that blood-brain barrier. The blood-brain barrier has a wolf at the door for anything that would normally try to come in the brain. Blueberries, that specific anthocyanin dye, the dark thing that's in the blueberries of whatever actually makes them blue and dark and purple, gets into the brain and helps your brain grow. So then couple that with the fact that they're not too high glycemic they don't have a lot of carbs they're pretty powerful fruit.

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

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

Next up is gonna be grapes. Straight-up fructose. There you're looking at a cup you're looking at close to 20 grams of carbohydrates again from fructose. However, one cup of grapes doesn't have a lot of surface area because grapes are usually good size, so that means that you're ending up like maybe 15, 16 grapes and you're having 20 grams of carbohydrates: straight fructose that your liver can barely metabolize.

Last, but not least, apples. Guys, apples are just a commodity at this point. They are so genetically modified they are

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

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

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

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

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

Smart Cardio For Men Over 40 – Functional Cardio Day

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

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

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

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

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

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

This workout is an absolute staple of my abs after 40 program. There's no better time than now to start your fitness transformation guys.

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

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

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

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

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

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

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

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

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

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

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

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

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

Now this is important for you guys over 40 to watch because if you have experience with other workout systems such as P90X or Insanity, you've probably encountered or heard feedback from others stating that catastrophic injuries are often experienced with these systems.

The high-impact nature of those programs can lead to serious joint, ligament and muscle tear damage that will not help you lose weight at all – In fact, these types of injuries will more than likely keep you fat and out of shape. Now I am not

saying that high-impact movements are a complete waste of time but when it comes to men over 40, there is simply a better way to achieve the fat-burning effect you need without the risk of blowing out a knee, twisting an ankle or busting a hip.

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

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

The exercises we will be performing will be:

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

Workout Breakdown:

- Lateral lunges for 10
- Decline push-ups for 10
- Reverse plank kicks for 10
- Bench dips for 10
- Shoulder touch planks for 10
- Round 2, fellas!
- And here we go, final round... Round 3.

How men over 40 need to be training:

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

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

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

I'll see you guys there.

-Mark

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

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

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

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

Because I'm working without a trainer I don't want to push myself too fast and risk getting injured. So for my first two weeks I'm sticking entirely to bodyweight exercises so I can have a strong enough body to handle weight training. I work ABS three days a week and do three days of additional weight training in between. And 30 minutes of cardio every

day, no exception.

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

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

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

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

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

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

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

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

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

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

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

WORKOUTS:

1)

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

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

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

Get connected with us on social media!

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<https://www.instagram.com/goalguysinsta>

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More videos coming soon fam, stay tuned ☐

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

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/>