

# How Long Does It Take to Get a Flat Stomach So I Can See My Six Pack Abs?

How Long Does It Take to Get a Flat Stomach? Most people have no idea how long it takes to actually see their six pack abs. Here is the formula. If you are wondering how long does it take to get a flat stomach so you can see your abs, then this video is for you. Because in it I'm going to provide you a complete formula that you can use to determine how long it's going to be before you see your six-pack.

Hey everybody, how y'all doing, Peter Carvel here from six-pack factor.com. Now this week's question comes from Stephen in the UK. And here is Peter's question. Do you have a formula that I can use to determine how long does it take to get a flat stomach so I can see my abs? I've been seeing great progress. I've been losing fat, but I just want to have an indication of how much longer it will take.

Well, that's exactly what I'm going to do in today's video. We're going to talk about what it actually takes to get six-pack abs. And then I'm going to show you the formula that you can use to determine how quickly you can get six-pack abs. And then if you still have no idea how to get started, at the end of the day's video I'm going to provide you of a free solution that you can start using today to get closer to getting six pack abs ASAP.

## How Long Does It Take to Get a Flat Stomach

So, what do you actually need to get six-pack ABS? Well, you need a low enough body fat percentage and you need to have well-developed abs. And that isn't that difficult to actually achieve guys, if you follow a proper program.

But we'll talk more about that in a second. To actually use the formula I'm going to show you in a second, to determine how quickly you can get six-pack abs, you need to know three things:

1. How low your [body fat percentage](#) actually needs to be before you get a flat stomach so you will see your six-pack.
2. How quickly can you actually lose body fat?
3. What is your current body fat percentage?

## Just How Long Does It Take to Get a Flat Stomach?

### What is Your Target Body Fat Percentage

So let's get going with the first one. **How low does your [body fat percentage](#) need to be before you'll see your six-pack?** Well for guys, it's anything between 10 and 7. At 10 you'll start seeing it, and at 7 it will be really visible and a really well defined six-pack. And for females, it will be anything between 20 and 15. Once again, at 15 it will look really good, and at 20 you'll start seeing it. One word of caution for females, anything below 15 it can become unhealthy. So a word of caution. Don't go that low; you don't need to go that low to see your six-pack and to have a great looking body.

### How Fast Can You Lose Body Fat

So, number two: **how quickly can you lose body fat?** Well this is obviously a massive, controversial topic. So you know that I used to look like this. I got myself into shape and got my six-pack abs. And I've kept it off for over 10 years. Over the last seven years, I've been lucky enough to help hundreds and thousands of people to also get six-pack ABS right there at home. So I'm telling you that, not to brag, but that the information I'm going to share with you right now is based on

real-world and real-life examples.

So I know for a fact, because I did it, that you can lose 1% body fat per week if you are really focused and really dedicated, without starving yourself and without taking fat burners for breakfast lunch and dinner. Just simply following a proper program and being very dedicated to that program. I've also seen some of my clients doing one percent body fat per week over a six week period. But guys, on average I have seen anything between point two and point six percent body fat per week that people can lose. That is average. So that is what you should work on. And always remember, we're all individuals, okay. You can have five of the exact same guys here, same height, same age, following the exact same program, and they will all lose fat at a different rate. So don't compare yourself to anybody. Focus on progress and just make sure that every week you pushing closer to your goal. As long as you do that you are doing fine.

## **What Weight Are You Losing?**

Just one word here as well, and people actually telling you you need to focus on losing weight slowly, or you need to lose 1 to 2 pounds per week, and no faster. Well the problem with weight is that you can lose water weight, muscle, and many kind of things. We want to focus, if you want to expect abs, I'm losing actual fat. So I would say focus either on getting a body fat measurement done on a weekly basis or sometimes progress photos can provide an even better indication than the scale, for example, and whether you are getting closer to your goal and losing body fat.

## **Formula That Answers the Question: How Long Does It Take to Get a Flat Stomach?**

So guys, now you know what you need to get down to. Now you know how fast you can lose your body fat. Now you need to determine what your actual own body fat is.

**Weeks to see your six-pack = (Current BF% - 7 ) x 0.5**

So for example, and let's go through the formula now. For example, let's say you a guy you had 13 percent body fat, and you want to get down to 7. So that's six percent body fat that you want to get rid of. Let's work on average of losing 0.5 percent body fat per week. That gets us to 12 weeks it will take you to get down to 7 percent and see your six-pack abs. So, that's the simple formula guys. You simply take where you are right now as far as your body fat, subtract seven, okay. And if you're female subtract 15. And then multiply that by 0.5.

So that is a guideline guys. Remember, like I've said, we will all lose fat at a different rate. We all start at different places. And your metabolism is different. Our genetics are different. The hormone profile is different. And all those things can play a role. So simply use this as a guideline and something to work towards.

But guys, that's how simple it is to get an indication of how quickly you can get six-pack abs. And then one final thing, guys, if you do get down to 7% for guys and 15% for females and you don't see your abs, or your stomach is just flat, that simply means that you need to focus on developing your abs a little bit more. And you need to focus on the program. It will help you build your abdominal muscles.

Now for those people who still have no idea where to get started, or what to do, guys. I've set up a brand-new and 100% free challenge for you to come and do. It's only workouts but at least you'll start understanding the kind of workouts that you need to do to lose your belly fat and start getting six-pack abs. And you can go to six week six-pack comm forge last 21-day challenge and sign up. They're 100% free of charge.

So there you go, guys. You know know **"How Long Does It Take to Get a Flat Stomach?"**

If you like this video click on the like button. Please subscribe and let's have a chat. Let me know where you are right now and where you'd like to get down to. And then it's time to take action, get focus, and push hard towards reaching that goal of yours of getting six-pack ABS.

So, there you have it. Thank you so much for watching. Until the next one keep it simple and have fun out there. Bye, bye.

Free 21 day fat loss challenge : <http://www.6weeksixpack.com>