

# How to Get 6 Pack Abs (THE REAL TRUTH!)

How to get 6 pack abs. While every 6 pack abs website tries to sell a secret workout, the real secret is not an abs workout routine. Here is the real truth.

You don't have to pay lots of money to buy workout videos. You don't even need a gym membership. There are two things you need to do:

1. Reduce the belly fat which covers and hides your abs
2. Build up your abs so they become prominent and well defined

Some say your diet produces 90% of your results. Lay off the sugar and [junk food](#). Do both cardio and abs exercises.

It will be a miracle when your body fat drops and you can finally see your 6 pack abs.

## How to Get 6 Pack Abs (THE REAL TRUTH!)

Hey guys. So from the title of this video, I hope you only get straight to the point. You want to see if it's click-bate or not.

Having said that, I'm gonna reveal a secret to build an ABS. And you want to know, "What is the secret?"

I'm gonna tell you straight in the beginning. So I'm going to show you. I'm gonna write it down.

A secret. You see it? Yes, there can you see it?

I'll make it darker. One second. You see it now? You can't see it?

Let me just keep doing it. I'm gonna keep doing it and see if it works. Hold on.

Still nothing.

## **How to Get 6 Pack Abs (THE REAL TRUTH!)**

The reason why you can't see it, this is ab exercises. Ab exercises on someone whose body fat is too high. The secret to building your abs first, is getting your body fat down. So basic, but no one ever tells you.

What people tell you is you need to do this six-pack exercise, this expect exercise, but no one ever tells you that you need to bring your body fat down. So if you don't bring your body fat down you're never gonna see your abs. That's why you can't see it. Your body, as a man needs to be between 10 to 14% at least. So at least 14% before you see your abs. Because body fat isn't within that that range or lower, you're not going to see abs. And that is that's just how it is, you know.

## **How to Get 6 Pack Abs (THE REAL TRUTH!) Drop the Fat**

So I'm sure you've seen guys in your gym training their abs for years, three years, and they've never seen them. And they wondering why, you know, and it's not the routine they're doing because they probably have some awesome ABS underneath the fat that they're caught they're carrying.

So I'm gonna show you some facts about ABS. This is a badly drawn drawing of the rectus abdominis, that is, the six-pack. For the in layman's terms. So we have the 6 here. This is the six that were used to seeing. Some people don't even have six. Some people have four. Some people have five. And you're thinking five, how can they have a five pack? It just means that, you know, one of the packs isn't as prominent, you know.

Some people have eight. And some people can even have ten,

which is why I've drawn these shaded, you know. Because some people do have ten, but genetically you're only gonna have a certain amount that show. You can't change that. So if you've got a six pack that shows, you can't do any sort of workout that's gonna, that's going to build the last few and make them more prominent. So that you suddenly have a ten pack or you suddenly have an eight pack, you know.

So anyone that built up their abs, if you see them when they started, they had six, you know. And then they built up those six they made them more pronounced by working them out. So that's something that you need to consider. So don't ever look at an influencer or someone in the fitness industry look an eight pack, and let them tell you, or even get it into your head, that you can achieve that same look. You're gonna have to work with what you've got.

Another thing is for some people, obliques are very prominent as well, you know. Me, personally, when I'm lean you can see to see my obliques clearly. Some guys you can't, but you can see the six-pack clearly. That is because the subcutaneous fat that is on top of the obliques, it is it's more on some people than others. That's simply what it is.

On women, you hardly ever see obliques. And that's because for a woman to be more lean, for a woman to show her abs, she needs to be between 16 to 20 percent body fat or less. And even then, there the fat deposits on their obliques is still high. So that's why you rarely see the women, even which they have a 6-pack, you rarely see their obliques because the fat deposits there is high on women.

## **How to Get 6 Pack Abs (THE REAL TRUTH!) Cardio Exercises**

These are some things that you should really consider when you're aiming to get six-pack, you know. And I'm going to take you through a full routine. And I'm still gonna show you how

to build your six-pack. But I wanted to first let you guys know that you need to do cardio and get your diet right. What type of cardio? Try this out.

So all those exercises you saw, exercises you will find in my fat burn extreme training program.

But essentially, it's just cardio. it's cardio in any way you can get it, you know. I always say that, you know, find something you enjoy, you know. So cardio for me, I do as much as I enjoy in high intensity I also enjoy the slow pace, you know. I sometimes put a YouTube video on I get on the treadmill and I walk for half an hour on an incline. That's cardio. Me doing burpees, that's cardio. Using the ropes, that's cardiac. So find cardio in any way you can get it, and bring that body fat down.

Now you can still build your abs while doing that. The only reason that I just really wanted to press on the cardio is if you're not doing the cardio, and you're not cleaning up your diet, you're not gonna see the ABS. You can't, like, you can do all the other exercise in the world (I'm gonna show you some), but unless you get the cardio in there and bring your body fat down you're not gonna see your abs.

So that's why I really wanted to press that home

## **How to Get 6 Pack Abs (THE REAL TRUTH!) Ab Exercises**

Now, let's go hit the abs.

OK, guys. I just took you through 5 ab exercises you can do. Hopefully they're exercises you haven't tried before. What I was trying to show you today was not specifically special exercises for abs that's gets you a six-pack, because there isn't one. There isn't a special exercise or a special selection of exercises that's going to magically get you a six-pack.

Hopefully from this video, what I said at the beginning, you'll learn that in order for you to see a six-pack, if you have high body fat, you're going to have to get the body fat down. So you're gonna have to get Cardio and get the diet back to bring your body back down to, like I said, at least 14%, or no more, to permit you to see your abs. But these ab exercises about I showed you today, some of them are more advanced. Some of them are, you know, doable by a regular gym-goer. They target mostly the obliques, those exercises.

I like to mix and match and really work on my obliques when I'm working my abs. So those exercises, especially the Russian twists, and you saw the slow roll bar, So, yeah, you can cut those ab exercises out. But please make sure that you have body fat is something that you know you have in a higher percentage, bring it down so that you can finally see what you're working with.

Guys, I've got my fat burning training program which has all of the pliability exercises and the cardio routines I do. My six-pack extreme training day, as all of the other exercises I do, including diet. Both of my cabinet in Penn State's package you have diet in them. No, and they don't just give you a diet plan you can follow temporarily. They give you something you can follow for your lifestyle, you know. Sourcing a nutrition guide so that you can choose the right foods and not just kind of, you know, where not diet for a short period of time. This is for lifestyle. I've been training all my, 19th year of training, their lifestyle no this is something I live my whole life, you know. So that's why I advocate healthy, not simply diet.

Guys, subscribe to my channel. I was so much more education and training stuff as long as the long with the hardcore workouts.

## How to Get 6 Pack Abs (THE REAL TRUTH!) More Information

Download Six Pack Extreme here: <https://goo.gl/LFAedV>

TRAINING PROGRAMS: <https://www.simeonpanda.com>

JUST LIFT. CLOTHING: <https://www.justlift.com>

SP AESTHETICS: <https://www.sp-aesthetics.com>

VQ Fit: <https://www.vqfit.com/simeon>

FACEBOOK: <https://www.facebook.com/simeonpanda>

INSTAGRAM: <https://www.instagram.com/simeonpanda>

TWITTER: <https://www.twitter.com/simeonpanda>

'Aim to do something everyday that pushes you forward.'

---

## Killer 7 Minute Ripped Abs Workout – For Women and Men

Killer 7 minute ripped abs workout for women and men that you can modify to get you even better results. Any workout you see is just a template that you can modify to make even more effective for your particular situation.

### How to Do Your Own Killer 7 Minute Ripped Abs Workout

There are probably 60 or more exercises you can do to [strengthen you abs](#). You probably already know most of these exercises. Some are variations of the plank, leg raises, sit-ups, crunches, and so on.

**Variety:** Exercising a muscle in different ways, with different exercises is one way of challenging the muscle to become

stronger. So, change up your exercises from time to time to overcome a plateau.

**Progression:** Like any muscle, your abs respond and grow best when exercised in a progressive way. Progression simply means making the exercise more challenging over a period of time. So, how do you implement progression?

**Resistance:** You already know about progression in many of the exercises you do. The first way to make an exercise more challenging is to add weight or resistance to the exercise. If you already do sit-ups or crunches well, hold a small weight to your chest. This will challenge your muscles to grow.

**Add Reps:** Another way to challenge your muscle is to add reps to a set. If you are doing 20 reps per set, try doing 25 reps.

**Add Sets:** And, of course, the next way is to add sets. If you are doing 5 sets of an exercise, next time to 6 sets.

**Add Time Under Load:** When you are doing static exercises like planks, you can challenge your muscle by adding time. If you can do a plank for 60 seconds, next time try 90 seconds.

**Slower Negatives:** Your muscles grow by recovering from micro-tears to the muscle tissue. Your muscles are actually damaged when you exercise. During an exercise, your muscles contract or get shorter and then relax or get longer. It's the relaxing or negative phase that causes the most damage. While exercising you may feel blood coming into your muscles. This "pump" is not muscle growth. Your muscles repair and actually grow during the recovery time between your exercise sessions. By slowing down the relaxing or negative phase of each exercise you will cause the maximum damage and reap the maximum growth.

You now know how to make any workout more effective in building ripped abs. So, let's start this basic Killer 7 minute ripped abs workout for both women and men.

## Killer 7 Minute Ripped Abs Workout

Now, watch this killer 7 minute ripped abs workout and see how you can modify it to make it super effective for you.

These are the exercises in this killer 7 minute abs workout.

- Side-to side planks
- Side planks with are thrusts
- Small scissors
- Hip Raises
- Wide scissors
- Mountain climbers
- Pikes
- Plank to push-ups

Check out the #1 Bikini Model Workout plan: <http://BikiniModelFitness.com> Fitness Model Tamra D (Tamra\_\_D) is showing you an intense 7 min stomach workout to get those sexy lean abs. She's doing crunches, planks, leg raises, and more. You can do this at home every day.

For the #1 Butt Workout Plan visit <http://www.30DayButtTransformation.com>

Instagram: [BikiniModelFitness1](#)

---

## My Complete Ab Workout – Rob Riches

British-born cover model, Rob Riches, shows his complete six pack workout to target the entire abdominal section.

The next step up to being able to engage and really develop our lower abdominal structure is to add some gravity. So basically, what is the same as the lying leg raise. I've got a height adjustable bench here. Head up at the top, and get my hips down here. Legs at the same movement but now I have a wider range of motion.

I really have to engage, work the lower abs. The same principles apply. Tempo: we're keeping momentum out of the equation. Here we're focusing on that deep breathing and contracting out up at the end.

Secondly, form and technique: both my knees and my arm position are fixed. The only parts that are really moving are my hips and the lower abdominals. Think of it like a almost in a cocoon, fetal position. Elbows up on my temple. That keeps my arms fixed and keeps the abdominal muscles, down here, constantly tense which helps add to the intensity of the exercise.

Breathing, again, exhaling as you come up. I really can't stress the importance, especially as you step up the advancement level, breathing has in actually engaging the abdominals, helping you increase that muscular contraction. Fifteen to thirty reps on here and if you need to take a short break, five seconds, back on and try and complete at least two if not five more reps after that.

Alright, let's move on now hit the lower and side obliques. Next exercise is the high cable wood chop. This is a classic favorite of mine. And adding that resistance taking it through a constant range of motion really keeps maximal contraction on these internal external obliques, the V sectional apps that we really work by rotating the core. So this is a step up from I think the seated medicine ball rotation where we have a fixed object moving it around the core. This time, again, we're fixed but we have this constant resistance that's always the same. Basically, we have no sticking point, which means it's a

lot more fluid, so keeping those muscles engaged.

Okay, the outer arm goes on last. Arms bent. I've got a moderate weight on here; it's not too heavy because really it's my obliques doing the work and nothing else. Love this exercise. But really, developing the side obliques, I don't use too much weight. So I focus back on the breathing and the technique and form. Keep my arms as fixed as I can I'm not bending them. My arms aren't doing this and I'm keeping my hips my waist as fixed as possible. I'm doing this movement which even without any weight as you can see the muscles happen to work. So when I combine breathing back I really get that deep contraction pulling my abdominals in. When you add some resistance like I have done here, that really helped improve their conditioning and helps you get that grainy effect, grainy gropey muscle effect, when you're low body fat comes through. That is read cardio and diet come in.

But you've got to have have the abdominal structure developed before that can be seen.

Now, I've worked one set of the obliques and that will work the opposite direction and switch the handle from high to low. Basically using the same weight but now I've got gravity going against me. So, outer hand over on the end same principles apply. Keeping the arms fixed and rotating around my waist. Keeping that fixed as I exhale. Focus on squeezing the muscle at the end. That means slight pause and a break in momentum.

By moving on from the rotational portion of this ab circuit I'm now going to take the cable, put it back up to the top and focus on some high cable pull downs to really start to engage in bringing my intercostals here. And with that slight rotation it's another dynamic, another factor variable I'm changing in the ABS Orcutt to help increase the intensity and help further condition and train my abs.

It's going to set up few modifications to this exercise. I'm

going to remove the handle and take the weight up. Reasons for that I'm going to hold the ball here where it keeps my wrist elbow and shoulder all in line. Instead of having a handle to pull down on. I'm actually engaging more of my obliques this way. Secondly, because the height of this, if the handle were here I'm not getting full contraction or lengthening of my abs. So by taking the ball up to the top I can get that full range of movement and then about it. The weight increasing the intensity because now I'm only that's really flexing my ABS. I'm not having to bring that weight outwards away from that gravity.

So same principles technique form breathing control you can see from this exercise just that shortness range of motion from here how much I'm moving I'm not coming all the way down here. The purpose of this exercise is not to flex your body to the side as much as you can it's again that contraction. With that, breath out. And that slight rotation to get these abdominals. My shoulder is working. See if I would just go up and down engaging but not as much as that twist that elbow comes down and slightly backward. It's kind of like you're drawing a J backwards with your elbow. See these pulling. Oh so, if you want to focus on getting that V cut just around the top of the short line, this is a great exercise to be able to build up to and really get these lower muscles working.

Okay, on with the final exercise of this particular app circuit. And for that I'm going to head back over to the decline bench and start to pull in my upper abdominals combined with a lower section again. Now I'm going to bring gravity back into the mix for this final ab exercise of the AB circuit. The reason is now my lower abdominals have to work that much harder to contract and pull my body weight with my torso, shoulders up from that decline position. So I think shoulders and hips, whichever, is going to be lower means that particular portion lower abdominals if the hips are lower than the shoulders, upper abdominals, if the shoulders are lower

than the hips.

So we're just using this adjustable bench to manipulate which part is doing more work really does make a difference how high or low the shoulders are in relation to where the hips, and how the abs that happens contract more about 20 degrees lower than my hips there. Get that little extra movement now that my abs have to be stretched out that tiny bit farther as I go down. It means they're having to work much harder than if I was just simply laying flat or adding resistance for that same movement. So there's another tip instead of simply trying to add heavier weight through the exercise think about the range of motion.

#### Follow Rob on Social Media

- ⊗ Facebook: <https://www.facebook.com/RobRichesFitness>
- ⊗ Instagram: <http://instagram.com/robrichesfitness>
- ⊗ Twitter: <https://twitter.com/RobRiches>
- ⊗ Training Site: <https://www.robrichesfitness.com>
- ⊗ Online Shop: <https://http://www.robrichesshop.com/>
- ⊗ Snapchat: Search 'RobRiches'
- ⊗ LinkedIn: <https://www.linkedin.com/in/robrichesfitness>