

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>

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

How to Lose Subcutaneous Fat Fast

How to lose subcutaneous fat fast is easy when you understand this simple concept.

Subcutaneous fat is the fat layer under your skin. It's what you can pinch. And, if the layer of subcutaneous fat is too thick, it will hide your abs.

While research seems to indicate that subcutaneous fat has some health benefits, visceral fat is another matter. Visceral fat accumulates internally around your organs like your heart, liver and lungs. People with lots of [visceral fat](#) around their organs have greater risks for fatty liver disease, metabolic syndrome, type 2 diabetes, cardiovascular disease as well as colorectal cancer.

Subcutaneous Fat and Visceral Fat Go Together

Belly fat comprises primarily the fat that hides around internal organs (visceral fat). But, the fat we can see (subcutaneous fat) also affects the size and shape of the belly.

Excess visceral fat seems to encourage the accumulation of subcutaneous fat. So, excess fat in the layer that hides your abs (subcutaneous fat) is an indication that you probably have the dangerous levels of visceral fat.

Once you realize that **subcutaneous fat and visceral fat go together**, you can be more effective in knowing how to [lose subcutaneous fat](#) fast. Reducing hidden visceral fat helps quickly and effectively reduce subcutaneous fat.

How to Lose Subcutaneous Fat Fast

Here are some keys to losing fat in your belly.

Reduce Simple Carbohydrates

Carbohydrates are digested, broken down in the digestive tract, into sugars. Increases in sugar levels in your bloodstream tells the pancreas to release insulin. Insulin tells your body to store sugar, stop burning fat, and causes leptin resistance (so your brain does not get the “I’m full” signal).

Did you get that? Elevated insulin levels tell your body to **stop burning fat** and **store sugar**. This stops the burning of subcutaneous fat. This will definitely NOT help you lose subcutaneous fat fast.

Simple carbohydrates are digested quickly and enter your bloodstream rapidly, elevating your blood sugar levels. Simple carbohydrates include sugars, syrups, juices, soft drinks and,

surprise, energy drinks. Refined grains also qualify because most of the fiber has been removed. Breads, pastas, most breakfast cereals, and grits are made from refined grains. White bread is the equivalent of table sugar in spiking insulin levels.

Reduce your intake of simple carbohydrates to reduce insulin levels. This allows your body to burn more fat, helping you lose subcutaneous fat fast.

Consume More Fiber

Men should have 30 to 38 grams of fiber per day and women should have about 25 grams of fiber daily.

- **Soluble fiber** helps slow digestion, thus reducing the rate at which sugars enter the bloodstream. This helps control insulin levels.
- **Insoluble fiber** gives bulk to your stool making you more regular and helps move material through your digestive system.

Whole fruits and vegetables are good sources of fiber. An apple, for example, contains about 4.4 grams of fiber while unseetened apple juice contains only 0.5 grams of fiber. Four medium carrots contain about 6.8 grams of fiber while a cup of carrot juice contains only about 1.9 grams of fiber.

So, if you are going to consume foods with sugar content, make sure the foods contain fiber to slow digestion which moderates insulin levels.

Avoid Stress

Prolonged stress raises cortisol levels. Chronic high cortisol levels increase insulin levels. High insulin levels lower your blood sugar and cause you to crave sugary and fatty foods. This helps form a stress-eating habit that add fat to your body.

Cardio Exercise



Cardio
exercise

Aerobic exercise includes most movements that help increase heart rates. This helps burn more fat for energy. The longer the duration and the more intense the exercise, the more fat you will burn.

Cardio exercises include running, cycling, swimming, rowing, jumping rope, and outdoor games such as tennis.

Strength Training



Strength
training

Using weights or weigh machines will help build muscle tissue. Muscle is important tissue for many reasons. Here we are concerned about the ability of muscle to use energy. A pound of lean muscle burns about 50 calories a day a rest. Compare that to a pound of fat which burns about 3 calories per day. You can increase your metabolism by building muscle.

Replace Carbohydrates with Protein and Healthy Fats

Protein and fats help you feel full. If you experience frequent hunger spells, you may not be getting enough protein and healthy fats.

Here is a video of a woman who had to have liposuction to

remove subcutaneous fat. While this is one way to lose subcutaneous fat fast, it is not the ideal way.

She still needs to learn to eat right to reduce her visceral fat. And, she thought as a vegetarian she was eating the right foods.

But the one thing, Case, when I saw that picture of you grabbing, and I saw you have a fairly large handful of subcutaneous fat. I expected to see this on your MRI scan. When we pull this MRI scan, I'm going to show you that fat your pinching is all this yellow fat here. But subcutaneous fat doesn't just hide here. All of that, this is subcutaneous fat, Dr. Ordon, that's the kind you liposuction out, right?

Exactly. Exactly. This is the front, this is what you were pinching. Pinching, but you can see this is no we're lower than that. This, right here, is your hips. That's something we can remove with liposuction. But the inter abdominal fat that Dr. Travis showed you, no, that's that's more related to diet and exercise. So the question is: what kind of things do you eat? Do you eat breads, pastas, those kind things?

How to Lose Subcutaneous Fat Fast by Eating From the Bottom of the Food Pyramid?

I've been a vegetarian since I was like five. So I only eat, pretty much, the bottom food group. I'm burnt out on vegetables. And fruit is always...

So, let's rewind there. I heard two words that should never be spoken together I'm a vegetarian, I don't eat veggies.

That means that you're not eating foods that are...

So you basically a lot of starches probably, a lot of bread..

Yea, I do good. I do wheats and egg yolk.

When you find sugars, that's what gives you that intra-abdominal fat that you're seeing there in the scan. So you know what you can do? Next time you make a sandwich you can throw a few veggies on it that don't predominate. Or if you make a sauce a pasta sauce, puree up vegetables, carrots sneak it into the sauce you won't even know the veggies are on there

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if you are keen to make changes to your lifestyle ,lose fat and build muscles once and for all.

Burn Fat Fast To Lose Weight by Controlling Insulin

Burn fat fast by controlling insulin. Dr. Jason Fung explains why calories in vs. calories out isn't nearly as important as controlling insulin when it comes to burning fat.

Insulin spikes turn off fat burning. And insulin spikes cause leptin resistance so the "I'm full" signals don't easily reach your brain.

The simple solution to get your body to burn fat fat is to reduce your intake of refined carbohydrates. During the refining process fiber and nutrients are removed. This allows for rapid digestion and assimilation of sugars into the blood stream. High levels of blood sugar mean insulin levels spike upward to try to control blood sugar.

Numerous studies have shown that diets high in refined carbs may be associated with excess belly fat.

You need to greatly reduce your intake of refined carbohydrates if you to to burn fat fast to see your abs.

Most people want to burn fat fast. But, what happens when you eat is that insulin goes up. And insulin basically is the hormone that tells your body to **store** fat, not burn fat fast.

Insulin stops your body from burning fat. When you eat, you start to store some of the sugar and store some of the fat. Carbohydrates get turned into glycogen in the liver. Basically, glycogen is a chain of glucose molecules used for storage. And when you have too much glycogen, then your liver produces lipids [fats] and your body stores fat.

How to Burn Fat Fast

So when you don't eat, your insulin levels fall. And that's a signal to start pulling some of that stored energy out. So you're gonna start by pulling some of the stored glycogen energy out from the cells and liver. And then you're gonna access some energy from the stored fat. This is the best way to burn fat fast.

Refrigerator and Freezer for Energy Storage

So you can think of the glycogen like a refrigerator. You can put food energy in easily and you can take food energy out easily. Right. It's just food energy.

And the [stored] fat is more like your freezer. You can store more of it, but it's in your basement. It's hard to get to. It's the same idea.

You have two storage forms of energy. The refrigerator, though, has a limited capacity. So, if you consume too much food you have no choice but to put it [as fat] in your freezer.

The body doesn't have some giant vat of calories, right. You

can store sugar; you can store fat. There are two places in the body where you can store food. Your calories go into your fridge and calories go out from the fridge.

Insulin Does Not Allow You to Burn Fat Fast

But there's a third thing that you have to consider. And that is how much food goes back and forth between the freezer and the fridge. And the question is, "What's controlling this?" And it turns out that the main player is insulin.

Insulin inhibits lipolysis [the breakdown of fats]. What that means is it stops you from getting the fat out. So if you have a lot of insulin, then you can't get the food [fat] back out this way. So, normally, if you eat a huge meal your insulin is high. It's going to tell the body to move all the storage in this way [into the freezer]. and that's the problem.

Insulin Resistance Keeps Insulin Levels High

So, if you have a lot of insulin resistance, which keeps your insulin levels very high, it's like that freezer is kind of locked away in the basement behind the locked steel bar. You can't get at it.

Lets Try a Diet to Lose Weight

So what happens now when you start reducing your

calories? If you start reducing your calories in, what your body is simply going to do is reduce the calories out [by reducing your metabolism]. That's what it does because it's not gonna keep losing weight until you die. That's just ridiculous.

If you're not affecting the insulin, you can't get at that fat to burn fat fast. You're just gonna reduce your calories out.

Check out the full 36 minute talk here:
<https://www.youtube.com/watch?v=tIuj-oMN-Fk>

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 ducking 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>

**See Your Abs With the
Perfect Intermittent**

Fasting Ratio for the Most Fat Burning

To get abs and see them, you must lose that layer of fat covering your belly. To get into fat burning mode you must control your insulin levels. Intermittent fasting is an optimal way to lower blood sugar, and lower insulin levels, so your body can burn fat, especially belly fat, so you can finally see your abs.

Perfect Intermittent Fasting Ratio for Maximum Fat Burning

Hey guys .I'm back with another video on the perfect intermittent fasting ratio for maximum fat burning. I do get this question a lot: At what ratio should I do the eating vs. fasting cycle to just produce the most weight loss?

Okay. Well there's some research that was done that shows that you're gonna mobilize the most fat and lower the most insulin right around 18 hours to 24 hours (of fasting), okay, in a cycle. So let's look at this more closely.

Optimal Intermittent Fasting Ratio

Here we have 18 hours of fasting. Okay. Let's say you eat at 12 o'clock noon, and then at 6. It gives you a six-hour window of eating, right. And then you're gonna fast for 18 hours. So you're gonna lose some weight. It's gonna be very successful.

So let's say you ate just one meal at 12 o'clock. Okay, that gives you like a 23 hour fasting cycle.

So somewhere in between here (18 to 23 hours of fasting) would be the optimum.

So a lot of you out there are doing fasting and you're just doing one meal a day. In fact, nearly a hundred percent of all the Skype interviews that I have done are doing one meal a day. So they're doing very very well.

Just Starting Out with Intermittent Fasting?

But if you're new at this, what you could do is go to three meals. Then push the breakfast further and further and further until eventually there's no breakfast. Because you don't want to eat in the morning when you're not hungry. And then you have two meals, right.

So then what you want to do is you want to keep pushing this twelve o'clock to 1 and the 6 to 5 to shorten this down to a 4 hour window. That would

be a real nice sweet spot to hit. Between 4 hours and, if you want to take one step further, and start graduating to this (23 hours of fasting) over here, you can do it. I would do this if you need to lose a lot of weight.

Also, the more you have insulin resistance, the more damage within your system, the more that you have diabetes, the more you want to graduate into this right here (one meal a day). But let's say, for example, you're losing weight. You hit your goal, and you're comfortable. And you don't have a history of high blood sugars. Then stick with something like this (18 hour fasting). Okay.

But the other benefit of doing this longer, okay, maybe you might not want to do this.

Autophagy Cleans Up Your System

But maybe a four-hour window. This is something called autophagy, which most of you seen the video I've done on this. But autophagy is like you being a self-cleaning oven, okay, where it's cleaning up all this crap out of the cells. It's recycling all the junk. It's getting the junk out of the trunk.

So intermittent fasting can increase autophagy by five times. Okay. So it's a very powerful stimulus of autophagy which will make you very healthy as compared to a diabetic who has very dirty cells.

There's no self-cleaning oven.

There's waste products. There is all sorts of damage to the eyes, to the retina, to the kidneys, to the heart. So autophagy is what you want to do, especially if you're diabetic or pre-diabetic.

Especially For Diabetics

One small point about diabetics: if a diabetic were to consume more B vitamins from nutritional yeast, they would have less damage to the mitochondria, unless wastes build-up.

Add High Intensity Interval Training (HIIT)

All right, just a side note. So for the people that want to take it all the way and do one meal a day. You can also take an even further by adding high intensity interval training exercise in your fasting window. Whether it's before or after, and you add that to one meal a day, now you're talking about taking it to the next level because you're gonna spike growth hormone. You're gonna lose a lot more weight doing that.

Get Enough Sleep for Recovery

And also adding a little more sleep will help you as well. Make sure you don't over train. Make sure you're recovering. You know, some people are working out six days a week. I recommend twice a

week. Okay, if you're doing this correctly and you're hitting it hard, the personal training, twice a week is fine, unless you're 20 years old you know. But if you're thirty, forty, fifty, twice a week is the perfect optimum frequency of workouts. But then on the off days do the walking. That would be hot.

Stay Low Carbs

Also keep your carbs lower than 20 grams, and the vegetables in as well. But keep those carbs at less than 20 grams, not counting vegetables and I think this right here you're gonna have some serious weight loss. And you're going to be happy with that pattern.

Thanks for watching.

Hey, thank you so much for watching. Keep spreading the word and share this video.

Take Dr. Berg's Free Keto Mini-Course:
<https://www.drberg.com/how-to-do-ketosis>

Disclaimer:

Dr. Eric Berg received his Doctor of Chiropractic degree from Palmer College of Chiropractic in 1988. His use of "doctor" or "Dr." in relation to himself solely refers to that degree. Dr. Berg is a licensed chiropractor in Virginia, California,

and Louisiana, but he no longer practices chiropractic in any state and does not see patients. This video is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Berg and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition.

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 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/>