

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>

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

Fat To Fit Transformation for a Teen

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

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

Many people want a magic solution to their weight condition. For most people, this magic solution is a diet, weight loss pills, or a gym membership. The weight loss dietary supplement

marketed is expected to [grow 6% a year](#) for the next decade. The fitness industry is expected to grow [2.6% a year](#) globally.

Fat to Fit Transformation Turning Point

But, for people who do undergo a fat to fit transformation, there comes a defining moment, a turning point when they realize the true answer to becoming fit. It's a lifestyle change.

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

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

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

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

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

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

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

guys enjoy the video!

Songs used

Time- Hans Zimmer Instrumental Core Remix

Lullabies- Yuna(Adventure Club)

Body Fat Percentage Pictures

– 10% Body Fat Pictures

Body fat percentage pictures help motivate you to reach your goal. See what 10% body fat really looks like.

The [American Council on Exercise](#) provides some guidelines on the recommended body fat percentage for both men and women. Their classification of body fat percentages are:

Classification	Women	Men
<i>Essential Fat</i>	10-13%	2-5%
<i>Athelets</i>	14-20%	6-13%
<i>Fitness</i>	21-24%	14-17%
<i>Average</i>	25-31%	18-24%
<i>Obese</i>	32% and higher	25% and higher

These following body fat percentage pictures show primarily what an athletic person could look like. Enjoy and get motivated!

Body Fat Percentage Pictures

Today we're going to be discussing [body fat percentages](#) pictures and look at realistic examples with different people including Conor McGregor, Steve Cook, Jeff Nippard, and many

more, including, of course, yours truly. To make this as realistic as possible, I've only chosen people who have documented that body class percentages using its DEXA Scan which is supposed to be the most accurate method out there.

So what [DEXA scan](#) does it uses x-ray consisting of two different beams where as a higher energy which gets absorbed by bones and soft tissue and the lower intensity one gets only absorbed by soft tissue, which means muscle and fat.

So before we start, again don't forget to click the notification bell next to the subscribe button, and also put the subscribe button to keep up with all of my videos that are coming. Still do that you will not regret it.

Body Fat Percentage Pictures 7% Body Fat

So, the first on the list is going to be Conor McGregor. Love this guy. He's an Irish MMA fighter and he looked like this at the time of the DEXA scan. And as you can see, he doesn't look lean. He does look very very athletic. So Conor actually came to 7% body fat, which is extremely lean. And I would have guessed, like 10 percent by that. But apparently I'm wrong.

Body Fat Percentage Pictures 6.2% Body Fat

Now let's talk about one of the most shredded people that I've ever seen. His name is Alberto Nunez and he took a DEXA Scan recently. This is a closest that you can possibly look to a Dragonball Z character. I threw that in there just to prove that Goku is in fact Mady. So before the DEXA Scan he did a little bit of a posing update to show people how he looks like. And this guy is insane. He looks like a human roadmap. He's got veins absolutely everywhere. Even his ass looks like a washboard. So Conor McGregor with 7% body fat; this guy must be like zero point five percent. Right? Wrong. He actually came to six point two percent body fat.

Apparently he's only got zero point 8 percent less body fat and Conor McGregor which is crazy when you look at the visual comparison. The difference is astonishing. But anyways. let's look at more examples.

Body Fat Percentage Pictures 5.7% Body Fat

Next up is Mischa Janiec, the vegan bodybuilder and considered by many to have one of the best physiques on YouTube. we have the 5.7 huh? Yeah, crazy. He got 5.7 percent body fat. And this footage is shown after the DEXA scan. He is obviously in fantastic shape, very, very lean. But when you compare Mischa to Alberto you would have guessed that Alberto is actually leaner. And also there are other things that we can't really know, like lighting and pump. So let's just accept these results for now.

Body Fat Percentage Pictures 5.8% Body Fat

So next up is going to be Rob Lipset. fellow Youtuber from Ireland. This guy has a really great physique. So what was his results? "I came in at five point eight percent body fat." I mean Rob has a fantastic physique, but he scored lower than Alberto Nunez and the same as Mischa. And Rob actually said that he thinks that he is actually higher than when he tested which I agree with. "I would give myself personally about 8%."

He took a picture of himself shirtless that day, and posted to Instagram with of course half nighty lighting and probably a little sneaky increase in contrast. Yes, we're all guilty of that. But this is really crazy because DEXA is supposed to be the most accurate, you know, test out there. And compare Rob with Nischa and Alberto. You can clearly see that they are not the same. But a percentage. And since both Robinson and Conor McGregor are from Ireland I'm starting to think that these

machines are kind of racist and favor the Irish more than everyone else.

Body Fat Percentage Pictures 11.5% Body Fat

Next up is Steve Cook, professional men's physique competitor. And he got a DEXA scan in his offseason. Steve Cook looks extremely shredded most of the time. So I'm surprised he took a DEXA scan when he was in the offseason. And his result came to at 11.5%. And fortunately, like many other physique competitors and bodybuilders, it's very hard to find footage of them shirtless when they're not stage ready.

Come on guys, it's okay. It's fine to show some love-handle action sometimes. Anyways I did my detective work and I managed to find a picture of him, or two pictures actually, from the same week of the DEXA scan. And these two are it. Obviously going to choose the best angles and lighting, but yeah, As you can see at 11.5% body fat heI still maintains visible abs and vascular arms.

Body Fat Percentage Pictures 10.8% Body Fat

Okay guys, get ready. Jaime Alderton is our next case study. He actually did two with DEXA scans. One before in before his contest prep and one right before his contest, I believe. As you can see here on the left, he tested at fifteen percent body fat. Another, right, you can see the end result after all his hard work. He got an astonishing low level of ten point eight percent body fat. So you're telling me that Jamie Alderton is 11 percent body fat. But look at the pictures that he took when he was contest ready. He looks absolutely insane, extremely dry, deep cuts. This does not make any sense.

Body Fat Percentage Pictures 8.2% Body Fat

Another fellow Youtuber his, name is Jeff Nippard. As you can see he has a very full, complete looking physique. And as you can see here in the footage, taken the same day of the test, he is definitely carrying more fat than some of the other examples that I've shown. But nevertheless, he took the test and it came to a 8.4 which is a lot leaner than I expected it to be.. To me 8.2% seems a little bit low for him, especially when you're comparing him to Jaime Alderton.

Body Fat Percentage Pictures 8.1% Body Fat

Next up Kinobody is another Youtuber that did a DEXA scan recently. And he is in great shape. But as you can see in this footage, I would have guessed him to 12% body fat to be honest. So let's see what I got. "it's an amazing eight point one." "Eight point one percent. Eight point one. WOW! That's great." So this is another example that does not make sense because he is clearly not leaner than Jamie Alderton with a score 3 percent lower.

Body Fat Percentage Pictures 17% Body Fat

So it's now the moment that you've been waiting for. My turn to do the DEXA scan. I've never a DEXA scan before. This is my first time. So as you can see I just did a little physique update right after I did a huge burger challenge. So I was a little bit loaded, but you can see more or less how I'm looking before getting scanned. I would have guessed that I'm about fourteen percent body fat. Okay, you guys. Ready? Drum roll. Total body, seventeen percent. Yeah. Okay. It's not okay. Apparently I'm as bad as this G. So after crying a little bit in the bathroom for a few minutes, I came to the conclusion that my muscles are actually not muscles. They are

a cluster of hardened fat that look like muscles, but they're not.

I have a higher body fat percentage than Jamie Alderton before he started his prep. And, also, I am about 10% higher and by effect compared to Kinobody. As you can see right here. I guess I'll be showing my new raw broccoli diet today.

Body Fat Percentage Pictures 3.9% Body Fat

To finish off, we have a very good example. we have Durianrider who is a part-time cyclist. And did a DEXA scan as well. "A lean 3.9 percent." Okay. What is going on here? This doesn't make any sense at all. If he was actually three point nine percent body fat, he will be on the verge of dying. So even if the DEXA scan is the most accurate way to measure body fat, it obviously has some flaws.

How Accurate Are DEXA Scans?

So I was doing some research. I found out that there are three main manufacturers for the DEXA equipment. Depending on where the machine comes from, it may give use different results. And even the same machine that you use may give different results depending on a lot of different factors. A study, for example, shows that one of the most common reasons for the DEXA scan errors is the fat free mass hydration levels. It shows that even a 5% variation in fat free mass hydration can cause a difference of the 3% in body fat results.

So apparently, these DEXA scan machines assume that the non bone and non fat lean tissue mass has a constant hydration level. So instead, I found that a group of people who dehydrated themselves got different levels from the day after when they were completely hydrated. A study done in the University of Hospital in Italy actually found that 90 percent of all the scans had at least one error. But what they do show

is that a DEXA scan is actually very, very accurate. But maybe not as accurate as people think. They are to me personally, these numbers do not matter too much. What I feel works best for me is just working out hard, eating a clean diet. And just look at the results in the mirror. So if somebody you know thinks they know everything about body fat percentages, send them this video.

Thank you so much for watching these Body Fat Percentage Pictures. Don't forget to tell you the notification belt and the subscribe button right next to it because there will be a lot more awesome content coming your way very, very soon. Anyways, don't forget to leave a comment and let me know what you think your body fat percentage is. anyways I'll see you very soon. Peace out.

Thanks to Vitruvian Physique for the inspiration,
Link: https://www.youtube.com/watch?v=mrlUxAr1_g&t=586s

– Jon Venus

The Quest For Fitness

- ▶ Online coaching & Meal Plans: <http://www.jonvenus.com>
- ▶ Vegan Protein (JVFIVE for £5 off):
<http://www.vivolife.co.uk/pages/jonvenus>

Build More Visible & Blocky Abs so They Pop Out

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

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

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

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

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

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

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

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

exercises from this list, just pick 2 to 3.

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

Day One for Build More Visible & Blocky Abs

So let's get started with the first exercise.

Ab Pulldown

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

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

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

Dumbbell Hanging Knee-Raise

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

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

Ball Passes

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

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

Medicine Ball Floor Crunch

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

Dumbbell Toe-Touch Crunch

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

Ball Crunch with Plate

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

you can. Just like that.

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

Day Two for Build More Visible & Blocky Abs

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

Woodchopper

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

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

Now you can also switch up this exercise every once in a while. If you would like, you can try doing it from a low angle like this, just to target your obliques a bit

differently. And you would go from the bottom to the top. And then you can also put the bungee up higher and target from top to bottom. But you'll notice that whether I'm doing the middle, top, or bottom, the bungee is always going through the center of my core.

Standing Oblique Crunch

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

Floor Oblique Twist

The third exercise is going to be a floor oblique twist. You're going to use a plate. If you want to you can also use a medicine ball. For this exercise you're going to actually try to balance on your gluts. So keep your feet together, flex your glutes a little bit, lean back as far as you can while still being able to sit upright. And what you want to do is bring the plate back and forth. You can touch the ground if

you'd like to, but the exercise would be a little more intense if you just go as far as you can to the ground without touching. And then go back to the other side. So I'll show you real quick. So down back and forth just like this. And once again, you're doing 15 reps per side.

Standing Oblique Twists

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

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

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

Review

So that's your day two routine. You can be targeting your

obliques: pick 2 to 3 of your favorite exercises. And remember, try to progressively overload as you're doing your routines. The goal is to get 15 repetitions. If by the time you get to your fourth set you've increased the weight, you can only get 10 to 12, that's okay.

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

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

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

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