

**AWESOME
ABS**

*Get Hard,
Sexy,
Chiseled
Abs...*

... In Just Weeks

The advertisement features a red background. In the top left corner, there is a graphic of a calendar with dates 31, 29, 7, 30, 18, 31, and 29 visible. The main title 'AWESOME ABS' is written in large, bold, white, sans-serif font. Below the title, a photograph shows a man and a woman from the waist up, showcasing their highly defined abdominal muscles. The man is on the left, and the woman is on the right, wearing a black sports bra. The text 'Get Hard, Sexy, Chiseled Abs...' is written in a white, cursive font on the left side of the image. At the bottom, the text '... In Just Weeks' is written in the same cursive font.

How To Build **Six-Pack Abs** In The Fastest,
Easiest & Cheapest Way Possible!

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AWESOME ABS How To Build **Six-Pack Abs** In The Fastest, Easiest & Cheapest Way Possible!

Is It Really Possible...

The first reaction people have when I tell them they can build six-pack abs in just 4 to 8 weeks is that of disbelief.

I don't blame them. And, I won't blame you either if you're still having trouble believing it completely.

But it is absolutely true. I have helped create six-pack abs for many friends, as well as for myself, obviously. (Most of my friends were only willing to give my program a try **after** they saw my chiseled abs. After all, visual proof is quite powerful.)

I can promise you the same results I promised them... six-pack abs in as little as 4 to 8 weeks.

With just two exercises! *Without* doing 50, 20, or even 10 reps per set!

And... without the unnecessary pain and fatigue.

Yes, I can promise you all of that, i.e. phenomenal and *fast* results with significantly less time and effort on your part.

But **you** have to promise me something too.

You have to promise that you will take this program seriously. That you will read every word in this book and that you'll follow my instructions to a tee.

Do not skip over a single word and take the time to fully understand the program that I have laid out in this book. And then, *do the work*.

If you can promise that, I guarantee that you will see results... in as little as a week!

That's right... you will start seeing the beginnings of a six-pack within the first 7 days. (Of course, if you have a thick layer of fat covering your abdominal muscles,

you may not see the definition but you may at least be able to feel the tightness and hardness of your abs.)

Does that seem fair?

Great... let's continue this journey...

Why Perfect Abs?

In the popular television series, The Tudors, King Henry VIII sports a nice set of abs. Not extraordinary abs, by any means... but, still something that most guys would kill to have... and most women would love to touch and caress.

The rest of his body wasn't *really* all that muscular. Yes, it was well toned, and you could tell that the actor worked out regularly. But, again, nothing spectacular.

My point is ... even mediocre bodies seem to look amazing when they have a toned and somewhat defined midsection to go along with them. And, if the rest of the body happens to be just slightly toned or shaped, a nice set of abs makes it look 10 times fitter and sexier.

On the flip side, a person with an above average muscle tone and some mass on his body - but with a soft, rounded tummy - can look unhealthy and downright unappealing. Some may even call the person 'fat.'

It makes a whole lot of sense then to put *more* focus on creating a healthy midsection, i.e. your abs, than on the rest of your body...which is contrary to what most people do.

Don't get me wrong... balance is important. And you should work on your entire body so that all parts are equally fit and healthy. But, if you've got great muscle mass and tone everywhere else except your midsection, your body isn't exactly going to be in balance anyway.

Balance and symmetry are important.

But, it's about more than just looks...

Your Core Is Your Life

Everything you do uses your torso, the core muscles: abdominals, obliques and lower back.

And, weak abdominal muscles can easily kill your lower back. You've no doubt seen or heard about people with lower back problems. (You may even have had personal experience in this area due to an injury or whatever.) *It's the worst.*

The very first thing that most people notice after starting a regular abdominal workout is minimizing (or complete elimination) of back pain. The back doesn't have to carry the entire load once the abdominals start becoming stronger.

But, here's what's really fascinating...

Poof...Life-Threatening Diseases Be Gone!

After losing just up to 20 pounds off their belly, individuals tend dramatically decrease their chances of developing heart disease, prostate cancer, back pain, impotence, joint problems, high blood pressure, diabetes, sleep apnea, low sperm count, and even depression!

Many are even able to get rid of their impressive collection of prescription-drugs.

Most people also start to experience a large number of health benefits and loss of annoying and/or painful symptoms.

Snoring, pains on the sides of the torso, breathing problems, restless nights and more are all decreased or completely eliminated...like magic.

Digestion improves, skin clears up and starts to look healthier, and people even seem to have a lot more energy than they used to. (Of course, this overall helps their bedroom activities as well.)

Now...while this book isn't exactly about losing weight, I will include some quick and easy weight loss tips, since six-pack abs and fat loss seem to work well together.

If you've got a generous layer of fat covering your abdominal muscles, the program in this book may give you a six-pack, but no one will be able to see it! Your six-pack will be hidden under that layer of fat.

More on this later...

Stop Wasting Your Time

Walk into any gym and you'll see a bunch of people doing crunches, situps or maybe a leg raise here and there.

Yet, how many of these guys are sporting six-pack abs for the men to amaze over and the women to drool over?

None!

The harsh truth is, you're wasting your time by doing crunches and situps.

I used to be one of those saps - doing 20, 30, even 50 crunches per set! It got me diddly squat. (That's a technical term for "nothing, nada, zilch, big fat zero.")

Like most people, I didn't know any better. So, I would do crunches till my abdominals were burning up or my back was starting to hurt, whichever came first.

And, like most people, all I had to show for it was extremely sore abs the next day that hurt when I laughed, sneezed or even breathed heavy.

What a lousy way to go through life when you have to schedule *laughter* around your ab workouts! And, let's not even talk about lifting anything or twisting slightly to reach across the table. And, lovemaking? Hah... impossible.

How to Kill Your Back In Two Steps

Worst of all, we had no idea how much damage we were doing to our back by using such outdated and dangerous maneuvers!

I used to do countless sit-ups in high school. It's a miracle that I can still walk around and don't have a lower back that's completely thrashed.

Now, crunches or some other ab exercises may not hurt your back directly. But, start doing 20, 30, 50 or more of these exercises regularly and you'll definitely start putting unwanted stress on your lower back, spine and other areas.

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Regular sit-ups, where your feet are held down or locked against something, are the worst.

During these sit-ups, a lot of the work is done by your lumbar spine or lower back. Your hip flexors are engaged to pull your body up.

Crunches are not as bad. But they're not good either. Despite what the 'experts' may tell you, the crunch does not isolate the abs. (That's the very reason you have to do 15, 20, 50 or more repetitions before you start to feel something.)

Whenever you contract a muscle, the adjacent muscle also contracts. It's just how our body works (especially when you're not using any form of resistance.)

So, when you contract the ab muscles using a crunch, the hip flexors contract as well. The weaker your ab muscles are the more your hip flexors will contract. In addition, the spine is snapped off the floor, once again by the use of the hip flexors.

That's two great ways to hurt yourself - injure your hip flexors as well as your spine.

Enough already.

You don't have to work so hard and so long for the sake of building six-pack abs.

There's a better and safer way. There's an *easier* way. There's a faster way!

Tension and Isolation: The Keys to Perfect Abs

If you want results in as little as 4 weeks (yes, that's 30 days, my friend) then you've got to fry your abs properly and thoroughly - *without* resorting to crazy and dangerous maneuvers, dozens of repetitions, or unnecessary pain and fatigue.

The only way to do it is by fully and completely isolating the ab muscle.

And, as explained above, crunches, sit-ups or leg lifts will not get the job done. They won't even come close.

So, what will?

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I'll show you two exercises - yes, just two - that will completely isolate your entire ab muscle and forge six-pack abs in a matter of weeks. (Okay, I'll give you a couple more, just to make things interesting.)

But, before we can isolate the abs completely, we have to understand exactly *what* we're trying to isolate.

Upper Abs, Lower Abs...Gimme A Break

Many people have asked me... "My upper abs look so much better than my lower abs. How can I work the lower abs more so that I can have that elusive six-pack?"

They are always surprised when I reply with... "There is no such thing as 'upper abs' or 'lower abs!'..."

There is just one long muscle that connects from the sternum all the way down to your pubic bone. (I realize this may come as a shock to some people, but it's a fact.)

If you've taken an anatomy class in college, or flipped through any anatomy book, you already know this. If you haven't, you have to rely on the nonsense that the so-called experts have fed you. (The same experts that tell you to do 15 to 25 crunches per set. What an utter waste of time.)

The reason most people can't seem to get their entire ab muscle to contract during a workout is because they are using half-assed exercises like crunches or sit-ups...and because they believe that the abs have to be worked in sections.

The right exercises isolate and involve your entire ab muscles, i.e. the entire six-pack which make up that one long muscle.

The Six-Pack ((Rectus Abdominis)

Because the abdominals is one long muscle connecting your pubic bone to your breast bone, when it contracts, it pulls both your pelvis and rib cage together.

So, the only ways to disengage the hip flexors and eliminate the stress/strain on it and on your back/spine are to... 1) tighten your buttocks so they lift slightly off the ground, and... 2) tighten the hamstrings so they completely relax the quads and flexors.

I'll break down exactly how you do this when I show you the two power ab exercises that will forge your awesome six-pack abs.

Obliques

On either side of your long abdominal muscle is another long line of muscles called the obliques - external and internal obliques.

They are situated just below your love handles and connect your rib cage to your pelvis. They are vital, and assist in the mobility of both your abs as well as your spine.

A strong set of obliques can ensure the safety of your spine - the obliques take on the load of lifting so your spine doesn't have to deal with the stress and strain.

For this reason, I will also show you an easy way to strengthen and tone your obliques.

Plus...a strong, toned set of obliques makes your six-pack look even better.

Give It a Rest

Before we get to the actual exercises, there's something very important you should know...

It's a mistake that almost everyone makes. I don't want you to be part of the 95% of people that are doing it wrong.

Most people work their abs every day, or everytime they workout. This is why most of them do **not** have six-pack abs.

Contrary to what the "experts" have brainwashed us into thinking, your abs are just like any other muscle in your body. They need time to rest and recuperate.

In fact, the abs get worked the most when you're out there going about your daily business. Every twist, turn, bend and push you execute involves the ab muscles and the obliques.

This is more reason to not overwork these muscles.

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If you want my program to work for you, if you want to see results in as little as a few weeks, you have to give your abs adequate rest.

Rest is when your muscles recuperate. It's how your muscles get back their strength and health. Without this, you won't be able to (and shouldn't) do another workout. You'll be more prone to injury, and you'll sacrifice proper form (which is another way of wasting time in the gym.)

Rest is also when your muscles repair and get stronger, harder, toned. Rest gives your muscles a chance to adapt to the intensity it faced in the last workout. It adapts so it can handle that workout better, in the future.

You must give your muscles at least 24 hours of rest in between workouts. If your muscles are still sore, you may need more rest before you workout again.

For that reason, you will only work your abs a maximum of 3 to 4 times per week.

Every other day is the best. If needed, you can work them 2 days in a row every now and then. But don't make a habit of it.

Memorize this muscle-building mantra.... tension + nutrition + **rest** = results!

Work hard when you're in the gym (or garage, or wherever you workout.)

Then REST for an entire day before you work your abs again. That's the only way you will see quick results.

A good, easy system to use is to work your abs on Mondays, Wednesdays and Fridays. The rest of the days are your rest days where you don't directly hit the abs deliberately with any specific exercises.

If you're also working out the rest of your body regularly during the week, you'll end up giving your core enough exercise anyway.

And, by the way...rest does not just mean 'no activity.' It means actual rest, as in sleep.

Get at least 8 hours of sleep whenever possible. And take naps here and there too, if needed.

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In addition to that, rest also means minimizing unwanted mental and emotional stress. Stress can interrupt your body's normal functions, which then slows down muscle recovery/recuperation.

Do what is needed to cut down on the stress level of your average day, and week. It will pay off in a big way.

Besides, cutting down on stress is a good idea anyway. It will improve your overall mental, physical, and spiritual health.

Your quality of life will improve.

The Core Exercise

As mentioned earlier, I will help you forge awesome six-pack abs in a matter of weeks - by using only two exercises. The first and primary one is called...

Ab Wheel Rollout

Before we start, I should tell you that the Ab Wheel Rollout does **not** work for most people because they do **not** do this exercise correctly.

I will explain how to do it correctly so that you can get that rock hard six-pack.

First of all, you will need to get an **ab wheel**. You can purchase this from most sports goods stores for as little as \$10.



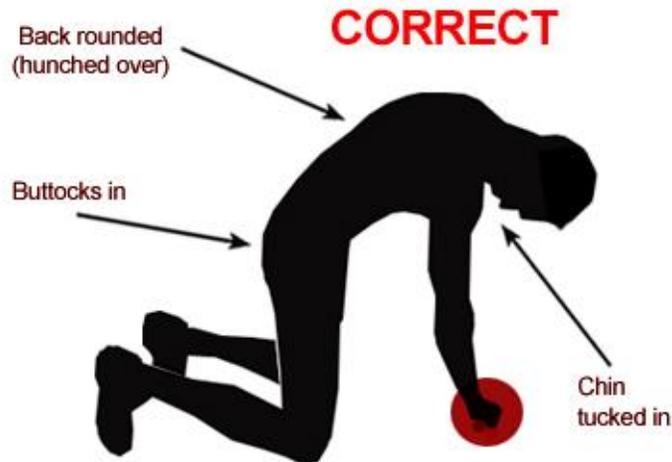
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Or...you can use a barbell if you have one and don't want to part with the 10 bucks. (I do *not* recommend that you use a dumbbell since it doesn't offer the best grip.)

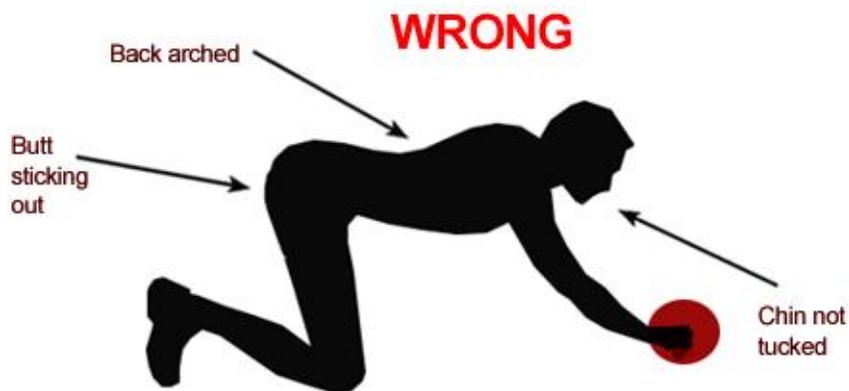


Here's how to do this exercise correctly:

1. Kneel down on your knees. (You can use padding or a folded towel under your knees for support.)
2. Place the ab wheel on the floor in front of you and hold on to it with both hands.
3. Your butt should **not** be sticking out behind you. Your thighs should be perpendicular to the floor (at right angles to the floor.)
4. Round your back (push outward, toward the ceiling) as much as possible and tighten your glutes (this will further ensure that your butt does not stick out.)
5. Tuck your chin in (toward your chest,) firm up and extend your arms out.
6. Tighten your lat muscles (the muscles that gives you the V shape - situated below your armpits) to offer support to your shoulders.
7. Take a deep breath in, hold it, and start to roll the wheel out in front of you at moderate speed. Go only as far as you can safely go.
8. Then, pull the wheel with your arms (while keeping the arms extended) and also by starting to round out your back again. Allow your body to return all the way to the starting position.
9. Exhale. Take a second or two to relax, then breathe in completely and start all over again.



Remember to keep your glutes tight and don't let your butt stick out ever. Also, do not let your back arch at any point. Keep it as rounded as possible throughout the exercise.



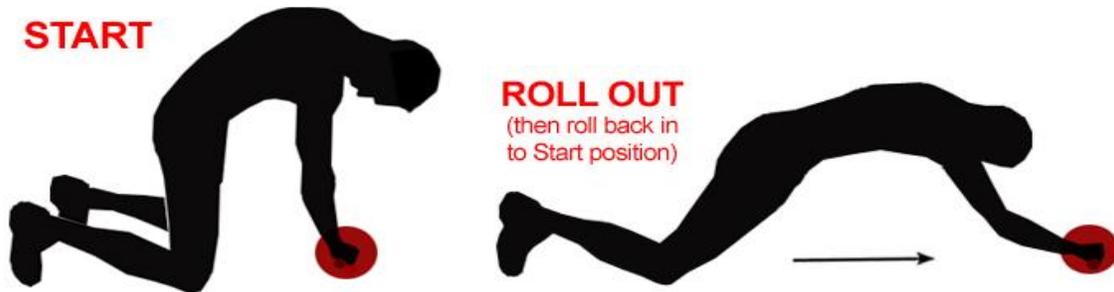
You should **not** do more than 5 strict repetitions of the ab wheel roll out per set.

If you can only do 3 repetitions, that's perfectly fine. Don't force yourself into doing more by using improper form. Jerking, pulling, or any other cheating techniques are not allowed.

Also, roll out only as far as you can *safely* go, even if it's just 10 inches away from your starting position.

Remember, you're not trying to impress anyone. Your only goal is to get that six-pack. And the only way to get them is by doing the exercise correctly - in strict form, exactly as described above.

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Also, by doing these rollouts in strict form and using moderate, controlled motion, you will keep your back **safe**. That's the point here. (Isolate the abs and relax the back.)

You should do 3 to 5 repetitions, rest a few minutes and repeat that sequence up to 5 more times. In other words, do 3 to 5 repetitions of 3 to 5 sets, with a few minutes of rest in between sets.

If you don't already know, the maximum number of repetitions make up one **set**. (In this case, 3 to 5 repetitions - or reps.) That's your **first** set.

Then, rest for a few minutes and knock out another 3 to 5 repetitions. That becomes your **second** set.

Then, rest again for a few minutes and do another 3 to 5 repetitions. That would be your **third** set. And, so on... up to a maximum of 5 sets.

That's it! (If you're in above average shape and this seems too easy for you, don't worry, we'll make it harder very shortly. ;-)

Rest for one full day and then do another 3 to 5 sets of 3 to 5 repetitions. (Don't forget - rest is extremely important if you want to see fast results. Without rest, your muscles will not develop, i.e. no six-pack!)

WARNING: Do **not** do more than 6 repetitions per set of this exercise no matter how easy it seems. And, do not exceed 5 sets. Resist the temptation even if you don't feel like you have worked your abs hard enough.

Trust me, you will probably feel it the next day.

If you don't, no problem. We can make the exercise harder for you for next time. But do not exceed 6 repetitions. Ever. (Five is still the maximum recommended.)

For most people, just 3 sets of 3 to 5 repetitions will be plenty.

If you're feeling strong and ready, you can do two more sets of 3 to 5 repetitions. But no more! (Remember, do not exceed 5 sets. This is very important.)

And, be sure to give yourself an entire day's rest before you do ab wheel rollouts again.

Making Things A Little Easier

If you cannot do one complete repetition of the entire movement (that is, rolling out and then rolling back in,) try the alternative below until your body gets stronger.

Breathe in, and roll out as far as you are able to safely go. Now exhale. Assume this to be the complete movement for now. Instead of rolling back up, get up some other way, perhaps with the help of your hands (by letting go of the wheel, of course, and pushing yourself up.)

Then, start all over again from the top...breathe in...and roll back out as far as you can go.

Basically, you're only doing half the movement (rolling out) instead of completing the entire sequence (rolling back in.)

This way, you still get to work your abs and build your strength over time so that eventually you'll be strong enough to do the entire movement, i.e. rolling out and then rolling back in.

If even the above (half) movement is still not possible for you to do, you're probably not ready for the ab wheel.

It's okay. I will give you a few other exercises that you can start with, until you get strong enough to handle the wheel.

Making Things A Little Harder

Okay... if you've one of the rare few out there who can easily do 3 to 5 repetitions of 3 to 5 sets of the ab wheel, we're going to make things a bit more challenging for you. :-)

The first way to make the exercise harder is to...

Roll the wheel out all the way, until you are laying on the ground flat. (Do this safely so that you don't end up falling to the ground at the end of the movement. Use a steady, controlled motion all the way.

After you're flat on the floor, you can breathe out, rest for a second or two... and then breathe in again and start to roll the wheel back in.

All of that will make up one repetition.

The second way to make this exercise harder (actually, a lot harder) is to...

Start from the standing position, instead of the kneeling position, and roll out. Remember to only go as far as you can safely go. (If needed, roll out towards a solid wall so that the wall will stop you from accidentally rolling farther than you plan to go. As you get better, you can step farther away from the wall to allow yourself to roll out farther than before.)

The standing ab wheel rollout is not for everyone, and it may take you a while before you are strong enough to do it. So, don't rush it.

The point is to work your abs sufficiently, and safely. That's it. This is not a contest.

Now Switch...

Do the ab wheel rollout for one full month - and no more! (This is very important!)

Then, move on to the secondary exercise (from the two that I will describe shortly.) Do that exercise for an entire month.

And then, switch back to the ab wheel rollout for one whole month. Then, back to the other (secondary) exercise for one month.

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So, you'll only do the ab wheel rollout during the 1st month, 3rd month, 5th month...and so on. Do it for one month, skip for one month. You get the idea...

By switching between the two exercises each month, you will not allow your abs to get accustomed to either of the exercises.

That means, you will *continue* to see results! (If your abs get used to one exercise, that exercise will not produce results any longer. So, switching between the two exercises each month is a good idea.)

Alternate/Secondary Exercises

Okay, so you've done the Ab Wheel Rollouts for 4 weeks. And you're already starting to see your six-pack breaking its way through and beginning to reveal itself.

Now, it's time to switch to the secondary exercise - that is, if you want to continue to see your six-pack develop into all its glory. (Move over, Hercules!)

You will do the secondary (or alternate) exercise during your 2nd month, 4th month, 6th month, and so on.

I'm outlining 2 more exercises below. You can use any one of them as your secondary exercise (for your 2nd month, 4th month, 6th month, etc.) Or you can mix and match among them during your even-numbered months.

(If this seems confusing, don't worry, I will explain it again in detail towards the end of the book.)

Here are the 2 exercise that you can use as your secondary...

Swissball Knee Tuck

For this exercise, you will need a swiss ball or exercise ball. I'm sure you've seen these before. (It's basically like a beachball only stronger and sturdier.) You can get this from a sports equipment /fitness store for around \$10 to \$15, depending on the type, brand name, and where you're buying it from.

You could even use a basket ball if you *really* had to. (I would suggest that you invest in an actual swiss ball since you can do many other exercises with it.)

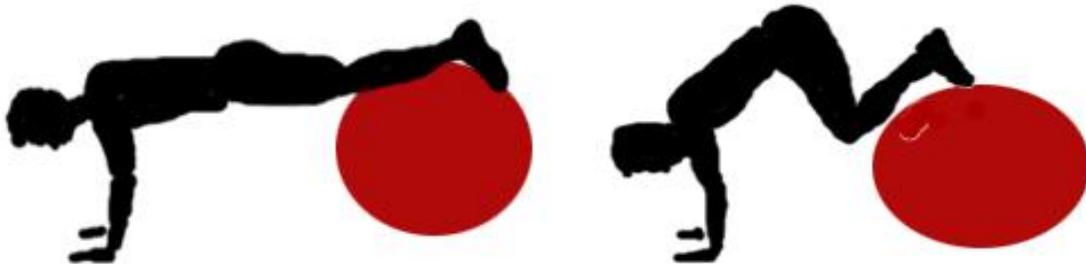
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Here's how you do the Ball Knee Tuck:

1. Get into a pushup position and place the lower portion of legs on a Swiss ball, starting at just below your knees.
2. Now, breathe in, squeeze your butt, then pull and roll the ball inwards - towards your tummy - using your legs. To do this you will have to raise your butt towards the ceiling as you pull the ball in. You will obviously feel your abs tighten to help you do this.
3. Straighten your legs out again to roll the ball back out away from you, and lower your butt (and body) as you do this.

Try to keep your back rounded as much as possible through the entire maneuver.

Here again, do 3 to 5 repetitions of 3 to 5 sets. (If that seems too easy, you can add a few more sets to your workout.)



Reverse Crunches

For this exercise, you won't need any equipment (except maybe a yoga mat or towel in case the floor surface is too hard for you.)

Lie flat on the floor, on your back, with your palms facing down.

Bend your hips and knees 90 degrees so your feet so you're in a crunch (or sit-up) position.

Now, raise your hips off the floor and crunch (or curl) them inward - toward your chest. (Keep your knees bent throughout this exercise.)

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Hold for a few seconds at the top, and then slowly lower your legs and simultaneously uncurl your hips back to the starting position.

When you're finished, your feet should be on the floor, i.e. back to the starting position.

Do 3 to 5 sets of about 5 reps. (If this seems too easy, you can do more reps, but don't over do it.)

Now for a couple more important matters...

As mentioned earlier in the report, your midsection also includes the obliques, the muscles that support your spine.

For a balanced midsection, we also want to put some focus on making your obliques stronger. Plus...defined, toned obliques will make your six-pack look even better.

However, the obliques should not be over-worked. You don't want to walk around with over-developed obliques. It will probably not look the best, especially if people mistook 'em for love handles.

So, go easy on this one. In fact, you may want to start adding obliques focus to your ab workout *after* the first month.

The next is, of course, your lower back.

Back Extensions, Forward Bends, Good Mornings, etc. can all benefit and make your back stronger - IF done safely and correctly.

But, remember, don't over-do it. Your back can get hurt very easily, and you don't want that happening - especially since without it, you won't be able to do much moving at all.

Okay, here's the best, and simplest oblique exercise, to my knowledge...

Side Bends (Spine Support)

Hold a pair of very light weights over your head... dumbbells, 5-pound plates, whatever. But nothing heavy - you won't need heavy weights for this one.

Have your arms stretched out above your head, in line with your shoulders, and your elbows slightly bent.

Make sure that your back straight and keep your head (and eyes) looking straight ahead at all times.

Now, slowly start to bend to your left side - without twisting or turning your body - and bend as far to the side as you can safely go.

Pause for a moment and return to the upright (starting) position.

Now, bend to your right side as far as you can safely go. And then back to the upright/starting position.

Start with just two sets of about 5-7 repetitions.



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So...

I've just shown you how to build awesome abs - within weeks - for just a one-time investment of 25 buckaroos!

Forget the monthly gym memberships, expensive equipment or useless gadgets and contraptions they sell on TV.

You can get legendary abs for around \$25!

That's about \$10 for the Ab Wheel and around \$10-\$15 for the exercise ball.

And, that's all you'll ever have to spend - for the rest of your life!

Oh...if you decide to use an existing barbell (for the wheel) and a sturdy ball (basket, soccer, etc.) for the swiss ball, then your overall cost is ZERO.

Not bad at all, right??

Lose The Fat

As we've already touched on earlier in the report, I can help you get your six-pack abs within 6 to 8 weeks.

But, you won't be able to see the darned thing if you have a nice layer of fat around your tummy.

Oh, your midsection will still look a lot better than it did before you start my six-pack program. It will be tighter and leaner for sure. But, that's not enough, is it.

You want the six-pack to show! The thing of beauty and awe that you've worked so hard to create.

And there's only one way to do that... lose the fat...

Losing fat weight is the hardest and most frustrating part of the fitness plan for most people.

I don't blame them.

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So, I will try to make things a bit easier for you so that you can lose the fat with less pain and effort.

Yes, you *may* have to give up some of your favorite foods. But, you're gaining an **awesome set of six-pack abs** so just suck it up and follow the program, okay?

I'm not going to share any "secrets" or "tricks" with you that will make your little sacrifices easier to stomach (no pun intended.)

Look, you're an adult - so I'm going to treat you like one. Fair enough?

Get rid of all your excuses and get it done! Trust me, when your friends, acquaintances and the opposite sex see your six-pack abs, it will all be worth it.

Besides, we're only talking about a few months here (maybe as little as **two**, if you are strict about it.) So, just do it, alright?

Okay... enough on that...

Here's my simple fat loss plan, and it works really well - **if you use it** - and if you stick with it till you lose all the fat that you want.

1. Eliminate starch and sugar from your diet, or at least bring it down to a bare minimum.

By starch, I'm referring to all the simple carbohydrates: all the white and light brown colored foods... white flour, breads, buns, pastries, pastas, white rice too, and potatoes.

You may want to cut back on dairy too, especially if you're trying to lean out and lose weight fast. The alternative is to replace your dairy intake with very lowfat or non-fat milk, yogurt and cheese.

By sugars, I'm talking about anything sweet, whether it's candy, cake, ice cream, sodas, sweet alcoholic drinks, and of course, sugar itself. If you take sugar in your coffee or tea, cut down on it as much as possible.

Look, if you don't do this, if you cheat, if you play around with this too much, you just won't get the results you're after. Period. So, it's really your choice.

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For the next 2 months, I'd also like you to cut down - if not eliminate - all the sugary fruits and vegetables from your diet as well.

In fact, just eliminate all fruits - for now. And stop consuming carrots, peas, beets, bell peppers, and any other vegetables that have a significant amount of sugar. (Remember, this is just temporary.)

2. If needed, calorie wise, replace the above foods with lean proteins: fish, eggs, lean chicken, and occasionally some lean beef. (You can even use a good quality protein powder - whey is a good choice.)

Consume enough protein to fuel growing muscles while minimizing your carbohydrates, and almost eliminating sugar and fat.

But, don't over-do the protein either. Excess protein equals excess calories. If your body doesn't use it, it will store it in the form of fat.

3. Increase your antioxidant intake. This can really help to melt fat off your body if you make it a point to have a good amount of antioxidants in each meal.

Add a few cups of green tea to your daily diet, eat more green leafy vegetables.

You could also add Pomegranate and/or Acai juices to your diet as both these fruits are high in antioxidants. (But be careful with juices - they can contain a lot of sugar.)

4. Take your multi-vitamins daily!

I would also suggest you increase your Vitamin C intake. And, start taking fish oil supplements, if you aren't already, for the Omega-3 fatty acids.

And, since our focus here is a healthy midsection, I would also highly recommend that you increase your fiber intake. Psyllium husk is great for this. I use it twice per day, everyday, and have been for over 15 years.

5. Stay well hydrated by drinking small amounts of water, frequently throughout the day.

6. Take a brisk walk or hike about 25 to 35 minutes per day. (If you want to jog or run, that's fine too. Just be sure to invest in some good quality running shoes that offer lots of support.)

Remember, building your six-pack abs is not enough.

The only way to make these ab muscles **visible** is to burn off the excess fat by eating right and doing aerobic/cardiovascular exercise.

There's no other way around it. Doing *more* abdominal exercises will **not** help make those muscles more visible.

Getting Started

If you're brand new to body building or haven't been working out regularly for some time now, it is strongly recommended that you ease into your workout routine.

Remember, your number one priority is to prevent injury. Going faster than you should, or doing more reps/sets than you should will only slow down your progress and even increase your chances of injury. Injuries can set you back several weeks - or even months.

Hey, you only get one body, so be very protective of it. (This is why I strongly endorse safe workout habits, using strict form, and gradual increases in intensity and exercise difficulty.)

So, be smart. Don't hurt yourself!

Do some light warm up and stretching before you start your workouts as well.

And, of course, you want to get your physician's approval before starting any exercise program or making dietary changes.

Maintenance

Well, now that you know how to forge an awesome set of six-pack abs, you should be able to do it in about 6 to 8 weeks. If, for some reason, it takes *you* a little longer, hey, it's still worth the effort, isn't it?

So, what are you supposed to do after you earn your six-pack?

Well, you maintain it, of course. You can't just stop exercising and eating healthy and expect your six-pack to last.

But, that's a good thing! Being healthy is a life-long process.

And, while you won't have to eliminate starch and sugar from your diet completely, you should still be mindful of how much of that you're taking in.

If you somehow end up having cake for breakfast one day, just adjust the rest of your meals for the day - make them healthier and less carby/sugary. (And try not to make it a habit to have cake for breakfast. ;-)

Like I said earlier, you're an adult. I don't have to tell you how to live your life. You're already smart enough to know that excessive fats, sugars, carbs, alcohol, caffeine, etc. is not good for you.

So, enjoy life. But think "moderation." Think "balance."

That's all.

Final Thoughts

Okay... wow, we've covered a lot in a very short amount of time. There is a lot of information shared above... some that may have even surprised a lot of people.

You now know more about forging awesome abs than most people ever will. Yes, that's including many experts and fitness trainers out there. (I'm not kidding you one bit.)

But, keep in mind that knowing is not enough. The most important piece of this program is: Action.

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Without action, nothing happens. Of course, the reason most people don't take action is because there is nothing driving them towards their goals.

So, decide right now to keep yourself motivated. Heck, keep a picture of the kind of six-pack abs you'd like to have. Look at it often and let it inspire you to stick with the program.

That's really all there is to it...

Consistency and an effective plan will get you there. It will deliver the results you're after.

Follow the program I've laid out in this book as closely as humanly possible.

If you do that, I promise that you will be amazed at the results you see and the transformation your body goes through.

I've done my part. Now, it's your turn.

Here's to your brand new set of awesome six-pack abs!

Sincerely,

The Editors of About Secrets