

INSIDER SECRETS FOR SIX PACK ABS



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Struggling To Burn Off The Stubborn Belly Fat and See Your Abs?

A lean tummy and six pack abs are one of the most coveted goals on this planet. Every year millions of people around the world tell themselves on New Year's Eve..."That's it! This year I'm going to get ripped and fit!"

By January 17th, almost 98% of these people have given up on their New Year's resolution. The flat tummy and six pack become a dream that just can't be attained and is best shelved for the next year.

But why? Why is this resolution so difficult to keep to? Why does only 2% of the entire world's population have a body fat percentage low enough to reveal a six pack? Why?

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The answer is simple. They do not have any idea what they are doing. They don't have a plan or a clue. We all know that if you fail to plan, you're planning to fail. Proven programs such as the [**Truth About Abs**](#) system show exactly what you need to do, how you should do it and when to do it.

The key to seeing your abs or getting a flat tummy can be summarized in 2 words. Fat loss. If you can get your body fat percentage low enough, you will see your abs and your tummy will be lean.

The Most Crucial Fat Loss Factor

The most important thing that you absolutely **MUST** do before you even start chewing on that boiled broccoli is this... You must define your why.

You're probably thinking, "Define my what?"... "My life is full of whys! Why am I fat? Why does 1 muffin slap 10 pounds on my belly but 10 hours of cardio do nothing?"

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These are all reasonable whys... but the most important why question you should be asking yourself is this... “Why do I want to burn my fat and see my abs?” or “Why do I want a flat, lean tummy?”

In most cases, women just want a nice, sexy, flat tummy. Men prefer to have abs so ripped that it'll make, Hugh Jackman, look like Winnie the Pooh.

Your why will ALWAYS be emotional. So, you'll have to dig deep. Most people do not exercise because they want clear, unclogged arteries or good blood circulation. That's not the way we think.

If you're a guy, you probably want to be able to take your shirt off at the beach and turn women's heads. A bulging, fatty belly will still turn heads... but it'll just be the other way.

If you're a lady, you probably want a lean tummy so that you'll look awesome in a dress and maybe make your other girlfriends

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jealous. Or you might want to feel sexy for your boyfriend or husband.

You could be a parent who wants to lose weight and be healthy so that you have extra energy to run after your toddler. Or you're worried that your health is in such a precarious state that you might not live long enough to see your children grow up.

Whatever the case may be, you must find out your why. Then **WRITE IT DOWN!**

Write down exactly why you want to shed the fat and see your abs and how it will make you feel once you've lost the weight and attained your goal.

Once that is done, make copies of it and paste it all around your house so that you never forget it. Most importantly, paste it on your refrigerator door and around your kitchen.

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Losing weight takes discipline, effort and determination. The concept while simple is not exactly easy. This is a six pack quest... a quest to burn off fat that doesn't want to come off.

There will be times when you will be dejected and lose hope. Times when you do not seem to make progress. It will seem easier to throw in the towel and pick up a slice of pizza.

It's at times like these that you must read the why that you wrote down. This is true for any goal. Success is not linear. There are setbacks, comebacks and times when you just don't seem to progress no matter how hard you work.

Your why will keep you grounded and focused. It'll keep you going when your tank is empty. Find your why and write it down.

Help! My cardio is killing me!

The number one mistake that most people make when trying to burn fat is to overdo their cardio.

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Take a trip to the park or gym for a few days and observe the people there. More often than not, you'll see that it's the same people who keep running or jogging on and on. Yet, they're usually overweight or they are thin but don't exactly exude an image of fitness.

Why?

The answer is that cardio is not the be all and end all of fat loss. You **MUST** mix up your cardio with resistance training.

Even your cardio sessions need to vary. On some days, you'll need to do high intensity cardio. This is also known as high intensity interval training. On other days, you should engage in slow, steady cardio.

There is absolutely no need to be like a hamster running on a wheel for ages. Keep your cardio sessions short and hard. When you engage in 30 minutes of high intensity cardio, you will

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experience an 'afterburn' effect which is basically your body burning calories for hours.

The [Truth About Abs](#) is a proven program which focuses on the amount of work done. It will show you exactly what matters when it comes to fat loss. Short workout sessions that will put your body in fat burning mode for hours. Stop wasting your time pounding the pavement or treadmill endlessly.

In fact, if you do too much cardio, you will end up stressing your body out. This will make your body release cortisol which is a stress hormone. You really don't want this to happen because cortisol makes you gain weight on your belly indirectly. Your appetite goes up; it gets harder to lose weight, etc.

Why is it taking ages to lose my belly fat?

This is an excellent question. Why is weight gain so much easier than weight loss?

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Same reason that failing a math exam is so much easier than passing it. Same reason that spending money is so much easier than saving it.

Doing something worthwhile takes effort and sacrifice... and time.

You will only see your abs once you have burnt off the layer of fat on your tummy. You could do thousands of sit-ups, crunches, hanging leg raises, v-sits or kung fu kicks, but if your body fat percentage is high, your abs will never show.

A rough gauge would be a body fat percentage of about 9% for men and below 15% for women. At this level, your abs will show and your tummy will be lean. To get to this level of body fat requires effort and TIME.

This is the biggest problem. We live in an age where people want instant gratification. An age of text messaging, email, microwaves, etc. We want things and we want them now. Most people expect to lose weight ASAP.

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That's why they succumb to scammy products from weight loss pills to dubious exercise machines sold on cheesy late night infomercials. They want fast results.

The hard truth is that the human body does what it wants at its own pace. You can't send your body a text message and tell it to drop 5 pounds from your thighs and 2 pounds from your butt.

It doesn't work that way. The ONLY way your body will lose weight is if it is in a caloric deficit for a prolonged period of time. You will need to exercise, eat right and rest adequately. Most importantly, stop expecting immediate results. Be happy with a 1% loss of total bodyweight each week. That is good progress!

It took time to gain the belly and it will take time to lose it. When aiming for a six pack, the last few pounds are ALWAYS the toughest. Most guys give up just when they are at about 12 to 13% body fat. These are the "hard yards". Keep on keeping on. It may take another month or two... but if you stay the course, rest

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assured, you will burn off the most stubborn layer of fat and finally see your abs in all their glory.

Besides not being patient enough, there are a few other reasons your fat loss may seem to be taking ages.

You might not be eating at a caloric deficit. Many people over estimate the amount of calories expended. 3 slices of pizza can cancel out an entire workout at the gym. You must always be aware of how many calories you're consuming and what your daily caloric requirement is.

Are You Cheating Yourself On Cheat Days?

This is one of the most common mistakes that people make when they are trying to lose weight. Before going into details, we need to understand the theory behind cheat days.

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When you are trying to lose weight, you need to be on a caloric deficit of 500 calories a day. This is achieved by eating less, making wise food choices and exercising. Since you are aiming for fat loss and not just weight loss, you need to go on a slow but steady program.

Most people who crash diet end up losing muscle and lowering their metabolic rate. This is a double whammy. Fat burning will grind to a halt and when that happens, your weight loss will hit a plateau and this can be exasperating.

Therefore, slow and steady wins the race. However, even if you diet and exercise the correct way and do your best, when your body is on a caloric deficit for 4 to 6 days in a row, it will automatically drop your metabolic rate as it tries to “preserve” its fat stores.

In order, to overcome this problem, we have a cheat day. On this day, you will aim for a caloric surplus. Preferably in the 500 to 700 calorie range. This will refresh your leptin levels and give

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your metabolic rate a boost. Your body will go back into fat burning mode since the body does not believe that it is starving.

This is also where the majority of people make a mistake.

They use the cheat day to gorge themselves on all the food that they can eat. Some even manage to reach caloric surpluses of 2000 to even 5000 calories. That is not a cheat day. It is chaos.

You can cause your weight loss efforts to slow down or worse. You may actually gain weight. This will cause feelings of guilt, frustration and anger. It's like taking one step forward and two steps back.

Find out your daily calorie requirement and add 500 or 600 to it. That's it. That's the caloric surplus you should aim for. Even if you wish to eat junk food or whatever your heart desires, eat them in the right amount but make sure you do not exceed your target calorie surplus.

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This being said, generally, it would be best to avoid junk food or processed food. It's just not good for your health. It may sound boring and a tremendous sacrifice forsaking the food you love.

However, thousands of people can testify that after a few months of avoiding junk food, their body totally stopped craving for these sinful pleasures.

You do not need to obsess over the numbers but you need to at least have a fairly good idea of where you stand as far as your diet and calories are concerned.

Consume adequate water daily. This is crucial! Water naturally suppresses your appetite and helps to metabolize the fat.

Watch your carb intake. Try and limit your carbohydrates, especially the starchy carbs. You should not eliminate carbs from your diet completely like what the Atkins diet recommends.

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You do need carbs for energy during your cardio workouts. However, limit them and either consume them early in the day or immediately after an intense workout.

The numbers on a scale can be misleading. When people embark on a weight loss plan, they may include resistance training as part of the training regimen. Even people, who are totally on a cardio training plan, will experience a growth in lean muscle. This is inevitable.

Most overweight people have poor muscle tone. So, once they start exercising, the body starts burning fat and simultaneously gaining muscle. If you were to measure your weight on the scales, there may be no change in the numbers because the 2 pounds of fat you lost may have been replaced by 2 pounds of muscle.

Since muscle is denser than fat, your body size would have shrunk a little even though there is no change on the scale. That is why it is so crucial to track your progress by using photos or a

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measuring tape to measure different parts of your body. This will be a much better way to track your progress.

How Do I Ramp Up My Metabolism?

Overweight people often curse their bad genes. Usually what that means is that they have a slow metabolic rate. It is true that some people have a metabolic rate that is slower than other people.

However, it would not be a good idea to blame your genes or metabolism. That will take away power from you and make you feel like losing weight is beyond your ability.

You definitely can lose weight even if your metabolic rate is low. It's possible to increase your metabolic rate with a few simple techniques.

The [Truth About Abs](#) program recommends weight training as a very effective way to boost your metabolic rate. Not all resistance

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training works. Doing bicep curls will not do much to help you. You need compound movements such as squats, deadlifts, snatches and all the other cool techniques shown in the program.

Using a combination of compound movements, full body workouts and proper rest times between sets, you will raise your metabolic rate and keep it up for hours.

Another technique you can employ is short quick workouts throughout the day.

Anytime you have 5 minutes to spare, you can do a quick workout. It could be 30 push-ups followed by 40 mountain climbers. Or 3 sets of 10 burpees. These are extremely quick workouts that have only one purpose. To elevate your heart rate and give your metabolic rate a quick boost.

They do not take long and can be done anywhere. Bodyweight exercises are all you need. You just need to do them rapidly for 2 to 4 minutes. What this does is that it keeps your body in fat

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burning mode constantly. After a few hours, when your metabolic rate is starting to drop, another quick 3 minutes of exercise will perk it up again.

Do this throughout the day and not only will your metabolic rate be at an all-time high, but you will also feel more active, fit and alert.

Daily life can be draggy and monotonous. These little workouts will challenge you and even if you are tired, once you do a quick workout, you will be all pumped up and ready to take on the world.

Little Tricks That Will Help You Shed the Belly Fat Faster

Do not expect overnight miracles with these tips but do know that if you follow them, you'll be helping your body burn more calories in the same period of time. Every calorie counts.

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1. Join a team sport

Basketball, karate, soccer, hockey, etc. are all activities that burn calories. The difference between these sports and slogging it out alone in the gym or pounding the tracks on your own is that sports are much more fun and less taxing.

Sometimes, going to the gym or doing cardio daily can get monotonous. You really need a break. That's where a sport will help. You do not have to do a team sport daily. Just during those times when the normal workouts get boring and you really need something to perk you up.

2. Skip dinner

This is similar to intermittent fasting. When you skip dinner, your body will have more time to burn calories from its fat stores instead of food.

3. Add green tea to your diet

Studies have shown that green tea raises metabolism and has many health benefits. Some websites or magazines may say that green tea's effects are too minute to be counted as beneficial.

Just drink it anyway. It's good for health and many people have benefitted from it.

4. Brush your teeth after your last meal for the day

Most of us are conditioned to sleep once we brush our teeth. Once you have eaten your last meal for the day, brushing your teeth will subconsciously tell your body to stop eating. This will prevent late night cravings for snacks or other junk food.

5. Consume smaller meals spaced at regular intervals

Do not eat 3 large meals that leave you feeling bloated and full. Eat smaller meals and always stop while you are partially full. It takes a longer time for your brain to process the fact that your stomach is full. By the time the signal comes, you may have over eaten.

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These 5 tips can really help you if you follow them. Just remember that it's ok if it takes time to lose the fat. It took you time to gain it. It's just the natural order of things.

Always bear in mind that the quest for a six pack is actually a quest to lose fat. If there is just one point you remember from this entire report, let it be this. Lose the fat and you'll see your abs.

The journey is what truly matters and if you stay focused on your fat loss journey with persistence and patience, you will reach your destination. A lean or ripped body that you can be proud of.