

## How to get great Abs

You can spend days and months using these ab exercise gizmos, or doing thousands of sit-ups and crunches but unless you burn away excess body fat your six pack will never see the light of day. Your six pack will remain nice and cozy beneath a layer of fat and only you will know it exists.

Things to remember:

**Genetics** - An effective abdominal routine is only one of many factors involved in having great-looking abs. Genetics is the first variable to consider; some body types will never have the ability to produce ripped abdominals, because it's just not in the cards. The most important thing is to make the best out of the genes you've inherited.

**Your Diet** - This has everything to do with the food you eat, not the latest diet fad. Your body needs and demands certain nutrients in order to run at its peak capability. Your body is a high performance machine. It needs protein, carbs, fiber, vitamins and minerals and even some fat to function properly. A lean healthy diet will encourage your body's metabolism to burn off its fat store more readily.

**Core Strength** - You must exercise and strengthen all your core muscles, not just your abs, if you want a firm toned midsection. In addition it is vitally important that you also exercise your major muscle groups which include your legs and back. These are the biggest muscles in your body and working them burns more calories than just exercising your abdominal muscles.

**Cardio Training** - The key to getting rid of fat is burning more calories than you take in. Aerobic training does just that. If you want to get rid of belly fat then get up off the couch and go for a walk, take a bike ride, or play your favorite sport. Find something you like to do and keep doing it.

**Your Ab routine** - Your abdominal workout should be carried out at least twice a week; it takes approximately 15 minutes from start to finish, so you can't complain that it takes too much time off your agenda. You should change your routine approximately every 8 weeks because the targeted muscles will gradually get used to the movement and it will no longer be effective.

To get that six pack abs, you must put in the work and make lifestyle changes. You have to burn the body fat in order for your abdominals to show through. Only by following a complete diet and training regimen will you be able to develop the six pack abs you have always wanted.