

ALL ABOUT ABS

5 TIPS TO GET
6-PACK ABS
FAST

SECRET FITNESS 



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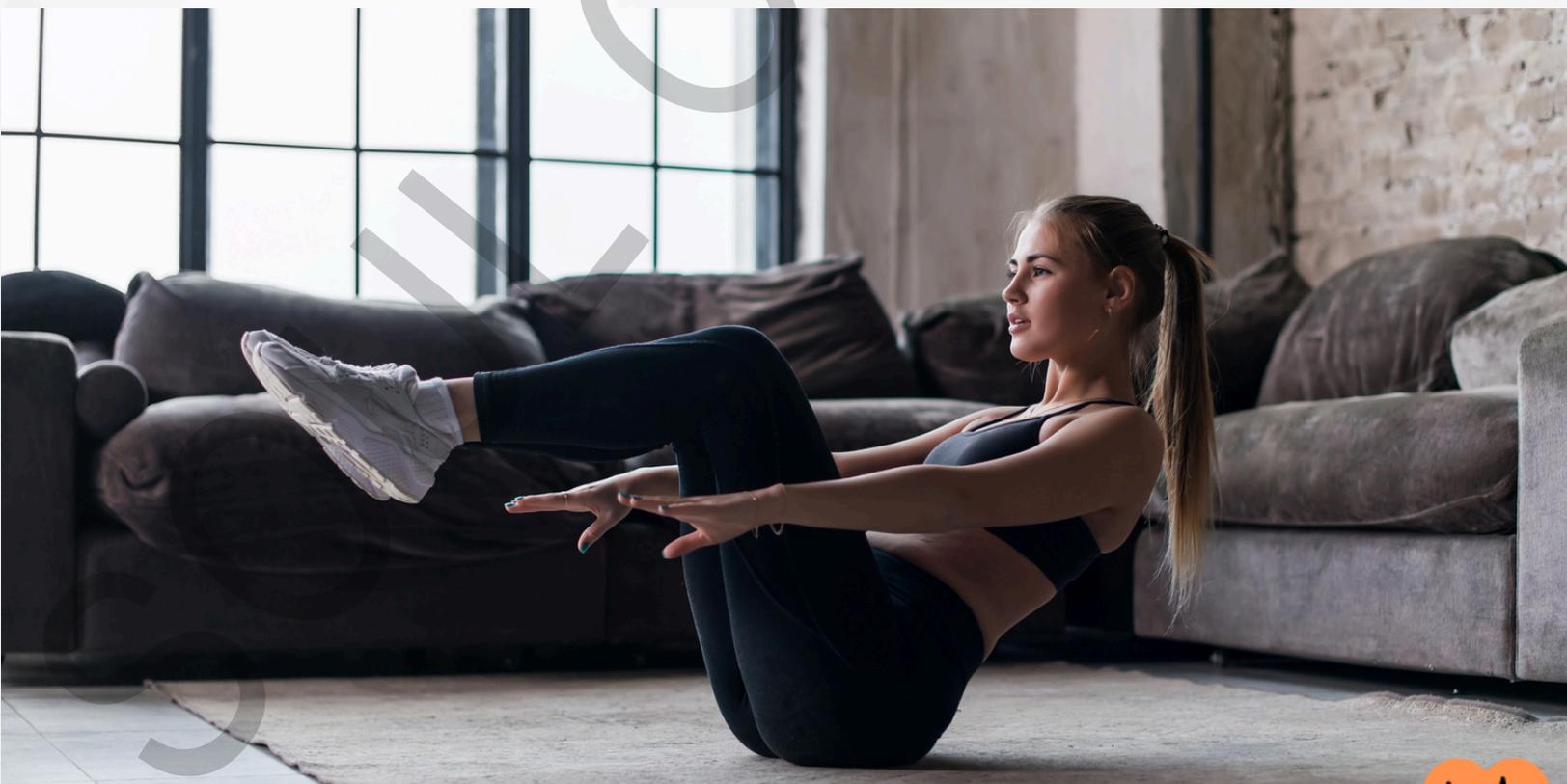


INTRODUCTION

There are many misconceptions when it comes to getting the 6-pack abs that so many people want. Most people still believe that in order to get abs, you have to do sit-ups, sit-ups, and more sit-ups. The reality is, sit-ups and crunches alone are not going to get you the kind of definition you are looking for. There are far better ways to build abdominal muscle and definition, and surprisingly, it is not all about exercise.

There is a saying that 'abs are made in the kitchen', and that could not be more true. What you put in your body is just as important as how you exercise.

This eBook will outline what you should and shouldn't be eating, and provide specific exercises and types of physical activity that are proven to be the **most effective** in creating abs. You should know, that there is no 'quick fix'; when starting any kind of fitness journey, the best way to do it is in small, consistent steps. That way you can slowly shift any bad habits into good habits, and over time they will transform into a sustainable, healthy lifestyle.



1

FOODS TO AVOID

- Processed Foods -

Try to avoid high processed food. This may sound like an obvious statement, but to many people this is one of the hardest aspects of healthy living. Processed foods are inexpensive, readily available and specifically designed to taste good, and make you want more. **HOWEVER!** It is very important to understand that **whatever you put in your body, your body will want more of**. If you eat processed, nutrition-less junk food, your body will crave more of that junk. If you choose to switch to whole, raw unprocessed foods, your body will learn to crave more of the same! It will take a bit of time for your body to adjust (and for you to detoxify from the sugar and other nasty ingredients) but eventually your body will learn to WANT the better choices.

Some examples of heavily processed foods are cookies, chips, certain crackers - basically any food you would find in a convenience store - are typically very high in calories, carbs, fat and sodium. What's worse, is that these foods are also usually low in key nutrients such as protein, fiber, vitamins and minerals. These foods cause your body to hold fat, and a very common place for that fat to be stored is in and around your belly. Removing these foods from your diet and replacing them with whole, foods can increase weight loss, reduce stubborn belly fat and help you achieve six-pack abs.

TIP: You can still eat these types of food. but instead of buying them pre-made, choose to make your own! Then you can substitute certain ingredients with healthier options.



1

FOODS TO AVOID

- Refined Carbohydrates -

Whenever possible, you also should avoid refined carbohydrates. Refined carbs lose most of their vitamins, minerals and fiber during processing, and that results in a final product that is very low in nutritional value. Eating too many refined carbs can also cause your blood sugar levels to spike and crash. This is not only bad for your energy levels but it can also lead to increased hunger and food intake.

Luckily, these days there are limitless possibilities when it comes to finding better alternatives to refined carbs. Adding whole, complete grains to your diet has been proven to reduce belly fat and lower body weight.

Here are some substitutions to consider making in your diet:

WHITE RICE ➤ **BROWN RICE, BARLEY, BULGAR OR QUINOA**

PASTA ➤ **WHOLE GRAIN PASTA, CHICKPEA OR VEGETABLE PASTA**

WHITE BREAD ➤ **WHOLE WHEAT OR SPROUTED GRAIN BREAD**



2

FOODS TO EAT

- More Fiber -

The human body needs to work a lot harder in order to digest whole foods rich in protein and fiber. This means our bodies burn more calories digesting healthy foods, than processed foods – and that keeps your metabolism functioning quicker and more efficiently.

As a bonus, foods that are high in fiber keep you feeling fuller longer, which can help curb cravings and promote weight loss. Fruits, vegetables, whole grains and legumes are all nutritious alternatives to prepackaged convenience items like frozen meals, baked goods and salty snacks. If you are buying prepackaged foods, a good rule of thumb is to try and pick ones that don't have a huge list of ingredients you can't pronounce. Adding more high fiber foods into your diet is one of the simplest methods for weight loss and therefore achieving six-pack abs.

There are two types of fiber: Soluble and Insoluble.

Soluble fiber attracts water and turns into gel during digestion, which slows down the digestive process. It moves through the gastrointestinal tract undigested and can help slow the emptying of the stomach which allows you to feel fuller for longer. Soluble fiber can be found in oat bran, barley, nuts, seeds, beans, lentils, peas and some fruits and vegetables. It can also be found in psyllium which is common in over-the-counter fiber supplements.

Insoluble fiber is found in foods such as wheat bran, vegetables and whole grains. Research shows that getting enough fiber in your diet can help prevent weight gain and fat accumulation. Insoluble fiber can help soften stool, making it easier to pass through your system (this is helpful if constipation is an issue for you).



2

FOODS TO EAT

- More Protein -

Whenever possible, choose whole, raw unprocessed foods. The more fresh foods and vegetables you can add to your diet, the better your body will function, and the better you will feel!

Increasing your protein intake is another great way to promote weight loss. Much like fiber, foods high in protein help you feel fuller for longer, and help to slow digestion. If your diet is higher in protein, you are less likely to feel the need to constantly snack during the day. This is because protein has a higher 'thermic effect of food' or TEF. TEF is the energy we use to digest food into small, absorbable components. Protein has a higher TEF when compared to carbs and fat, so you are actually burning more calories just trying to process the protein through your digestive system.

Protein also promotes muscle repair and growth. After a workout, your protein needs increase, especially if you have done a high intensity workout. Be sure to have a high protein snack shortly after working out.

Some examples foods to consider:

- **HIGH AMOUNT OF PROTEIN:** Meats, poultry, fish, eggs and tofu
- **MEDIUM AMOUNT OF PROTEIN:** Legumes, nuts & nut butters, seeds, milk, cheese (especially cottage cheese), soy beverages and yogurt



3

STAY HYDRATED

- drink more water and less alcohol -

Water truly is the elixir of life. It is absolutely crucial to just about every aspect of our health and body, such as joints, muscles, skin, and digestion. It plays a role in everything from waste removal to temperature regulation. Staying well-hydrated can also help increase your metabolism and help to burn extra belly fat, which will make it easier to get a set of six-pack abs.

Water requirements can vary based on a variety of factors, including age, body weight and activity level, so be sure to do some research when determining exactly how much you should be drinking each day. As a general rule, you should aim to consume approximately eight 8oz cups of water each day.

It is important to stay hydrated during and especially after working out. You want to replenish any fluids you lose through sweating.

While drinking water won't directly lead to you having abs, it will help ensure your body is working well, which will give you the best shot at sticking to any fitness goals you may have.

You should also reduce or eliminate any intake of alcohol if possible. It dehydrates your body and slows down the fat reduction process, meaning it will take longer for you to see definition in your abdominal region.



4

HIGH INTENSITY INTERVAL TRAINING

High intensity interval training (or HIIT) is a form of exercise that involves alternating between intense bursts of activity and short recovery periods. HIIT keeps your heart rate up and increases fat burning. For an exercise to be considered HIIT, a person's heart rate should reach at least 80 of its maximum capacity for one to five minutes. Adding HIIT into your routine can boost weight loss and is great for fat burning, which makes it easier to get six-pack abs.

HIIT exercise is one of the best forms of physical activity when it comes to weight loss. In terms of time efficiency, a 20 minute HIIT workout far surpasses other forms of physical activity. Interval training results in greater disturbance of the body's 'homeostasis' or your bodies resting zone, which leads to greater results.

One of the simplest ways to try HIIT at home is to switch between walking and sprinting for 20–30 seconds at a time. You can also alternate between high-intensity exercises like jumping jacks, mountain climbers and burpees and make sure to only take a short break in between each set.

If you only have a short amount of time to dedicate to working out each day, HIIT is the type of exercise to do.



5

ABDOMINAL WORKOUTS

- exercises that target your abs -

The *rectus abdominis* is the long muscle that extends vertically along the length of your abdomen, although it is most well-known as the muscle that creates the appearance of the six-pack. It is also a necessary muscle for several body functions, such as breathing, coughing and bowel movements.

Other abdominal muscles include the internal and external obliques and the transverse abdominis. Exercising all of these muscles is **key** to increasing muscle mass and achieving six-pack abs.

It is very important to keep in mind that abdominal exercises alone are unlikely to decrease belly fat. Instead, it is important to combine your abdominal exercises with a healthy diet and regular cardio to boost fat burning, and maximize your results.

Abdominal crunches, bridges and planks are a few of the most popular exercises that can help strengthen your abdominal muscles and create the appearance of six-pack abs.

On the next page we will briefly describe a few abdominal exercises you can add into your workout routine.

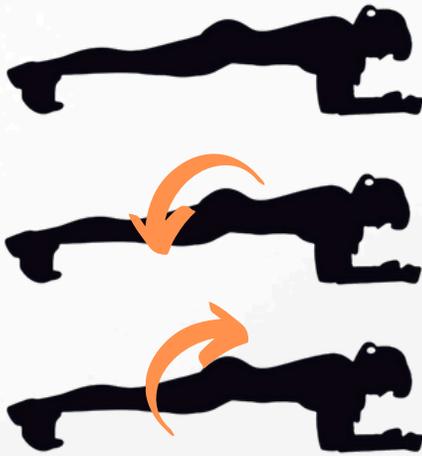


5

ABDOMINAL WORKOUTS

- exercises that target your abs -

PLANK



Planking is a great exercise that can be modified to target different areas of the abdomen.

When doing a plank, you want to engage your core the entire time. Rest your weight on your elbows keeping them (and your feet) shoulder width apart. Make sure you keep your back straight the entire time, do not let your hips drop and do not arch your back. This can also be done resting your weight on your hands instead of elbows, and it can help to spread your fingers apart to distribute the weight evenly.

To target your oblique abdominal muscles, you can slowly rotate your hips from side to side while holding this position.

SIDE LEG RAISES



Side leg raises are great for targeting your oblique abs. Lay on your side, and support your head with one arm. Put your other hand on your hip and while keeping your leg straight, slowly raise it upwards keeping it fully extended the entire time. Slowly bring it back down but do not let it touch the floor until your set is complete. Repeat with the other leg.

This exercise can be done laying down or standing (as shown). Try to keep your hips square while you raise and lower each leg.

While practicing this exercise, ensure your core is engaged and you are not focusing all of your energy into your legs.



5

ABDOMINAL WORKOUTS

- exercises that target your abs -



MOUNTAIN CLIMBERS

This exercise starts with the same form as a regular plank. It is a great combination of ab work with aerobic exercise. At your own pace, alternate between bending one leg and bringing it towards your chest, then extending it back down. Repeat by alternating each leg back and forth. Make sure you engage your core and are not simply using your leg muscles when doing this exercise. Try to ensure your back stays straight for the entire exercise.



CRUNCHES

Lie on your back, on a yoga mat or towel, and lift both legs so that they make a 90 degree angle with the floor. Put your hands behind your neck and gently cradle your head - but you should never pull your head forward. Keep your neck straight and your chin up and away from your chest the entire time. Slowly contract your abdominal muscles and as you do, bring your shoulder blades just one or two inches off of the floor. Try to keep your head in line with your spine the entire time. Never lead with your head - use your core to raise your upper body, hold it for one second, then lower back down.



BICYCLE CRUNCHES

These are similar to a standard crunch, but to start, you only need to bend one leg and keep the other straight on the ground. You will engage your core to raise your upper body, then pivot your upper body so that your left elbow comes up to meet your right knee. Then, without dropping your upper body back to the ground, you just pivot in the other direction and continue doing this until the circuit is complete. Keep your elbows wide while performing these crunches.



AB STIMULATOR

At **SecretFitness™**, we have many products that can help you tone and sculpt your body.

For example, our **Secret Ab Stimulator**:



- firms, reinforces and strengthens your belly
- reduces size
- is designed specifically to tone abdominals
- has proven results in just a few weeks
- can be used for just 20 minutes a day for guaranteed results!

Best of all, it can be worn discretely under your clothing making it extremely convenient to use. You can even wear it while doing household chores, or watching TV!

Now of course, this is not a magic product that will give everyone 6-pack abs; this product should be used in combination with consistent workouts and clean eating for maximum results. But it can help you achieve your desired look quicker! You can check out this product and more like it by **clicking here**. These products will help you sculpt and tone your body faster than just simply doing exercises!



HOW WE CAN HELP

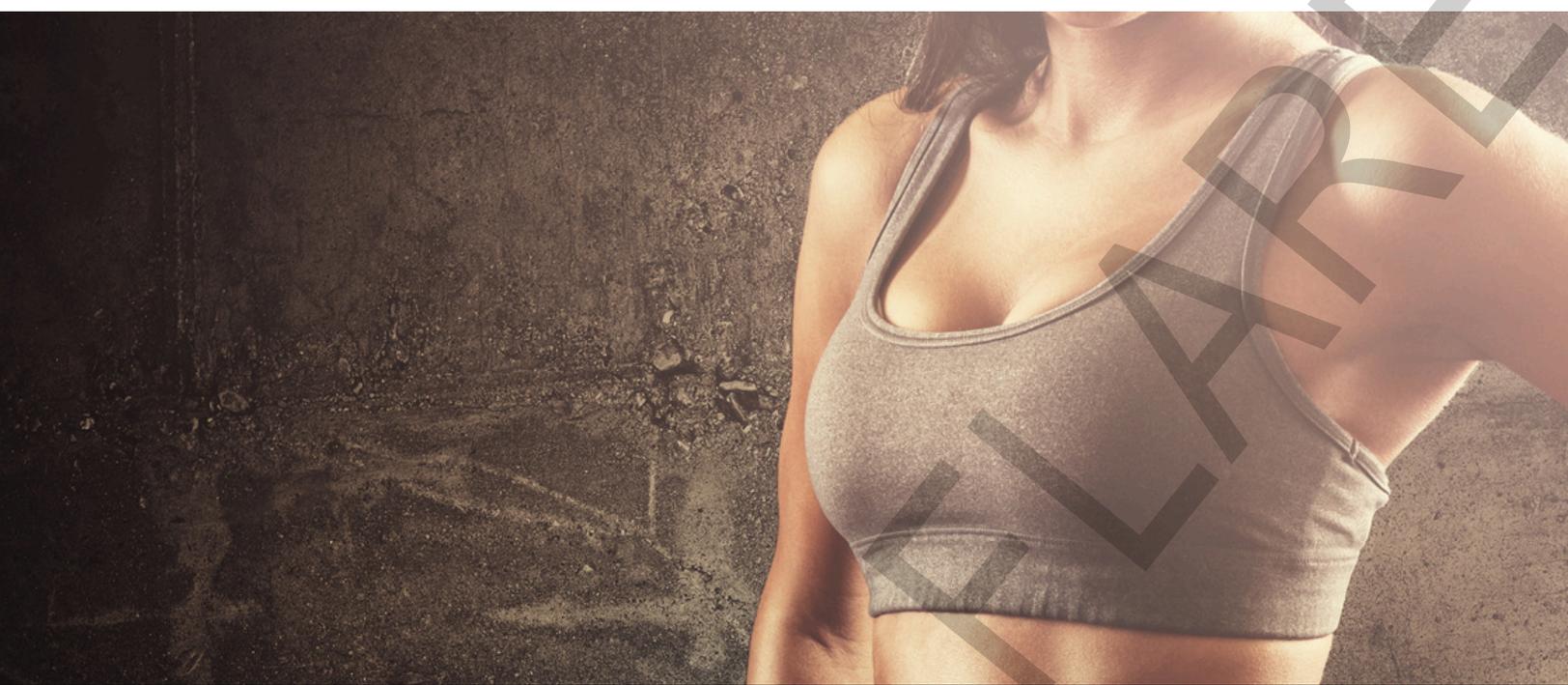
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We also have many more extremely helpful eBooks coming soon that will be available **EXCLUSIVELY** for the Secret Fitness Fam.

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