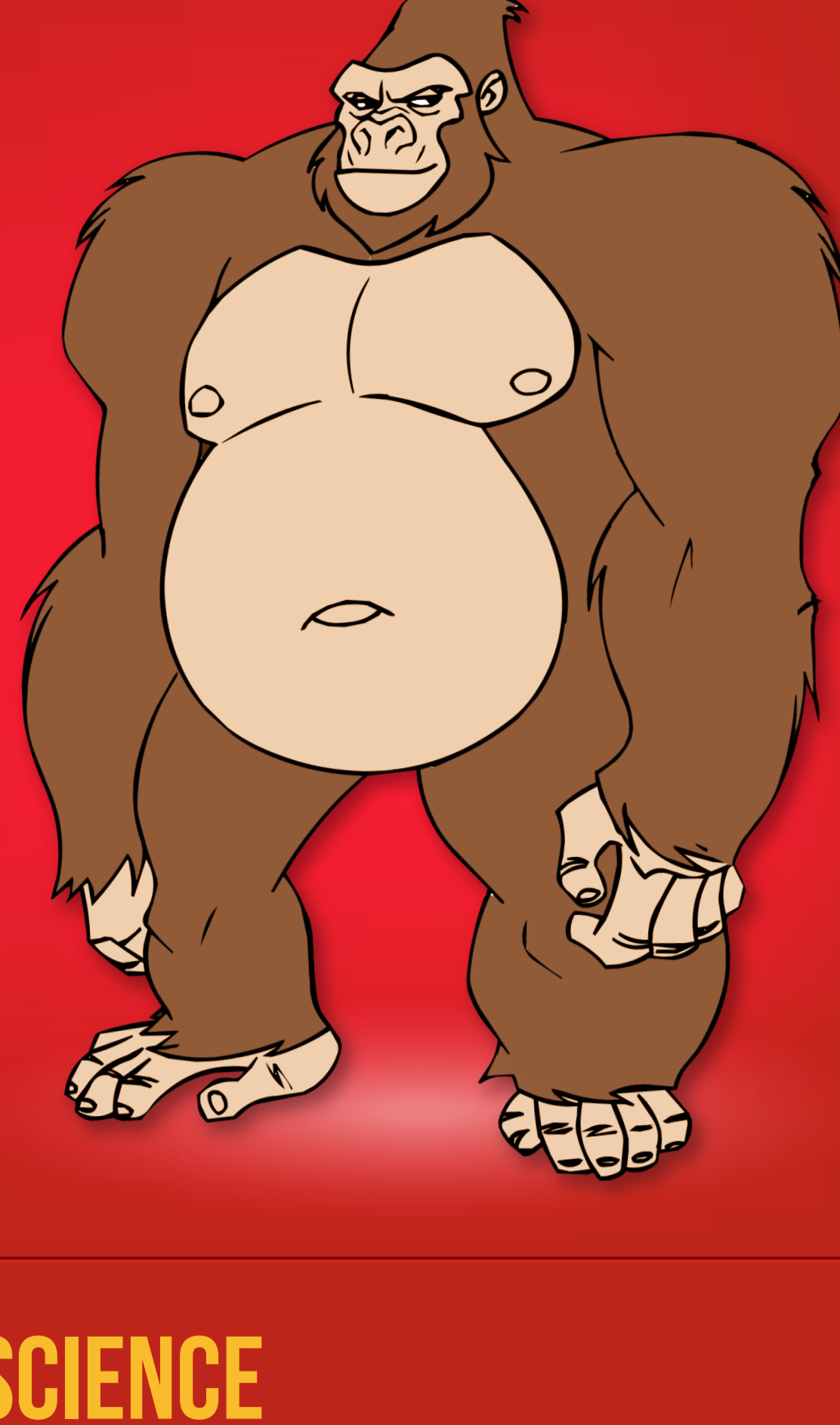


HOW TO GET A SIX-PACK



There's a lot of myths around about the best way to get ripped, but here at Fightshop.com that's all we know. Find out the REAL way to a six-pack below:

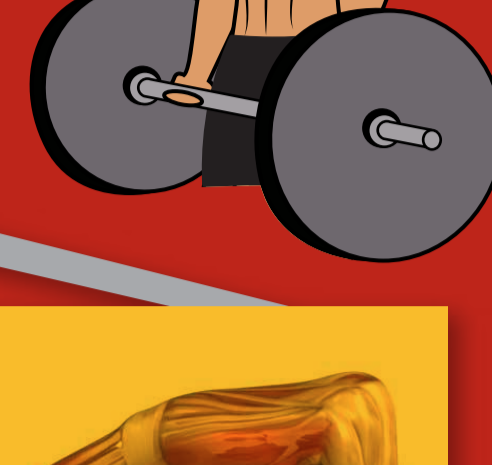


THE SCIENCE BEHIND EXERCISE

When you exercise, your muscles act something like electric motors. Your muscles take in a source of energy (a biochemical called triphosphate) and they use it to generate force. The production of this chemical requires a constant flow of oxygenated blood. This is why the heart beat faster and you breathe more deeply during exercise.

Exercise increases the rate at which the body burns calories. This, in combination with the correct diet, will lead to greater definition & the ability to build a six-pack.

High intensity interval exercises increase testosterone and produce growth hormone, which both help the development of well defined muscle.



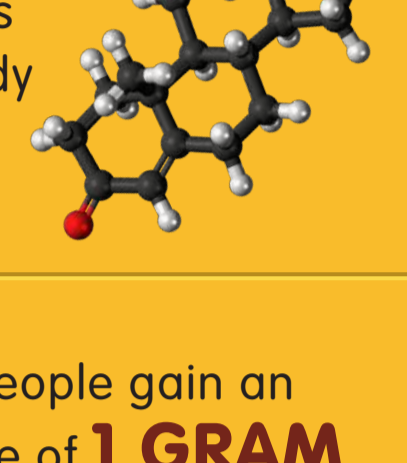
- Exercise is a stimulus to muscle hypertrophy, the process by which muscles enlarge. Strength exercise in particular leads to this process, causing muscles to grow. This type of growth requires regular, sustained training.
- Exercise is useless without the right type of diet. High protein is needed for muscle growth and repair.

A combination of reduced body fat & enlarged abdominal muscles will create a six-pack

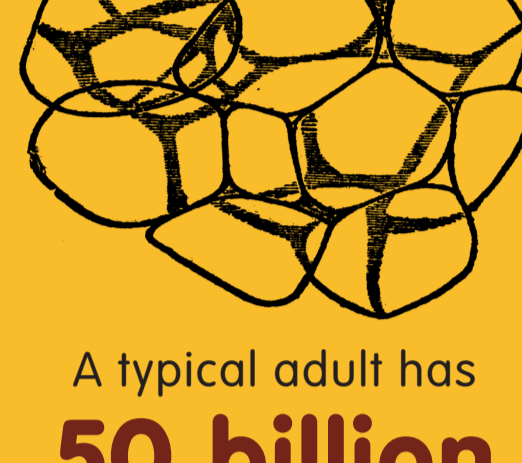


BODY FAT FACTS AND FIGURES

A lack of sleep increases cortisol levels, a hormone associated with stress & the retention of body fat, so get a good night's sleep!



Most people gain an average of **1 GRAM** of body fat per day



A typical adult has **50 billion** fat cells

For women, it is essential that they have at least 10 – 12% body fat.



For men, it is essential that they have at least 2 – 4% body fat.

The development of a six-pack is primarily a matter of body fat reduction. In most cases, a **body fat % of less than 10% is needed for men and 14% for women** in to order develop a six-pack!

MYTHS ABOUT BODY FAT

MYTH 1

Suppressing hunger is a good way of burning fat: In fact, eating regularly (every three hours) is the best way to keep your body burning calories. 6 small meals a day should replace 3 larger meals.

Low carb diets are necessary to burn fat

Actually such a diet will only suppress hunger and reduce water retention.

MYTH 2

MYTH 3

Crunches are the best way to burn stomach fat
In isolation, crunches are an ineffective way of achieving a six-pack.

Cardiovascular exercise is the only way to burn fat

Actually, well targeted weights can achieve better results.

MYTH 4

MYTH 5

You need a gym to lose body fat
Not at all. Sprinting, skipping & many other fat-burning exercises can be performed almost anywhere.

YOUR DIET

As we've said above diet is one of the most important aspects of getting a six-pack. No matter how much you exercise, you need to know what to eat. Here are the most six-pack friendly, foods:

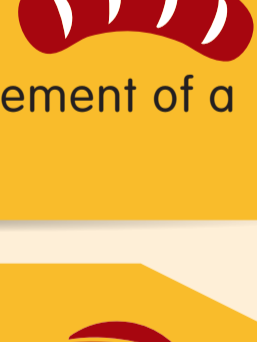
FOODS THAT ARE GOOD FOR SIX-PACK DEVELOPMENT INCLUDE

- | | | |
|----------------|--------------|-----------------|
| Eggs | Nuts & Seeds | Cabbage |
| Plain Meats | Brown Bread | Oranges |
| Oily Fish | Brown Rice | Limes |
| Low Fat Cheese | Broccoli | Grape-Fruit |
| Yogurt | Spinach | Beans & Lentils |

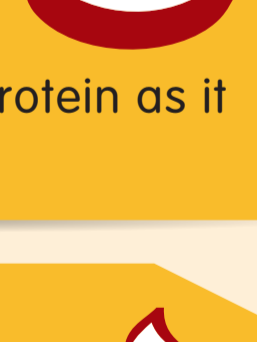
Foods that should be avoided include

- | | | | |
|--------|-------------|------------|----------------|
| Crisps | Sweets | Fried Food | Processed Food |
| Jam | White Pasta | White Rice | Chocolate |

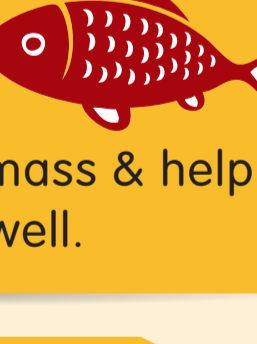
Fat has **15 calories per gram**, the highest of any food. Consuming fat prevents the achievement of a well defined six-pack.



Eat at least **150g of protein** per day. The body uses three times the energy to digest protein as it does for carbs.



Merely taking **fish oil** supplements every day can significantly increase lean muscle mass & help to reduce body fat as well.



Eating three helpings of yogurt daily can help aid the reduction of body fat by more than **20%**



Half a teaspoon of **cayenne pepper** after a meal will increase calorie burning!



Green tea consumed anytime within two hours of a meal cuts down fat absorption by **33%**



EXERCISES

Upright exercise is most effective for working the core.
Lying down doesn't work the core as well.

THE FOLLOWING EXERCISES CAN BE UTILIZED TO DEVELOP THE CORE

- Longarm weighted crunch
- Seated ab crunch
- Medicine ball leg drops
- Weighted one sided crunch
- Kneeling cable crunch

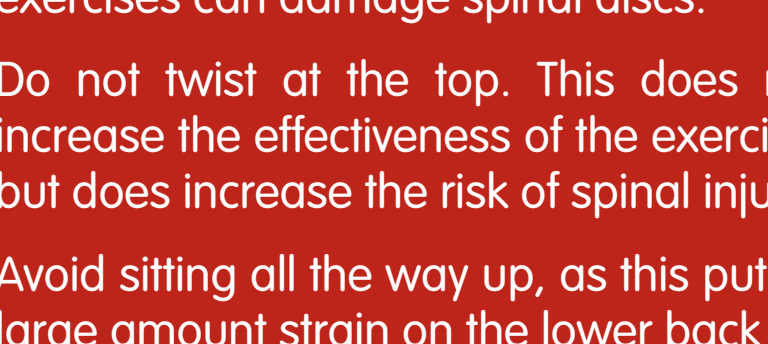


THE FOLLOWING EXERCISES CAN BE USED TO SCULPT ABDOMINAL MUSCLES



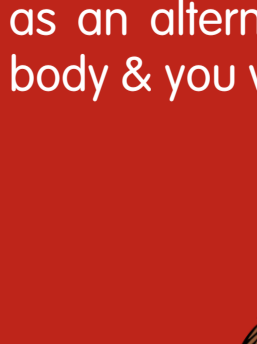
- Hanging leg raises
- The dragon flag
- Russian Twists
- Cable wood chops

WHAT NOT TO DO!



WITH SITUPS, AVOID:

- Repeated crunches and situps as these exercises can damage spinal discs.
- Do not twist at the top. This does not increase the effectiveness of the exercise, but does increase the risk of spinal injury
- Avoid sitting all the way up, as this puts a large amount strain on the lower back



WITH YOUR DIET, AVOID:

- Depriving yourself of much needed nutrition after a workout. Drink a recovery smoothie made of fruit, eggs, skimmed milk & oats.
- Avoid alcohol before or after you train. It acts as an alternate source of energy for your body & you waste efforts breaking it down.

