

Title:

2 Steps To Six Pack Abs

Word Count:

457

Summary:

First off, I want to mention that, for most people, getting six pack abs is not an easy task.

Step 1: Nutrition

This is the single most important part of the puzzle, hands down. You can have the most impres

Keywords:

build muscle, burn fat, six pack abs, ab workout, ab work out, stomach fat, ab exercises, exer

Article Body:

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Step 1: Nutrition

This is the single most important part of the puzzle, hands down. You can have the most impres

Instead, replace them with foods that will help you reach your goal: oatmeal, olive oil, whole

Step 2: Exercise

You need to concern yourself with 3 different exercises: cardio, weightlifting and ab exercise

The cardio you do can be anything: walking, running, biking, swimming...whichever cardio you

Weightlifting is important because 3 pounds of added muscle burns as many calories as a 1 mile

<http://www.bodybuilding.com/fun/exercises.htm>

The last exercise you need to incorporate into your workout is ab exercises. Aim to work your

<http://www.bodybuilding.com/fun/exername.php?MainMuscle=Abdominals>

Tip: mix up your workout routine every 2 weeks to keep your body guessing and changing. Add on

Well, there you have it. Follow the above for 3 months religiously, and while results will var

It will take dedication on your part, but imagine the feeling you'll get when you look in the

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