

Title:

6 Tips For 6-pack Abs

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577

Summary:

No matter if you are a teen trying to get into shape or a grown woman returning to the world o

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Article Body:

No matter if you are a teen trying to get into shape or a grown woman returning to the world o

1. You Can't Spot-Reduce

This means that you can't burn fat only from a specific spot on your body. All the sit-ups in

2. Cardio is Important

The key to getting a 6-pack is not in building up the abdominals, but in burning the fat that

3. Abs are made in the kitchen

This is the least complex and yet the most difficult aspect in getting a 6-pack. The key to ge

- * Stop drinking soda and start to drink only water. It can make a huge difference.

- * Eat 5-6 small meals a day. This helps boost your metabolism and keeps your appetite in c

- * Try to find your calorie maintenance level and gradually decrease 100-200 calories per w

4. Sit-ups are useless

Sit-ups are supposed to target the abs but really the hip flexors and spinal erectors are doin

5. Other Exercises To Do

Now this would be the time for me to plug some new life-changing product or idea, but that is

- * Crunches - There are many different types, but try to think of it as pulling your bottom

- * Weighted crunches - Do normal crunches except hold a plate to your chest

- * Hanging leg raises - hang from a bar and pull your knees directly to your chest

6. Don't Give Up!

While achieving your goal of a 6-pack may not be as painless and easy as infomercials may hav

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