

## FORGET SIT-UPS

1,000 sit-ups a day will not help you get abs to die for!

## EATING LESS

Does not always equal  
SUCCESS

## DON'T FORGET LOWER BACK

You need to work both front and back for a strong core and to hold those newly forming- amazing abs

# THE GOAL: AMAZING ABS



01 V-Hold

# TOP 5 EXERCISES

## TO SCULPT AMAZING ABS

### 01 V-Hold

Sit with your legs extended in front of you with your toes pointing forward.. Raise your legs up as high as you can without bending knees.. Place your hands at 45 degree angle toward ceiling. From the side your body should look like a V.

### 02 Kick Outs

Sit down on the floor with your legs straight out in front of you. Lean back until your torso is a 45-degree angle from the ground.Slowly straighten and bend your legs as you lower your upper body toward the floor at the same time.

### 03 Over Head to Feet

Start by laying on your back with your feet resting on the floor and your arms extended over your head. Next raise your feet to a 90 degree angle to your body. with your arms still extended raise your trunk to meet your legs. Add a dumbbell or medicine ball for difficulty.

### 04 Hanging Ab

Sit down on the floor with your legs straight out in front of you. Lean back until your torso is a 45-degree angle from the ground.Slowly straighten and bend your legs as you lower your upper body toward the floor at the same time.

### 05 Windshield Wipers

This exercise can be done either lying on the floor or hanging (as pictured). First raise your legs toward your chest, bend your knees, and then rotate them side to side with knees touching. Doing windshield wipers lying down will build the rotational core strength you need as a foundation before attempting them hanging .



# BEYOND EXERCISE: WHAT YOU NEED FOR AMAZING ABS

There are hundreds if not thousands of exercises that you can do to define your abs. The old rule was 1,00 sit-ups per day. The problem with sit-ups are that most people use their back and not their abs so they are getting minimal ab benefit. It is not the exercise but the technique that matters most when working to define your abs. Try to incorporate movements that contract and lengthen the muscle as well as isometric movements that contract in a static hold. Doing hanging abs effectively followed by V- holds would incorporate both the contractual/ lengthening movement as well as an isometric movement. *Check out the companion video to this guide for examples on how to do these exercises correctly.*

## Cardio

Your cardio has to increase. You need to find your abs in order to develop them. Oxygen must be present to burn fat so doing a great cardio workout, (preferably first thing in the morning) would put your body in an aerobic state which creates oxygen to help burn fat and maintain muscle. During cardio your body will burn mostly fat for energy. It is the "after burn" from the cardio session that you are most concerned with.

Your level of intensity will determine how long your road will be. If you do not want to do intense 30/45 min cardio bouts that elevate your heart rate to maximum working levels 3-4 times a week. Brisk walking and

biking are other routes but it will take longer so patience required to achieve the desired results.

## Hydration

If you truly want a six pack understand that more than 65% of your body is made up of water. In order to be effective in your workouts whether they be aerobic or anaerobic and in order for your systems to be full you must intake the proper amount of water on a daily basis. One rule when it comes to hydration is to take your body weight and divide it by two. That is how many ounces of water you should drink per day on days with just normal activity. On days with heavier activity/ workout days, you should intake 500 mL of water 30 minutes before exercise followed by 250 mL of water every 15 minutes during exercise. This sounds like such a simple and nonessential adjustment to make but make no mistake about it, if you do not hydrate properly you will not be effective in your goals to achieve great abs.

## Nutrition

All the exercise in the world will not help if you do not get with a nutritionist, dietitian or nutritional expert and learn how to eat right. Customizing a nutritional plan that works for you is essential in being successful in your quest for a defined abdominal area. The one rule that people believe will help but is damaging to their goal is that eating less does not mean you will

lose weight and get better abs. That is a fallacy.

## Sleep

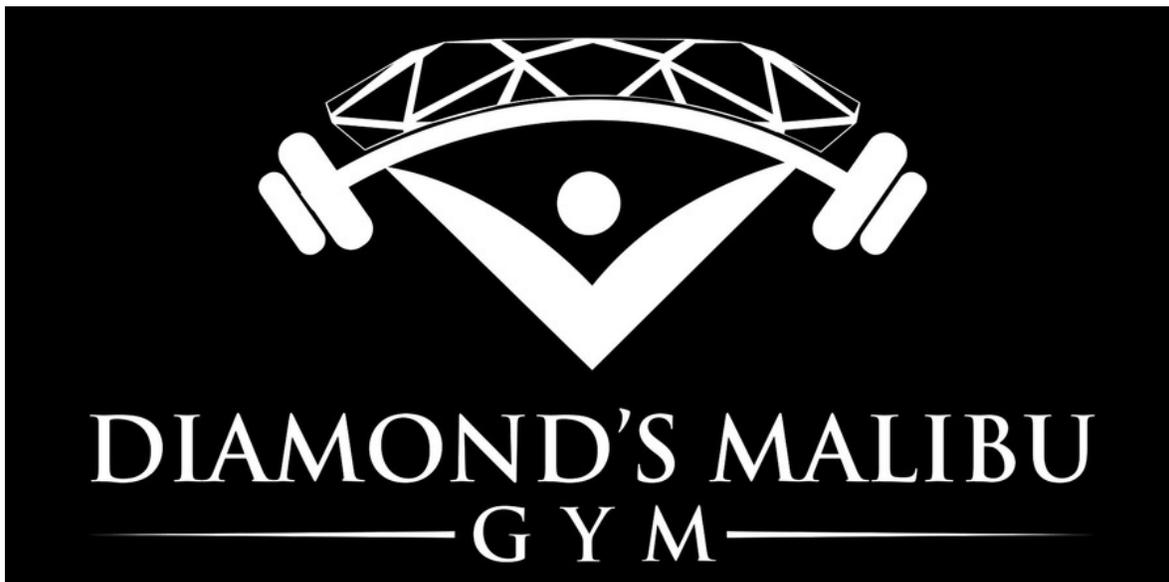
If you were not effectively getting anywhere between six to eight or more hours of sleep per day your body will create a chemical called cortisol. Cortisol is a hormone that promotes the storage of fat which obviously in the long run will not be of any benefit when trying to create the perfect abs. Sleep is majorly important not only to your health but also in your quest for amazing abs.

## Lower Back

In personal training there is the description agonist and antagonist muscle groups. It is absolutely imperative that when training one side of the body you must train the opposite side in order to achieve the balance. Therefore, when training your abdominal wall it is essential to also train your lower back to not only create your perfect abs, but to also make them stronger, and more supportive of your structure.

## Conclusion

An amazing six pack is a goal that takes time and dedication. Perfecting the techniques of the exercises and developing the strength is only part of the equation. You may be able to get to amazing abs by following only a portion of these suggestions but in following all that are outlined here you have a better chance of getting amazing abs attached to a healthy body.



### Who We Are:

Diamond is the owner of Diamond's Malibu Gym as well as a trainer. He has over 20 years experience in health and fitness and has worked with some of the best names in the business. He expects only the best when you are his client and works hard to help you to reach your fitness goals. Diamond's passion is fitness. If you want to join the gym or hire Diamond as a trainer please check out the website at: [www.diamondsmalibugym.com](http://www.diamondsmalibugym.com)

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Weight Training



Cardio Fitness



Top Trainers

