

SIX STEPS TO A SIZZLING SIX PACK



Don't let a layer of unwanted fat ruin your dreams of owning a washboard stomach. Follow the advice outlined here, and before you know it, a solid six-pack can be yours for the taking. There's no doubt it takes effort to get lean, as long as you have the right plan of attack the results you can get are well worth the effort. For the next six weeks, work your abs according to the following steps. Time to hit the gym - and then the beach.

1. STAY HYDRATED - EAT A LEAN WELL & BALANCED DIET

Drinking plenty of water not only helps you burn fat but also builds more muscle. The recommendation is to drink 64 oz. of water every day. In order to get lean, you've got to eat lean. Make sure you're drinking your [WellnessPro meal replacement shakes](#), eating lean protein, slow-burning carbohydrates, and healthy fats like [Omega Ultra](#). Great sources of lean protein to have in your diet include chicken breast, turkey, tuna, and egg whites. Good slow-burning carb sources include oatmeal, yams, brown rice, vegetables, and salads.

3. RAMP UP YOUR CARDIO

Put in some time doing cardio. Thirty minutes a session at a moderate intensity, three to five times a week should be your goal.

4. WORK YOUR ABS TWICE A WEEK

Wanting chiseled abs can tempt you to work them every day. Don't. Training more can actually make your abs show less. Try adding resistance to make moves you already do more challenging. For instance, hold a light weight plate during your crunches. Then give your muscles time to rest.

5. MORE FULL BODY MOVES = MORE FAT BURNING

Exercises like crunches are great for developing your muscles, but they don't burn much fat. Training multiple muscle groups at once will increase the amount of calories burned during your workout. Remember, just because your goal is to get chiseled abs doesn't mean you should neglect anything else. Try combination moves, like the reverse lunge to bicep curl, squat to press, chest press with a crunch. One thing to remember, it doesn't matter how wisely or how much you work your abs: if your body fat is too high, they won't show.

6. SUCK IT IN

Abdominal muscles are multilayered, but most people focus only on the outermost layer with exercises like the crunch. Work the transverse abdominals; these muscles act as an internal girdle. When strengthened, the transverse abdominals create a flat stomach. Think about drawing in your belly button, or holding in your stomach. Strengthening these tiny stabilizers will provide a solid foundation to allow your six-pack muscles to grow stronger and bigger.