

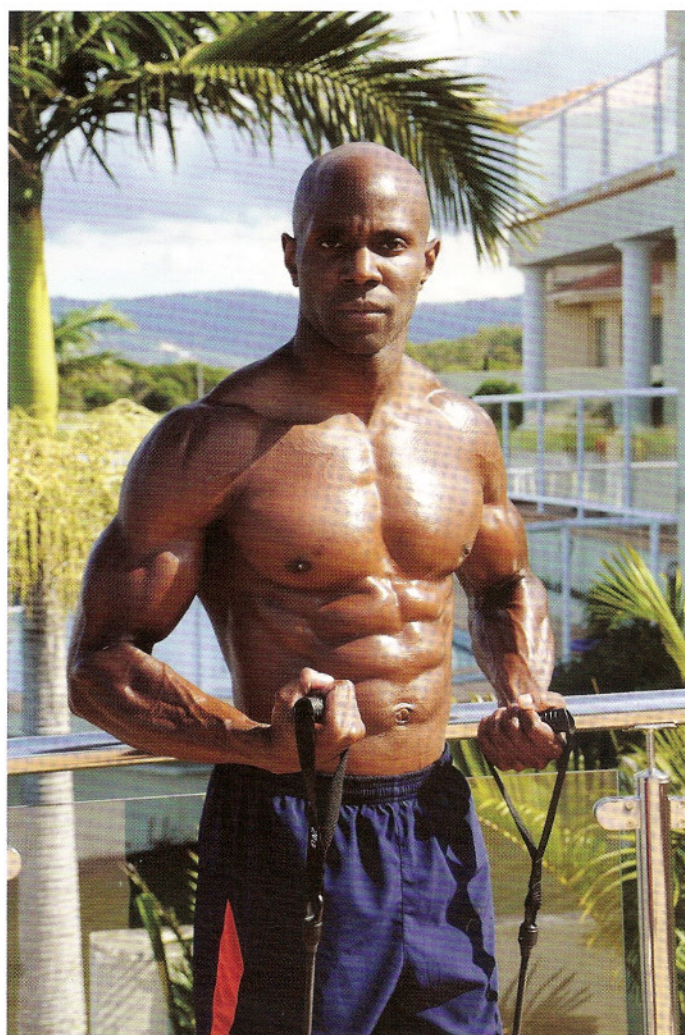


FIVE TIPS TO RAZOR SHARP ABS

By Obi Obadike, BA, BS, MS, CPT

We live in a society where our eyes are drawn to a person's midsection whether it be a male that has ripped abs or a woman that has a beautiful toned stomach. Many people would love to have a midsection like that but unfortunately struggle to know what to do to attain an incredible midsection. Well here are the five major steps to razor sharp abs and to having that beautiful toned stomach you've always wanted.

- First tip is drinking lots of water. Drinking water allows you to burn body-fat. If you're completely hydrated your optimum fat burning rate will be at its highest. To optimize speeding up your metabolism it is essential to drink at least eight to ten glasses of water a day. A key note to remember the less water you drink the slower your metabolism will be and the more water you drink the faster your metabolism will be.
- Second tip is following a high protein and a low carb diet which is essential to building a lean physique with low



body-fat. It is also important to consume 4 to 6 small meals a day which speeds up your metabolism at an incredibly rapid rate. Your carbs should always be taken in the morning time to give you energy throughout the day but still should be at a minimum to prevent the storage of fat while your sleeping.

- Third tip is following a consistent weight-training and cardio regimen which allows you to burn fat throughout the day. Weight-training allows you to burn calories after the workout and throughout the day while cardio allows you to burn calories during the workout. A combination of both of these together can give you the optimal fat burning rate you need to stay lean.
- Fourth tip is modifying your ab routine. There isn't a specific ab routine that will work better than another. You just have to understand that changing your ab routine will allow you to maximize your results. Some of the common ab routines that are great for building abs are crunches, old fashioned sit-ups, hanging leg raises, sprinting, leg raises, etc. Remember your abs will adapt to change as opposed to routine.
- Fifth tip is just about understanding the truths and myths about abs which will allow you to train smarter. Abs are not indicative of how many sit-ups or crunches you can do it is indicative of how lean you are. For a male to be able to see his abs he has to be at 10 percent body-fat and under. For a female to see her abs she needs to be at 14 percent and under. If you can get your body-fat to those levels then you will start to see your abs. Remember we all have abs unfortunately some of us have to work harder than each other to attain those abs.

International Cover Fitness Model Obi Obadike and the most ripped fitness model in the world has a successful online personal training business called Perfect Anatomy training where he trains male and female fitness models/figure competitors to get ready for competitions, photoshoots, etc. If your goal is to achieve the body of a fitness model be sure to register your interest through www.naturalbodzlive.com for a series of fitness model workshops in a location near you. Our next issue will feature the "Ask Obi" column where you can ask any question related to nutrition, training and the world of fitness modeling. Join naturalbodzlive.com to post your questions to Obi. For personal nutrition and training programs contact Obi at www.obiodadike.com or email obifitness@verizon.net

