

5 SECRETS TO FAST-TRACK YOUR SIX-PACK

Let Top Fitness Model Obi Obadike Shape Up Your Mid-Section

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In our society, the first thing people's eyes seem drawn to when looking at another person is their abdominals. Many people would love to have a great midsection, but unfortunately they struggle to know what to do to attain visible abdominals. Diet, training and discipline are the cornerstones for getting those abs you've always wanted. That in mind, let's go over the five top tips that will help bring out those detailed abs you've always wanted.

1. Follow a high-protein and low-carb diet; essential for building a lean physique with low-body-fat and will speed up your metabolism. You should consume all of your carbs between the morning and afternoon. Consuming carbs late at night may increase storage of body fat. Another important thing to remember is to eat about five small meals each day, every two-and-a-half to three hours as that will also help speed up your metabolism.

2. Follow a consistent weight-training and cardio regimen; allows you to burn fat throughout the day and can get you into the optimal fat-burning state you need to be in order to see your abs really pop.

3. Always try to modify your abs routine - understand that changing your abs routine will allow you to maximize your results. Keep your ab exercises simple. The main thing when working

your abs is making sure that the exercises are efficient. Some of the best ab exercises include regular sit-ups, hanging leg raises, stability ball crunches, leg raises, and kneeling cable crunches.

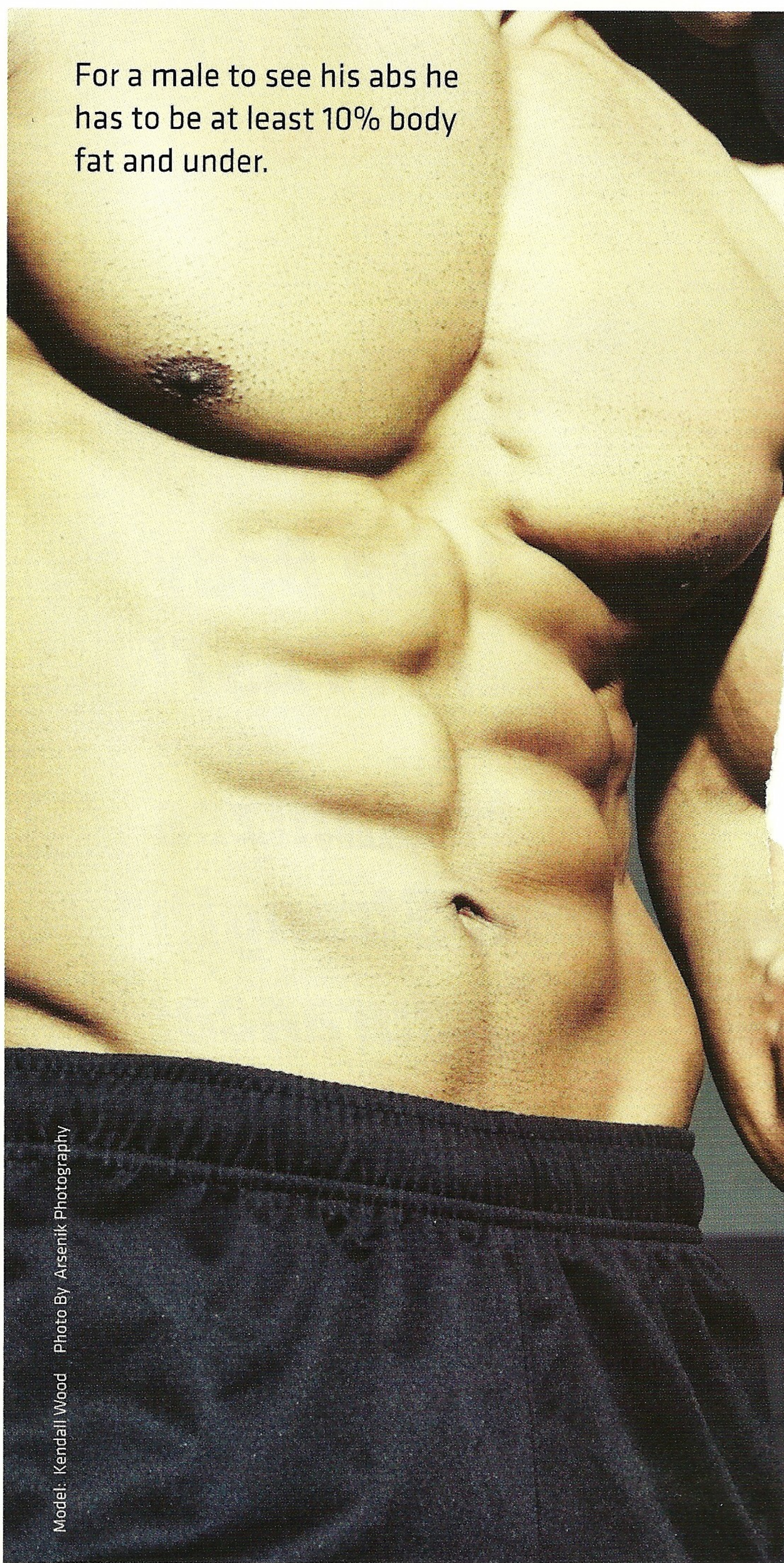
4. Try to understand the truths and myths about abs; allows you to train smarter and more efficiently. Visible abs are not indicative of how many sit-ups or crunches you can do, they are indicative of how lean you are. For a male to be able to see his abs he has to be at least 10 percent body fat and under; for a female to be able to see her abs her body fat typically needs to be at least 12 percent and under. If you can get your body fat to those levels then your abs should appear.

5. Drink lots of water; consume six to eight glasses of water per day. Drinking cold water allows you to burn body fat. If you're completely hydrated your optimum fat burning rate will be at its highest. 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, helping you burn calories at a faster rate.

If you can collectively implement these 5 tips you will be on your way to having great abs! **IFM**



Obi Obadike is one of the top male fitness models in the world and is a certified ISSA personal trainer. Check out www.ObiObadike.com for more information.



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Model: Kendall Wood Photo By Arsenik Photography