



**Obi Obadike**

is one of the world's top male fitness models in the fitness industry. He is a fitness expert for more than 10 fitness magazines globally. He is also a MusclePharm sponsored athlete and the WBFF Pro Male Fitness Model World Champion. To contact Obi, visit: [www.obiodadike.com](http://www.obiodadike.com)

**Q:** Obi, how can I get abs like you?

**A:** Well, first of all for your abs to start to appear you have to have a sound sensible diet that consists of chicken, turkey, vegetables, fruit, brown rice, sweet potatoes, fish, etc. as these are all great fat burning foods when dieting and trying to lose unwanted body-fat. I've always said this that your abs

are made in the kitchen that they are not made in the gym. So first it starts with the diet and then second it starts with your training. Diet is 80 percent of the battle in getting that abs to appear. Some great abs exercises you can perform are sit-ups, leg raises, hanging leg raises, crunches on a floor mat, oblique stability ball crunch, etc. When training abs make sure that you feel the muscle contracting when training. If you don't feel the muscle working then you are probably doing the exercise incorrectly. Strict proper form when performing abs exercises are a huge asset in your abs development. Also make sure you avoid drinking alcohol and soda as this really can cause fat gain. If you minimize this I can guarantee that you will drop and minimize some serious fat. Drinking Green tea and consuming a little bit of cinnamon are great fat burning catalysts. Remember we all have abs we just need to burn the fat to bring those abs and make them appear visibly out of hibernation.

**Q:** How often can I train my calves and abs?

**A:** Well, calves and abs are such small body-parts and because they are so small they need high volume training to make them grow fast muscularity wise. So calves and abs are probably the only body-parts where you can train them every other day

as they recover from anaerobic training faster than your larger body-parts such as chest, back or legs. I personally train my abs and calves every other day as my calves are my weakest body-part so I train that body-part more than any other body-part. Your larger body-parts you have to give them at least 3 days or more to recover and repair from your last weight-training routine.

If your goal is to improve your calves and abs then I would advise you to train those body-parts every other day with about 3 to 4 exercises for each of those body-parts and also when performing these exercises make sure you have minimal rest between each set which really allows you to feel the burn and work the muscle properly. **EF**

**Got a Question?**

Drop your mail to : [obi@extrafitmag.com](mailto:obi@extrafitmag.com)