

FEATURE



KEYS TO YOUR ABS COMING OUT OF HIBERNATION

Your abs are not made in the gym, they are made in the kitchen. Everybody wants a flat stomach or sexy six-pack, but just doing 1000 crunches or 1000 sit-ups a day won't help those incredible abs come out of hibernation. Your diet is one of the most important things in obtaining the abs you've always wanted.

BY OBI OBADIKE

So how do you determine the type of diet you need to be on? Well you have to first determine your specific body type. The three different body types that you could be are: an ectomorph, endomorph or mesomorph.

An *ectomorphic* body type is naturally thin with skinny limbs and lower fat storage. The characteristics for this body type are thyroid dominant, fast metabolic rate and a higher carbohydrate tolerance. The typical fitness goals for this body type are gaining muscle strength and size.

A *mesomorphic* body type is naturally muscular and athletic with larger bones, wide shoulders, a trim waist and controlled body-fat. The characteristic of this body type is testosterone and growth hormone dominant with a moderate carbohydrate tolerance. The typical fitness goals for this body type are continuing to build muscle mass while maintaining low body-fat.

The third body type is an *endomorph* body type and that body type is typically naturally broad and thick with a wider waist, increased fat storage and large bone structure. The characteristics for that body type is insulin dominant, slow metabolic rate and low carb tolerance. The typical fitness goal for this body type is losing body-fat especially near the abdominal area.

After you have determined what your current body type is, now you have to figure out what macronutrient ratio diet you should follow that will help you get leaner to see those abs appear. The average macronutrient ratio for an ectomorphic body type is 25 per cent protein, 55 per cent carbs and 20 per cent fat. For an endomorphic body type it is 35 per cent protein, 25 per cent carbs and 30 per cent fat. The average macronutrient ratio for a mesomorph body type is 30 per cent protein, 40 per cent carbs and 30 per cent fat.

Once you've determined the type of macronutrient diet for your body type,

now it's time to determine what type of training plan should go with this specific macronutrient diet. The type of fat burning foods that you should be consuming are egg whites, porridge, brown rice, chicken breasts, turkey breasts, tuna, fish, asparagus and sweet potatoes. These types of fat burning foods should be a constant source in your diet. Your diet should also be a low calorie diet, at about roughly 10 to 12 calories per kilogram of weight, as this will help you lean down and burn the overall fat from your body - helping you reduce your body-fat percentage.

Some great abs exercises to do about three times a week (or every other day) are: sit-ups, crunches on a floor mat, leg raises and kneeling cable crunches. When performing these abs exercises it's very important to feel your abs contracting. If they're not contracting then you are probably not doing the exercise correctly. If you perform these abs exercises or any other ones with good form, they need to

be slow and methodical with each rep - allowing you to optimise and maximise the exercise.

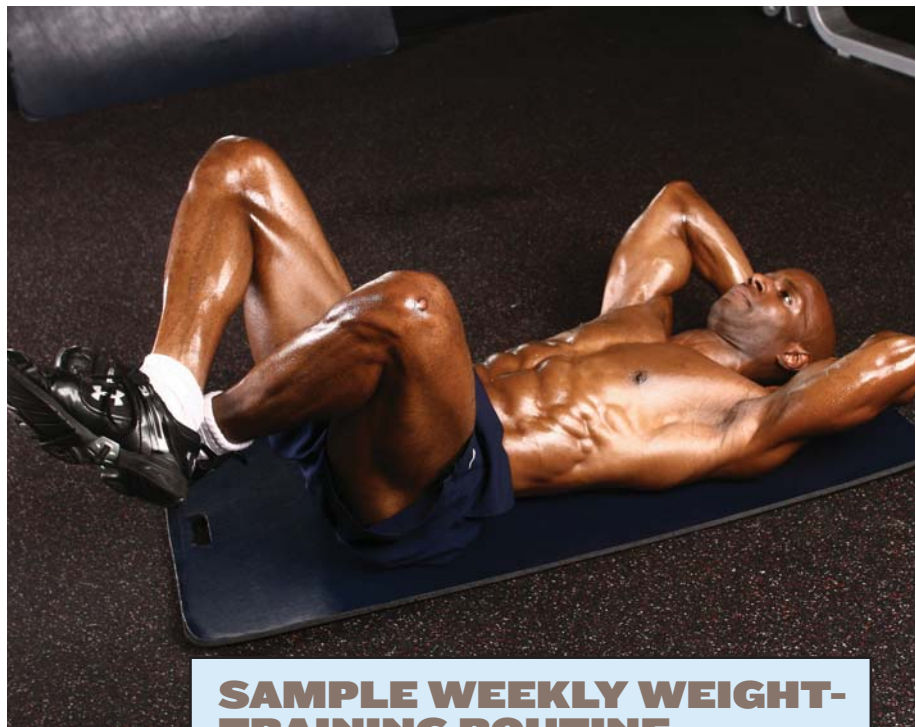
Each abs exercise should be performed with at least 3 to 4 sets of 20 repetitions with a rest time of 30 to 60 seconds between each set. Do about three different abs exercises every other day, or 3 times a week. Along with this abs exercise routine you need to be maintaining a cardio workout plan for a minimum of 3 days per week. Your cardio should be at least for minimum of 25 to 30 minutes, and it can be either a stair-master, treadmill, elliptical or regular sprinting intervals on the track.

On top of a cardio plan you should also be incorporating a full body weight-training routine on a weekly basis - consisting of a split training routine. If you're on the right macronutrient diet for your respective body type and the proper weight-training and cardio plan then within a reasonable timeframe, you should in all likelihood be able to lose enough body-fat to see your abs.

It's really important to remember that your abs can only appear at a certain body-fat percentage. As a male you need to have a body-fat percentage of at least 12 per cent and under. For a woman you need to have a body-fat percentage of at least 14 per cent and under.

When you reach those body-fat percentage numbers it should be indicative of your abs coming out of hibernation and popping. With all these things collectively in place, then you should be on your way to a nice set of abs.

“WHEN PERFORMING THESE ABS EXERCISES IT'S VERY IMPORTANT TO FEEL YOUR ABS CONTRACTING. IF THEY'RE NOT CONTRACTING THEN YOU ARE PROBABLY NOT DOING THE EXERCISE CORRECTLY.”



SAMPLE WEEKLY WEIGHT-TRAINING ROUTINE

MONDAY - CHEST/BICEP SPLIT

Chest Exercises:

- Flat Bench Press - 4 sets of 10-12 reps
- Incline Dumbbell Chest Press - 4 sets of 10-12 reps
- Cable Cross-overs - 4 sets of 10-12 reps

Biceps Exercises:

- Standing Dumbbell Curls - 4 sets of 10-12 reps
- Preacher Curls - 4 sets of 10-12 reps
- Cable Curls - 4 sets of 10-12 reps

WEDNESDAY - SHOULDERS/BACK SPLIT

Shoulders Exercises:

- Dumbbell Shoulder Press - 4 sets of 10-12 reps
- Dumbbell Upright Rows - 4 sets of 10-12 reps
- Dumbbell Posterior Deltoid Raises - 4 sets of 10-12 reps.

Back Exercises:

- Pull-ups - 4 sets of 10-12 reps
- Lat Pull Downs - 4 sets of 10-12 reps
- Bent-Over Rows - 4 sets of 10-12 reps.

FRIDAY - LEGS/TRICEPS SPLIT

Legs:

- Squats - 4 sets of 10-12 reps
- Leg Extensions - 4 sets of 10-12 reps
- Lying Down Leg Curls - 4 sets of 10-12 reps
- Standing Calf Raises - 4 sets of 10-12 reps

Triceps:

- Dips - 4 sets of 10-12 reps
- Dumbbell Triceps Kickbacks - 4 sets of 10-12 reps
- Triceps Cable Extension with Rope - 4 sets of 10-12 reps **FM**