

Achieve a Killer Six-Pack Without Sit Ups

Do six-pack abs sound too good to be true? As a competing natural body builder I can tell you that they are in fact for real. I have prepared for competitions without performing a single sit up and still have come off as the winner. Therefore it is quite possible.

People are very shocked to learn that they can have six-pack abs without performing even a single sit up. One of the biggest reasons people are amazed and shocked that they can obtain impressive six pack abs without sit ups is that they have tried to do just that. They may have even tried to get six-pack abs with sit ups. Many have completely failed and never thought about the why.

Cynicism is built through the frustration and failed attempt after failed attempt has slowly eroded their belief that it is possible to even achieve six-pack abs. Many more believe that only those under the age of thirty can even have the hope of owning a gorgeous set of six-pack abs. I can tell you from first hand experience that it is completely possible to have killer abs. I have personally seen a fellow competitor who, at the ages of 62, walked onto the body building stage at a competition with an amazing set of six-pack abs.

All that really separates most people from an impressive six-pack is simply application of the correct knowledge. Therein lies the two main problems for the person whose desire is to have a chiselled six-pack, the first is getting the correct knowledge and the second is applying that knowledge.

This application of knowledge becomes the complete responsibility of the person who has obtained it. The action involved in the application of the correct knowledge is the only obstacle that person faces in their achievements. Inaction stems from lack of motivation. It is this lack of motivation that I teach how to overcome first and foremost in my eBook "Six-Pack Abs Without Sit ups." After the owner of my eBook learns how to overcome stagnation, then they can move on to the key concepts and plans that will drive them head first into their goal.

First and foremost it is the correct knowledge that is most important after obtaining motivation. There is only one single correct way to achieve a chiseled six-pack. I can tell you this as a competing natural bodybuilder. You may have heard of magical hype called pills, lotions, contraptions, and sit up routines. I can tell you that these are just gimmicks intended to separate you from your hard earned money, not ones that are designed to actually help you achieve results.

If you truly want a gorgeous set of six-pack abs that you can be proud to own, then you need to be in possession of the correct knowledge that will get you there. You need to hear it straight from someone who has tested it themselves and used it to be a top contender in bodybuilding competitions. Only a natural body builder is qualified to teach you the correct methods of motivation, diet, and exercise. Anybody else who tells you they can do it just look at all the models on their infomercial that they have paid a pretty penny to endorse their idea or product is dead wrong. Only a true body builder is qualified to share real secrets of killer abs.

Your first step to ownership of these amazing abs without sit ups is to know what to eat and when. You need to know exactly what foods should and should not be in your lifestyle as well as why they shouldn't be there. And you should be shown through scientific research exactly what the must have foods and the must not have foods do to your body to understand exactly what you need to do. Without this knowledge many wanna-be six-pack ab owners are sabotaging their strenuous efforts in a futile attempt to achievement through improper foods.

Second, by knowing what to eat and employing this first you will already be way ahead of your desired outcome. You will already start seeing results well before you begin the exercise plan. Then, by combining knowledge of how food reacts when inside your body you will understand the big picture. Then by implementing this plan into your current lifestyle, you will then be able to achieve those killer abs with guaranteed success in a lot less time and with better results. You know, if you have ever been told in a gym that success is 80% diet and 20% effort and attitude, they were absolutely right. You will only be successful at gaining impressive abs if you know how to fuel them.

The third and most critical step in getting your six pack is working out your body fat content and establishing a realistic time frame to achieve your six-pack goal. This is a simple two step process that involves measurement by a trained professional using bodyfat calipers or measuring yourself on a set of good quality body fat scales such as the Tanita brand. Once you've established your current body fat content, you need to allow about 1 week for every half kilo / 1 pound that you need to lose.

Putting these correct exercising into action will help you achieve the proper musculature to make those abs look gorgeous. By combining the proper fast track exercises with the other steps mentioned you will achieve the best six-pack abs possible for your body. My eBook "Six-Pack Abs Without Sit Ups" can explain to you how to perform the exercises that will put you on the fast track without a single sit up involved. These effective exercises are the should and must of the plan to make it work in the quickest way possible with the best possible outcome. By implementing them you can prevent injury that might have occurred if you had performed those dangerous repetitious sit ups in unnecessary amounts.

About the Author

About the author: Mr Tony D. Martinez shares how to get [six pack abs without situps](#), on the homepage that exposes all the secrets that will help you [get ripped abs](#).

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