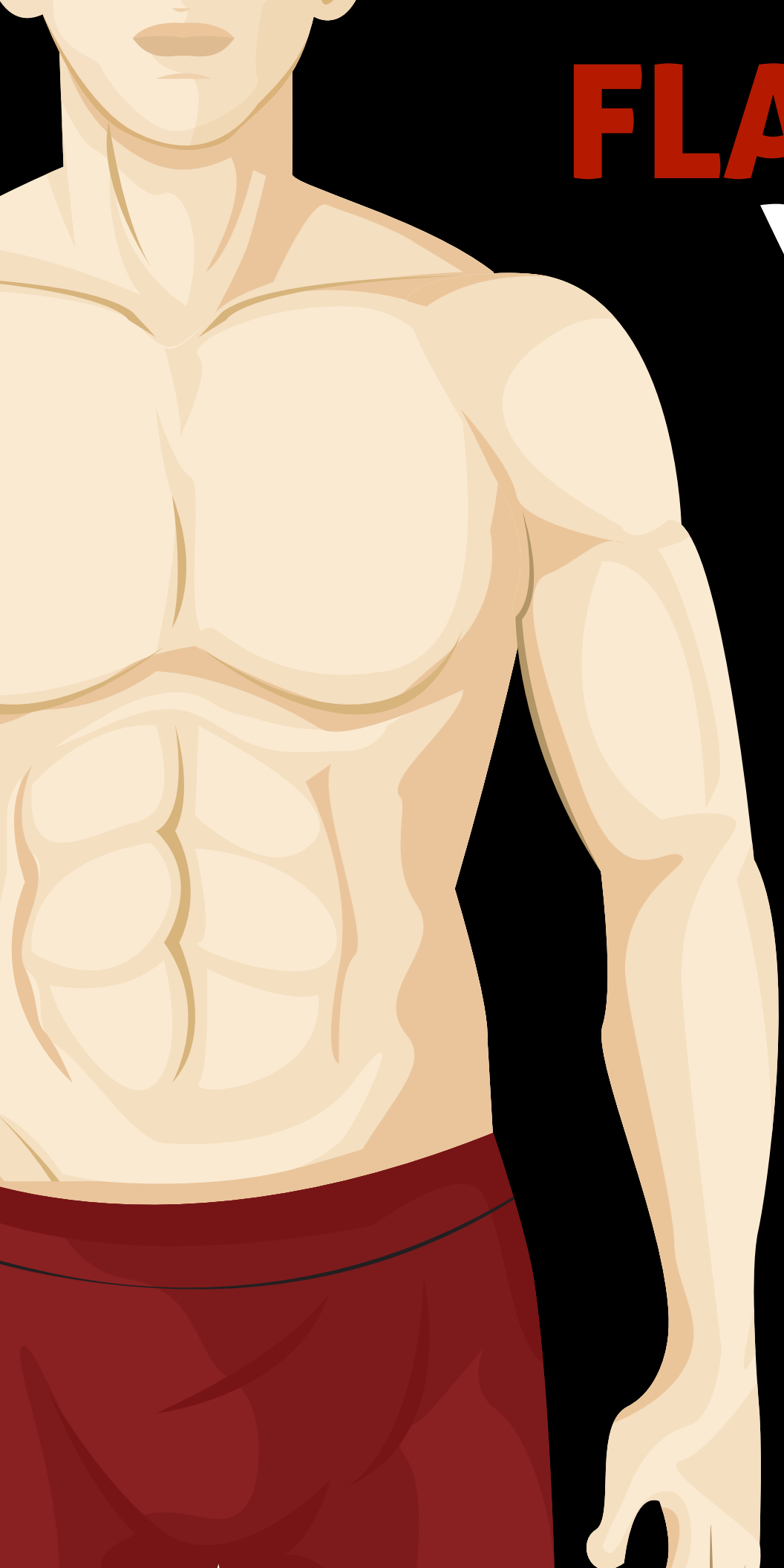


FLATTEN YOUR GUT

GET LEAN

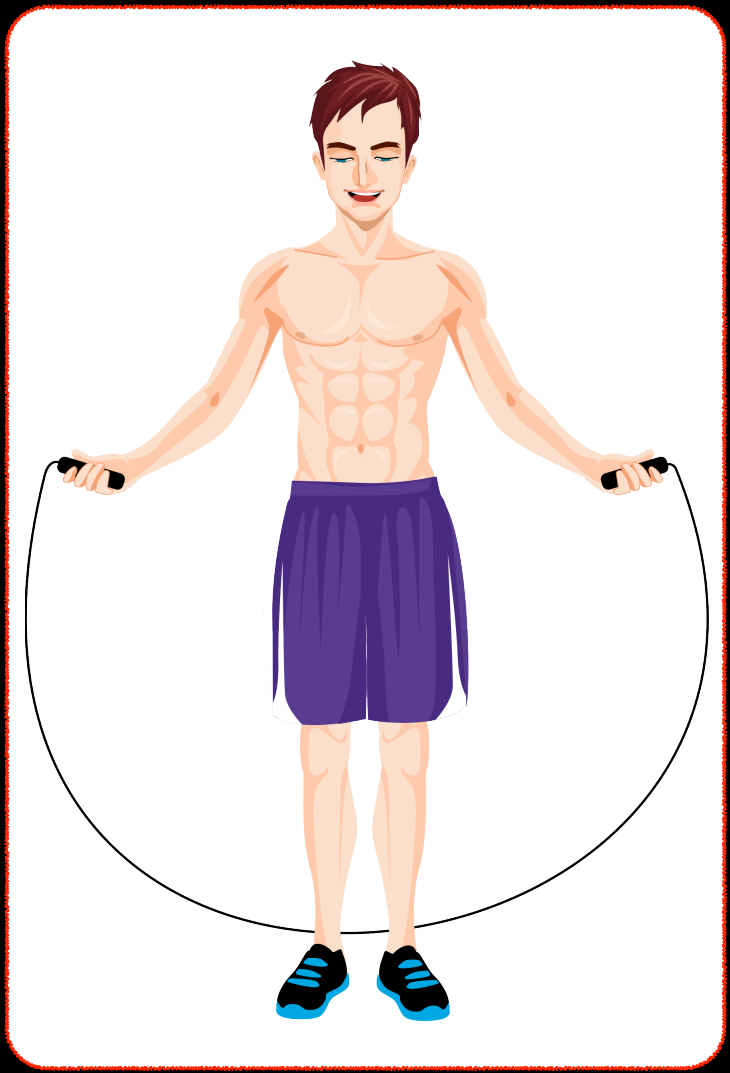
SEXY ABS

01 DITCH THE CRUNCH

The abs are arguably the centre piece of a perfect body. It is for this reason that many gym goers obsessively target this area in an effort to burn the fat. Not only is this a colossal waste of time, but if done in a repetitive fashion, crunches can also weaken the back muscles. Ditching the crunch and focusing on compound movements that can burn the fat off the entire body is a much more effective way to get those abs to pop.

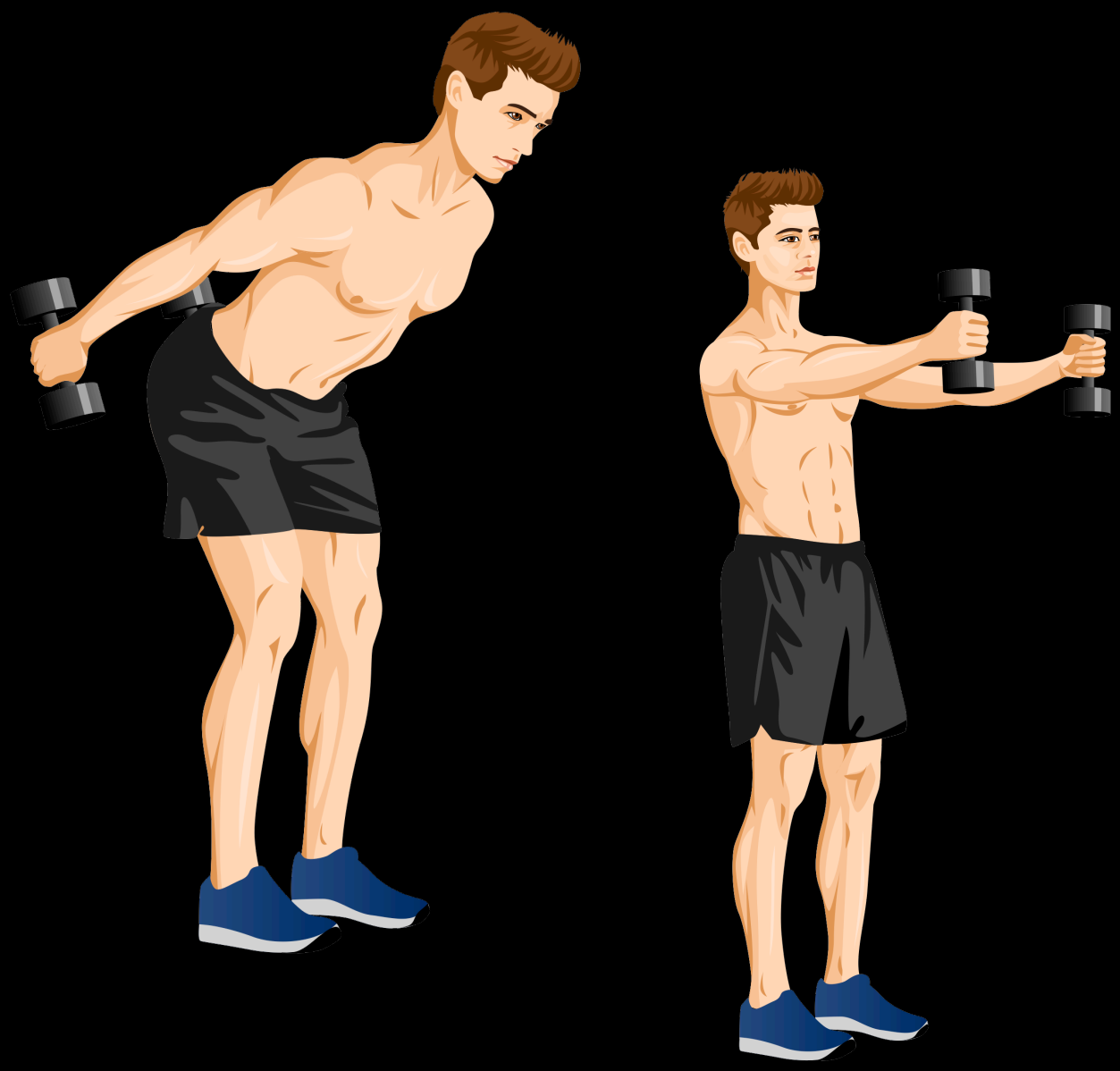
02 DO HIGH INTENSITY INTERVAL TRAINING

The next item on your to-do list for getting a shredded torso is high-intensity interval training or HIIT. Countless researchers have proved that HIIT is more effective in increasing metabolism and torching a million calories over the span of 24 hours. Replace the steady state cardio with some HIIT sessions 2-3 times a week and you will see a washboard stomach in no time.



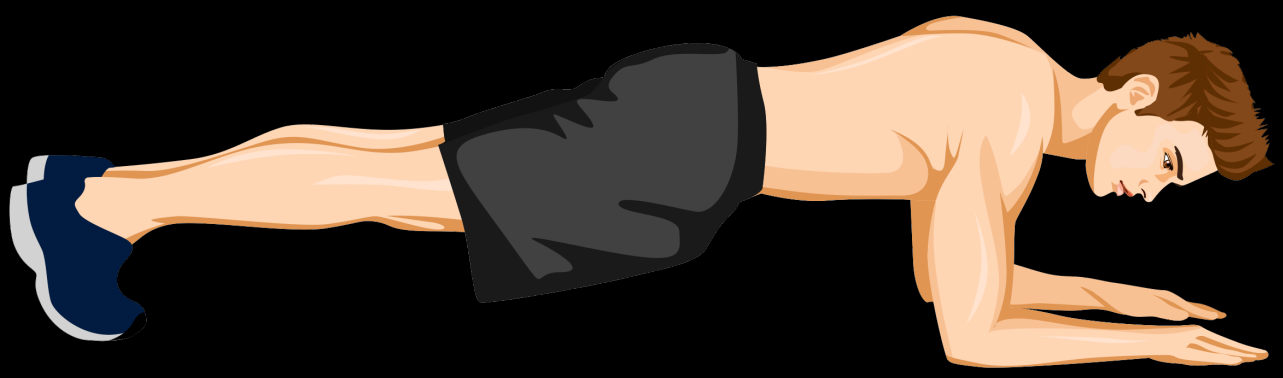
03 DO RESISTANCE TRAINING

There are a lot of fitness freaks out there who focus on the cardio alone without doing any resistance training. This is an elementary error, as resistance training has been proven to show faster results. Since this type of protocol increases the lean muscle mass, it improves your metabolism and helps you melt off the fat instantly.



04 FOCUS ON YOUR CORE

If you are looking to show off your abs this spring, then the exercises that you must incorporate during your training session are those that involve the core. These moves will keep your core engaged at all times so that you can develop that inner abs and lower back in a progressive fashion. This, in turn, will tighten your core and lead to the lean, toned physique that you are working for.



05 INCREASE THE DIFFICULTY

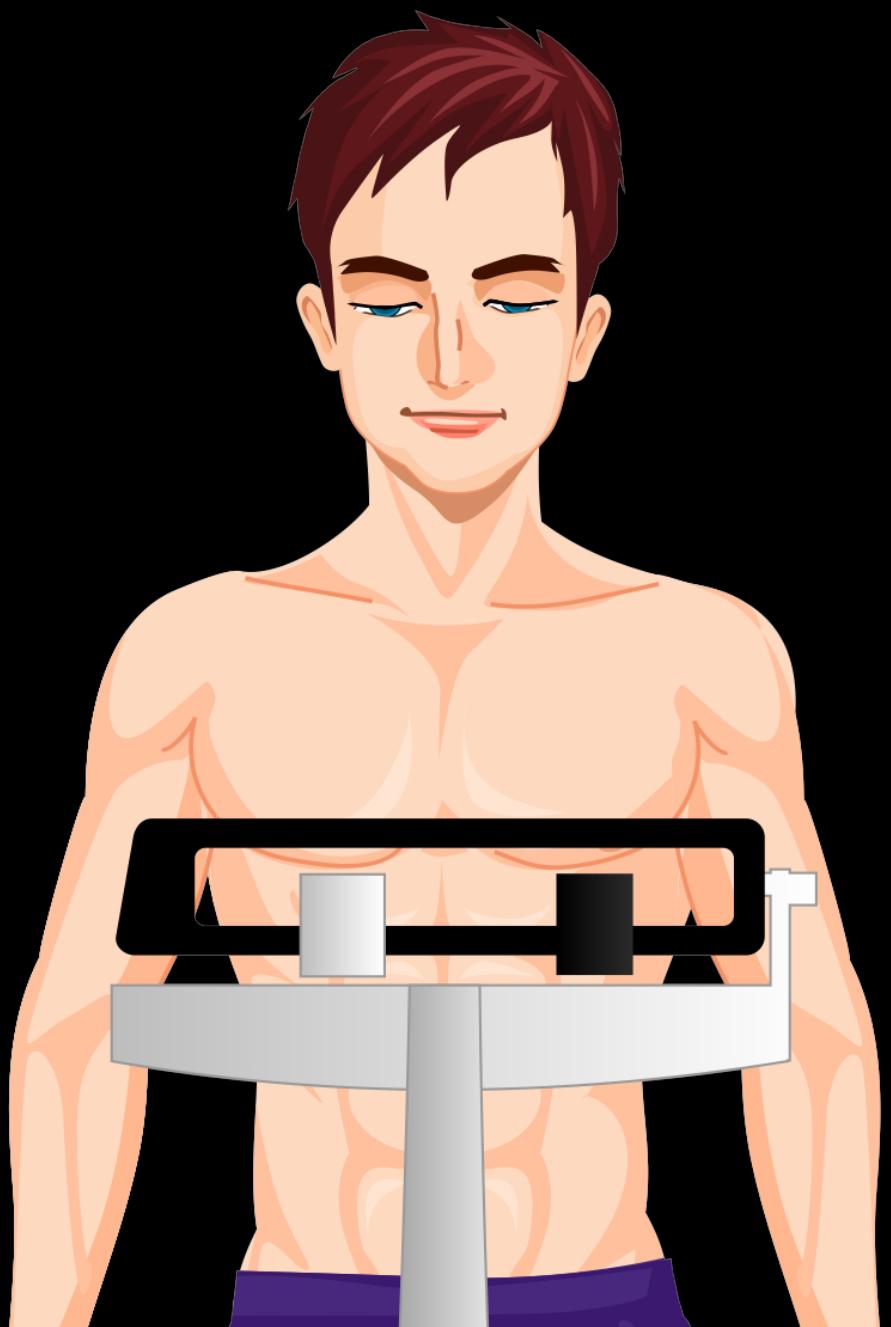
This is a tip that is highly relevant for those who have been working out for a while without getting the desired results. In order to get the best results, increase the difficulty of your routine. Higher reps and sets are sure to torch more calories and ensure that you become the strongest and leanest version of yourself.

06 STOP WORKING YOUR ABS EVERYDAY

The best way to get the abs to show is to treat them like any muscle. This means that you work them just as you would do any other muscle group- with diligence and not in a continuous fashion. Overworking your abs is likely to lead to muscle fatigue and slow your progress exponentially.

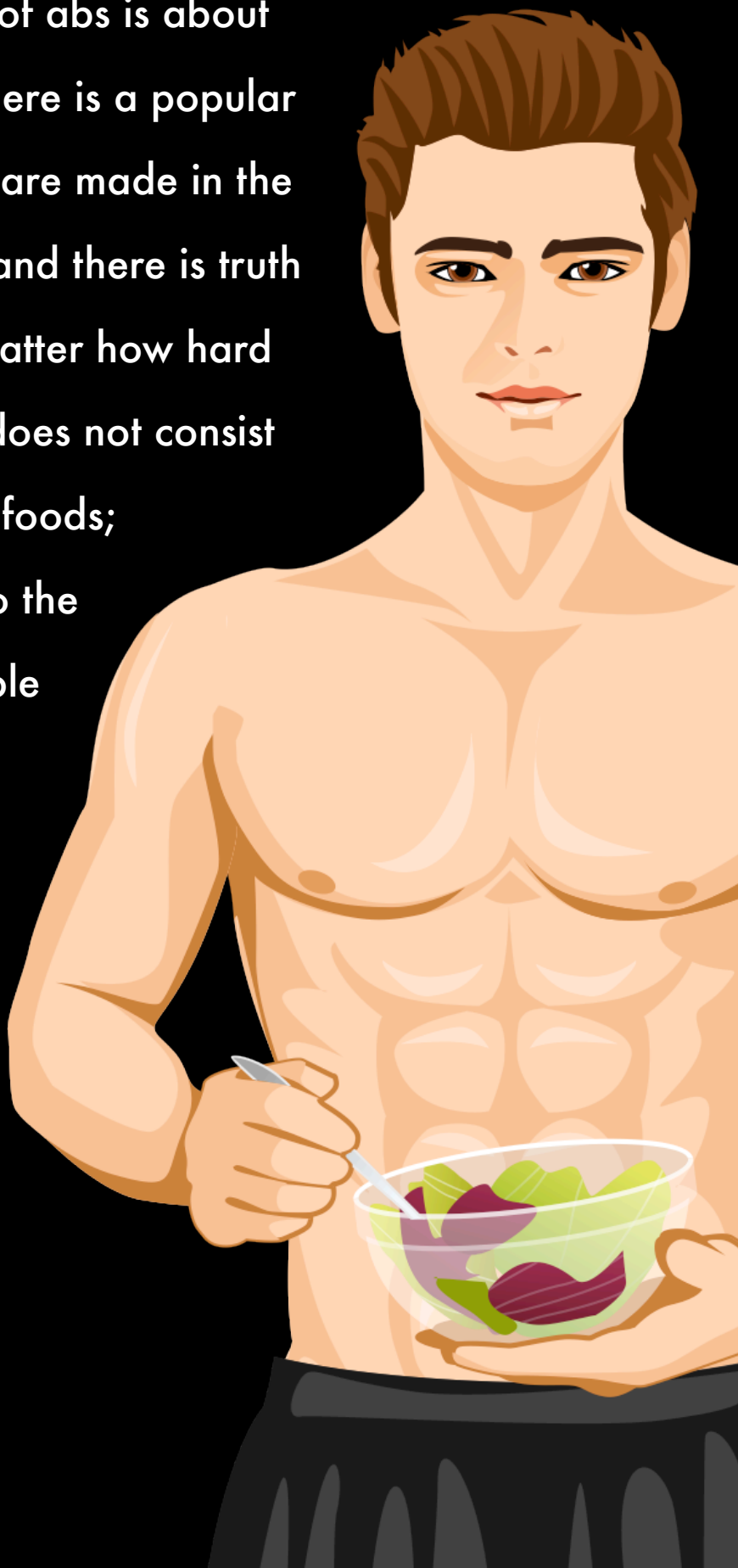
07 CONSISTENCY IS KEY

There are a lot of people who achieve their desired results and gain back all the weight within a few months. In order to avoid this and be able to rock lean abs throughout the year, you need to focus on consistency. Working out regularly and in a smart way can help you remain leaner for longer.



08 FOCUS ON YOUR DIET

Getting the perfect set of abs is about focusing on the diet. There is a popular saying that reads: Abs are made in the Kitchen, not the Gym' and there is truth to this statement. No matter how hard you work, if your diet does not consist of whole, unprocessed foods; getting your body-fat to the point your abs are visible will be tough.



09 EAT NUTRIENT DENSE FOODS

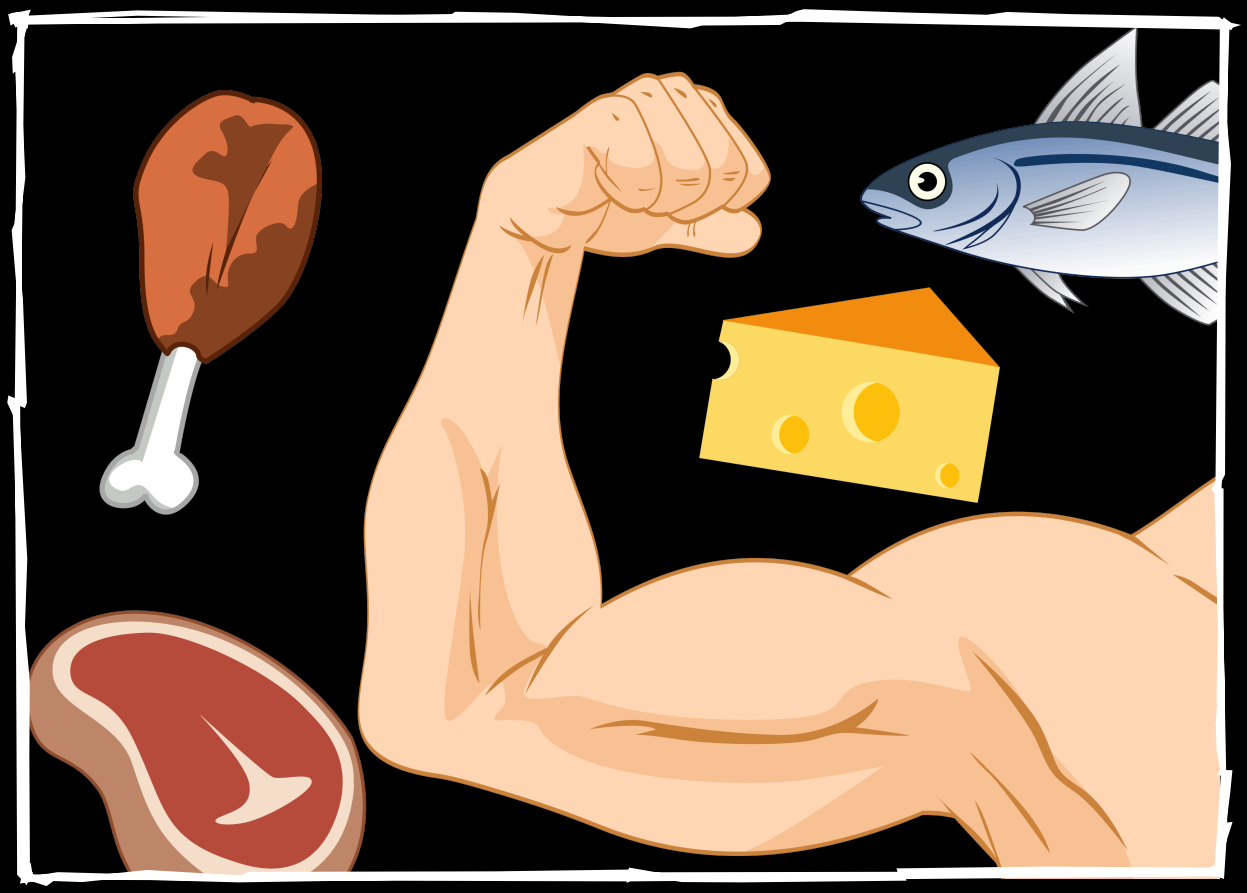
When it comes to diet, including foods that are nutritional gems is a must. This includes meat, dairy, fish, veggies, fruits and nuts. All of these food items are packed with protein, healthy fats, vitamins and fiber that can help you lose the fat and build lean muscle in a sustainable way.

10 REDUCE FAST DIGESTING CARBS

Slower-digesting, whole-food carbs such as oats, quinoa, brown rice, legumes and vegetables should constitute the bulk of your daily carbohydrate intake. This will - result in a less drastic rise in blood sugar than than more processed foods like white bread and most boxed cereals.

11 FOCUS ON LEAN PROTEIN

When it comes to fat loss, protein is king. This is because it is the macronutrient that has the highest satiety level, promotes muscle growth and stokes your metabolic furnace. Increasing your protein intake and upping your workout intensity is the fastest way of getting lean abs. Shoot for 1 gram of protein per pound of bodyweight.

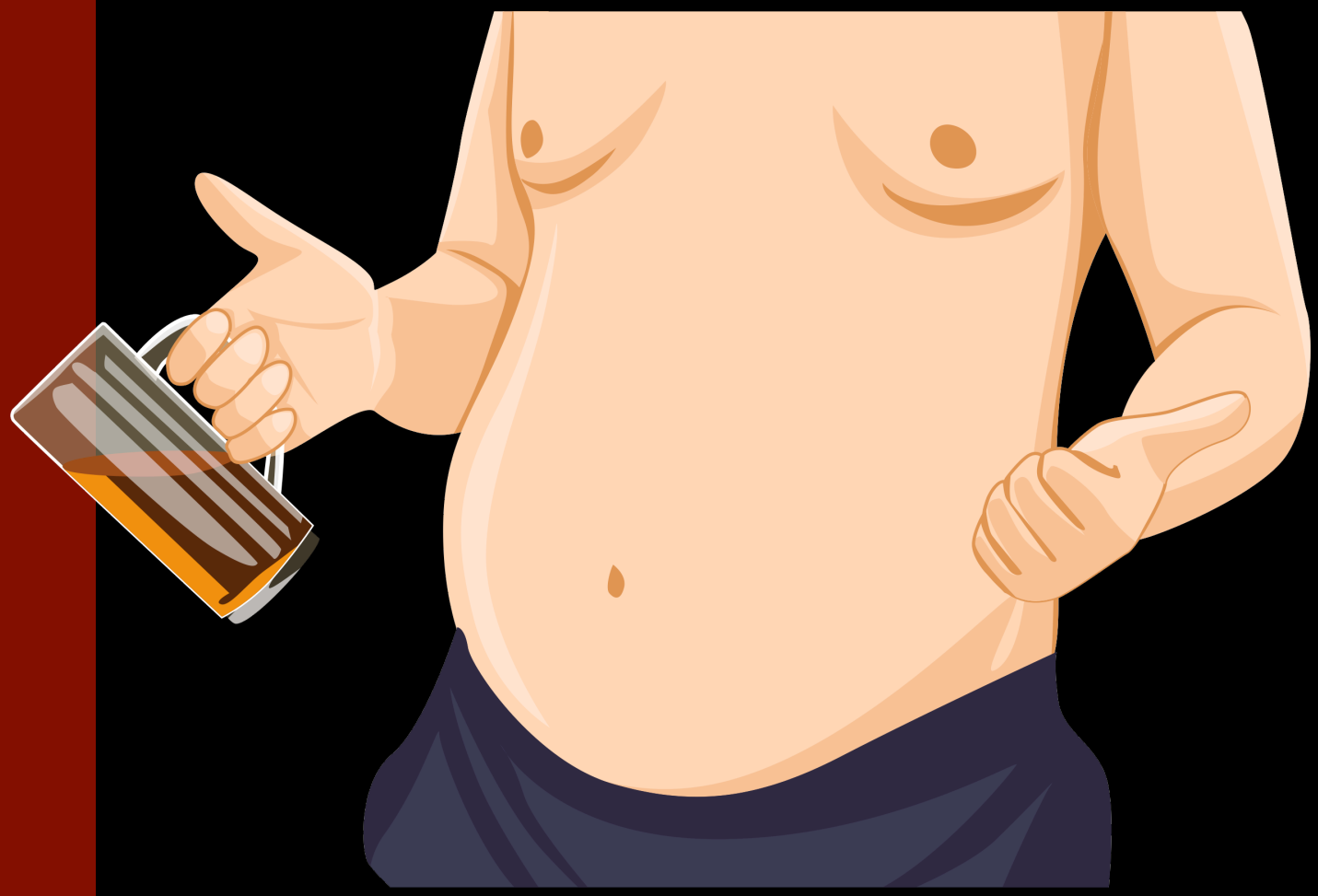


12 DITCH THE PROCESSED FOODS

Processed foods, though extremely tempting, are full of carbs and trans fats. The lack of protein and fiber in these foods means that you can literally gorge yourself on them without feeling full. As a result, you will have effectively inhaled thousands of calories in one sitting alone. Ditching processed foods is a very important rule that must be implemented if you want those killer abs.

13 AVOID ALCOHOL

Decades of research has shown that drinking too much alcohol hinders testosterone production as well as sperm count. Try to avoid alcohol all together, or limit yourself to the occasional drink. Guys who stay lean drink very little alcohol.



14 DON'T FEAR FAT

Second to protein, fats are the most satiating macronutrients in the human diet. This means that if you include essential fats in your diet, you are likely to decrease your net calories. Good fats such as avocado are great for your health and a necessary addition for fat loss. They also boost hormone levels including testosterone.

15 STAY HYDRATED

If you want to display your rock hard abs, then the drink of your choice should only be water. Adequate water intake can reduce bloating, reduce water weight and ensure that your metabolism is up and running. Do not skimp on your water intake if you are looking to lose fat. Dehydration affects performance and your ability to burn fat and stay focused.

16 PRE-WORKOUTS

The best supplements to ensure that your workouts are effective and up-to-par are the ones that involve some BCAA's (-short for branched chain amino acid's) and caffeine. The combination of essential protein and caffeine is enough to make sure that you get in a tough workout without losing any muscle mass.

17 DETOX PLANS

Slower-digesting, whole-food carbs such as oats, quinoa, brown rice, legumes and vegetables should constitute the bulk of your daily carbohydrate intake. This will - result in a less drastic rise in blood sugar than than more processed foods like white bread and most boxed cereals.

18 WHEY PROTEIN

There are a wide variety of protein powders in the market today. However, the most popular are made with whey protein. Since this is a type of protein that is fast acting, prioritizing increase in lean muscle and consequent decrease in fat levels, it is great for those who want to build lean muscle while losing body fat.

19 GREEN TEA

Containing the miracle ingredient EGCG, green tea is a powerful antioxidant that can improve cardiovascular function and also increase your metabolism. As it also lowers insulin, and stimulates fat burning.

20 CAFFEINE

The last supplement that we take a look at in this segment is caffeine. Known for its diuretic properties, coffee is great if you want to erase the effects of a cheat day. In addition to that, the antioxidants in coffee can increase your metabolism by 4% for 2.5 hours post consumption. Great for reducing fat, this is an important supplement in your fat loss arsenal.