

The Right Way to Get Flat sexy Six(6) Pack Abs

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By Roberto Garabell

Visit any newsstand, and you'll see that mens abs make the cover of just about every fitness magazine. Not only are they prominently featured in photographs, mens abs are usually the subject of a feature story inside as well. Namely, these pieces focus on how to crunch them, shape them, sculpt them, rip them, and make them pop.

The technical name that weightlifters, anatomists, and doctors give this phenomenon is "striation," a word taken from the thrilling world of geology. Striae refer to the grooves or canals that may appear in rocks or shells after years of geologic pressure, but they also describe that "shredded" phenomenon that seems just out of reach for most committed fitness buffs. That's because this definition only comes from one of two things: a) genetic blessings, and b) tons of insane effort.

Start a plan and stick to it! Plan to do a 30 minute workout each and every day. The problem most people have is that they do not stick to there plans. Stick to your plan and I guarantee you, you will see a big difference! If you have more time on your hands, I advise a 60 minute workout. Also it's much better if you do your workout in the evening. I'm only going from personal experience here, but exercising in the morning, can help you feel refreshed and make you feel good about yourself all day long.

Many people perform abdominal exercises incorrectly, and they put pressure on the neck as a result. Crunches are notoriously performed wrong, with the hands behind the head, elbows forward, and the chin resting on the chest. This is absolutely not the way to work your abs, and it could put undo stress on the neck.

What Is It about Mens Abs?

Why it is that mens abs take center stage when it comes to fitness and weight training? Why the obsession with perfect obliques, a rip-roaring transversus abdominis, and a chiseled rectus abdominis? Could it be that they're simply in such high demand because they're in such short supply? That's undoubtedly part of it, but a strong midsection is also the hallmark of a solid "core," those muscles that make up the torso and help athletes excel.

A strong core pulls the weight, so to speak, for everything else, including the arms and legs. Ever seen a guy at the gym with ballooned out arms and a staggering chest, then looked down to find a couple of little peg legs? Men who start with a rock-hard core, which includes the muscles of the lower back, lay a foundation for a balanced physique. The "fireplugs" walking around the gym may think they're strong, but they can't stack up to athletes who concentrate on their abs and back first.

Author is health advisor on weight loss, abdominal exercise, ab workouts, getting a tight sexy stomach and arving out ripped six pack abs. Visit [The Right Way to Get Flat sexy Six\(6\) Pack Abs](#).

Weight Loss

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