

Toned Abs Come From Whole Body Movement

As people in developing countries become more affluent and westernized, they get more access to the same products and services long-enjoyed by folks in North America and Western Europe. Fast food is the most obvious cultural import from the West and its proliferation is causing obesity in more countries across the globe.
by DanSolaris

As people in developing countries become more affluent and westernized, they get more access to the same products and services long-enjoyed by folks in North America and Western Europe. Fast food is the most obvious cultural import from the West and its proliferation is causing obesity in more countries across the globe.

The most common mistake the figure-conscious make is relying on exercises that isolate the muscles of the midsection to lose excess fat. Though sit-ups, crunches and leg raises may be effective in strengthening the abdominal muscles, they don't do much in melting belly fat and toning the abs.

Ab isolation exercises only serve to develop muscle tissue around the stomach area. They're not really effective for burning body fat and only by focusing on body fat burn can one achieve muscle definition and getting lean, toned abs.

Total-body aerobic workouts are the most effective way to burn enough calories from body fat in the shortest time. Only by doing whole-body movement during our workouts can we hope to burn a significant amount of body fat and flatten an oversized abdomen and love-handles.

The benefits of doing cardiovascular exercises are several. Aside from burning fat fast, the heart and lungs are also strengthened- improving endurance and lowering high blood pressure. Intense aerobic exercise also puts the body's metabolic rate in high gear- meaning you still burn calories hours after you've finished exercising.

A higher metabolism means a better ability of the body to avoid storing body fat because this means more calories burned. The key to weight loss and toned abs is burning more calories than we consume in a day.

Muscle building resistance exercises can also help fight body fat by enabling us to burn more calories. Muscles burn calories even while were not using them. The more muscular a person is therefore, the less time he has to spend in the gym working out.

Choosing cardio exercises that you won't get bored with can spell success or failure in your quest for lean, nicely toned abs. The more repetitive and boring your workouts, the easier it will be for you to get bored with them. Boredom is the main reason why people don't exercise consistently- prolonging the agony of having a flabby belly.

More Information

Beware: PT & Personal Trainer is giving away fat loss workouts and they will melt fat more quickly than any program you've ever seen! Don't reprint this exact article. Instead, reprint a free unique content version of this same article.