

---

## How To Get A Six Pack - The Truth About Spot Reduction

The way to get a six pack is to lose body fat. We see all the ab machines and ab exercises claiming their product will get you results fast. The only way to get results fast is to lose body fat by increasing your metabolism through resistance training and incorporating healthy eating habits.

by JoseLoni

The way to get a six pack is to lose body fat. We see all the ab machines and ab exercises claiming their product will get you results fast. The only way to get results fast is to lose body fat by increasing your metabolism through resistance training and incorporating healthy eating habits.

People think that spot reduction is the answer to getting six pack abs. That is why we see so many ads showing their exercises or machine targeting the abs directly. The abs will get stronger, but they won't become more defined.

Boost your metabolism and see that body fat disappear. Training with resistance, whether it's with weights or the body, will help increase the body's metabolism, which will burn fat.

This type of training should be done at least 4 times during the week and require high intensity, and lower repetitions. The resistance workout will incorporate multiple body parts and muscle groups to really burn calories.

A workout session can consist of lunges, chin-ups, squats or step-ups, which can be done with or without weights. These exercises are to be performed at high intensity for 20 seconds, moving from one exercise to the other with no rest, then resting briefly when the last exercise is done, then you repeat the sequence of exercises 6 times during each workout.

The body will work extra not only during the exercise session but also afterwards as well as throughout the day. Because the exercise was very intense, the muscles need to work hard after the exercise bout to repair and help replenish. The body must also look for sources of energy for the muscles to maintain its metabolic activity, which results in greater fat burning to provide energy to the muscles.

Eating healthy meals also help the body burn more calories and prevent more calories from being stored as fat. The body is able to burn calories of complex carbohydrates and lean proteins better, while fatty foods, sodas and sugary snacks are so high in calories, that the excess calories are stored as fat on the body. Eating 5-6 times throughout the day will help keep the body's energy levels stable and help you watch the calories that you eat.

Getting six pack abs is about the whole body. Melt the whole body's fat and you will get the full effect of your training. Kick start the metabolism and rock hard abs can be achieved very fast!

### More Information

Caution: PT & Fitness Professional is offering free fat loss workouts and they will melt fat faster than any program you've ever seen! This and other unique content 'fat loss' articles are available with free reprint rights.