Rock Hard Abs - Functional Training

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by JoseLoni

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Training functional is a great way to complement your lifestyle. You train the muscles and joints in a way that will allow for a comfortable and healthy way of life. Just having the strength to clean, carry your baby, or do housework can really make life happier.

Functional training is an effective training method for increasing ab strength. Exercises that incorporate multiple joints increase the body's metabolism and helps burn excess fat. Increasing the number of muscle groups that you train, causes the body to recruit more muscles to move. The increased muscle activity increases the body's overall energy expenditure and results in increased fat burning.

Some exercises like lunges, push-ups, squats and dead lifts incorporate multiple joints and muscles, which increases the muscle's metabolic activity. The resulting muscle mass adds to the increased metabolism as it will increase its overall activity due to its increased size.

You can even incorporate daily activities such as doing the laundry, cleaning or cooking into your workouts. Just a few exercises a few times a day will help you increase your functional strength. While waiting for something to cook, you can do push ups, while standing and placing your hands against the counter or while picking up your laundry basket, you can squat down several times to work your legs.

Training the core is the perfect complement to increasing your overall strength. Core exercises train the body in unstable positions that will force the body to stabilize and increase strength. Many muscles throughout the body must fire to hold these positions and results in more energy used, which in turn burns more body fat.

Single movement exercises and ab crunches are not very effective in burning calories. By working multiple body parts and kick starting your metabolism, the body burns more calories from the food we eat as well as our stored body fat. The body ends up burning fat throughout the day to help repair and replenish the muscles, which sometimes lasts for several hours after the exercise session.

Rock hard abs and functional training is a great way to increase your quality of life. Increasing your metabolism, and abdominal core training are great ways to a fit and active lifestyle.

More Information

Caution: PT & Master Trainer is giving away fat loss workouts and they will melt fat more quickly than any program you've ever seen!