Six Unusual Tips to Get Six Pack Abs by Joshua C Kozak

Article published on June 8th 2012 | Fitness

There is nothing quick or magical about getting a six pack. Getting ripped abs can be long and tedious. It takes time, hard work, and dedication. By making the right decisions each day, you can get a six pack. However, if you frequently cheat like most people, then you will never see your abs. Follow these six tips to get a six pack.

Your body requires water! You need to start your day by hydrating. Researchers found that drinking 16 ounces of cold water first thing in the morning boosts metabolism by 24 percent for 90 minutes afterward. Drink at least a gallon of water over the course of a day for hydration, health, and to keep your metabolism burning.

Donâ€™t skip breakfast. A study found that people who skip breakfast are 4.5 x more likely to be overweight. So make sure you eat within an hour after waking up. I like to eat 3 hardboiled eggs and an apple to get my metabolism going first thing in the morning.

Review your goals at least once each month. Itâ€™s important that you stay aware of your goals and that you are taking the appropriate actions to achieve them. Scientists found that people who monitored their diet and exercise goals were much more likely to progress their fitness level.

Bring your lunch with you to work. I have a whole compartment of my bag that is devoted to protein filled snacks. Success starts at the grocery store and buying the right healthy snacks. Some of my favorite healthy snacks are tuna pouches, protein bars, peanut bags, sunflower seeds, pumpkin seeds, and deli meats. By eating five times per day, you'll keep your body well fed and satisfied throughout the day without overeating. You will also have the necessary fuel needed for your workout. Equally important is a reduction in sugar cravings from keeping your insulin level stable throughout the day.

Itâ€™s easy to forget that everyone has abs. The problem is that most people have too much fat on top to ever see them underneath. So instead of focusing on doing a billion crunches, you should focus on burning fat during your workouts. Some of the best ways to burn fat in a short amount of time are sprint interval training, 45-60 minutes of moderate intensity cardio, and high intensity interval training workouts. Mixing up your routine is crucial for continued results.

Getting a six pack requires sleep. That's because lack of sleep disrupts the hormones that control your fat burning ability. Scientists recently found that lack of sleep can cause your muscle cells to become resistant to the hormone insulin. This will eventually lead to fat and weight gain.

Article Source:
http://www.articleside.com/fitness-articles/six-unusual-tips-to-get-six-pack-abs.htm - Article Side

Joshua C Kozak - About Author:
About the Author: Joshua â€œCoachâ€• Kozak has been a fixture in the world of health and fitness for ove 10 years. Looking for a how to get abs then HASfit is your place. Also experienced a san antonio personal trainer

Article Keywords:
personal training san antonio,san antonio personal trainer

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!