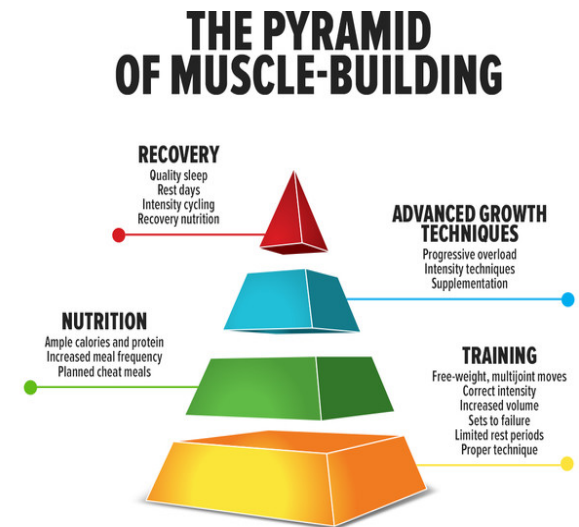


What is **REALLY** keeping you from having **SWEET** abs?

By, Spencer Rosenvall

About those Abs

- * Most people desire them
- * Good exercises AND proper nutrition
- * Going the last/extra mile
- * Melting fat away, the natural way
- * Knowing when to stop (Overeating)
- * Giving into Cravings
- * Tricks for weight loss



Exercises for the Lower Abs

- * Scissor kicks

- * Straight legs
- * Flat Back



- * Hanging leg-lifts

- * Straight legs
- * Slow, controlled motion



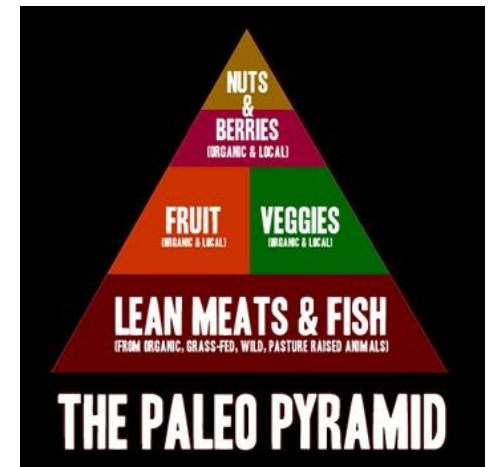
- * V-ups

- * Straight legs
- * Snap close



Dieting **and** Calorie Deficit

- * Men: 2000 calories per day, Women: 1500
- * Deficit of about 200-300 calories per day
- * Foods to eat
 - * Fruits, Vegetables, Beans, White meats
 - * Caveman Diet
- * Foods to avoid
 - * Processed food
 - * Foods high in sugar, fat, and complex carbohydrates
- * Cravings
 - * Eat healthy instead



“Abs are made at home in the kitchen” – A great man/woman (probably man)

Finally, the Tricks

- * Smaller plate
- * Glass of water before eating
- * Doing the very last rep you can
- * Knowing when to stop eating
- * Ratio of protein to carbs plate trick
- * Cold showers
- * Fasting and Exercising
- * Peanut butter BEFORE BED
- * Small breakfast item in morning
- * Protein shakes
- * Ice water
- * Gym buddy
- * High intensity workouts

CALORIES BURNED	Low Intensity	High Intensity
Percentage of fat calories burned	50%	75%
Calories burned per minute	7	14
Calories burned from fat	90%	60%
Fat Calories burned per minute	6.30	8.40
Total Calories expended in 30 minute	210	420
Total Fat Calories expended in 30 minute	189	252



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