



THE SECRET ABS REPORT

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Seriously, stop.

Let me ask you a quick question...

How long would it take you to do 22,000 crunches? Yeah, I'm being serious.

Let's do some maths...

Alright, so you do 3 sets of 10 with your routine today... and even if you do another 50 sets of 10 (yes 50!) throughout the day, that adds up to 530.

Awesome, you would be just 2.5% closer to losing ONE lousy pound.

Fact: You would need a total of 22,000 reps of crunches to burn off ONE pound.

That means you would have to do an average of 3,143 crunches EVERY day for a week just to burn one... single... pound.

Oh yeah, and that's only if you're eating in a calorie deficit.

Crazy to think about, right? Not to mention you don't have that kind of time.

Yet, that's the dilemma you're in.

You don't have enough time right?

So Can You Target Specific Areas Of The Body For Fat Loss?

This is one question that gets asked a lot.

Truth be known it's actually one of those fitness industry folklore myths.

The short answer to this is no. Targeted fat loss, commonly known as spot reduction, is not possible.



I'm afraid this is the myth of spot reduction and way too much time is wasted on body part exercises.

There is actually no solid scientific evidence to prove that you can burn fat on specific areas of your body.

Plus this myth is one of the ways infomercials to trick you into buying useless gadgets.

For example, like I said above, 1000's of sit-ups a day will not burn the fat around your belly and no amount of tricep extensions is going to torch off those bingo wings.

Fact is, muscle does not own the fat that lies on top and when it comes to losing fat, you do not decide - your body does where it takes from (Usually from places that do not readily store fat)

Fat loss is a total body process.

The good news is that when you work out in ways that boost your metabolism using full body exercises or weight training you will create the lean and toned look that you desire, plus you'll have an abundant amount of energy - all in minutes a day!

Combine this with a solid nutrition plan and you can burn fat from your entire body, and get fitter, healthier and leaner in the process.

You can improve muscle growth and improve your body composition with bodyweight and weighted exercises.

What's the best way to burn fat?

If you know anything about me and have been following me for a while then you'll know I'm a fan of High Intensity Resistance Training.

It's my go to method of training and it's super effective at burning fat, improving cardiovascular endurance and building lean muscle all at the same time.

Because with a resistance training element in your training routine, you will begin to lose more inches and look more defined AKA 'toned'

Remember: Resistance training can be bodyweight, kettlebells or free weights

Seriously though if you combine HIRT fat burning workouts with good nutrition principles you'll feel awesome and healthier, fitter, stronger and leaner as well.

4 CORE STRENGTHENING EXERCISES YOU CAN DO AT HOME

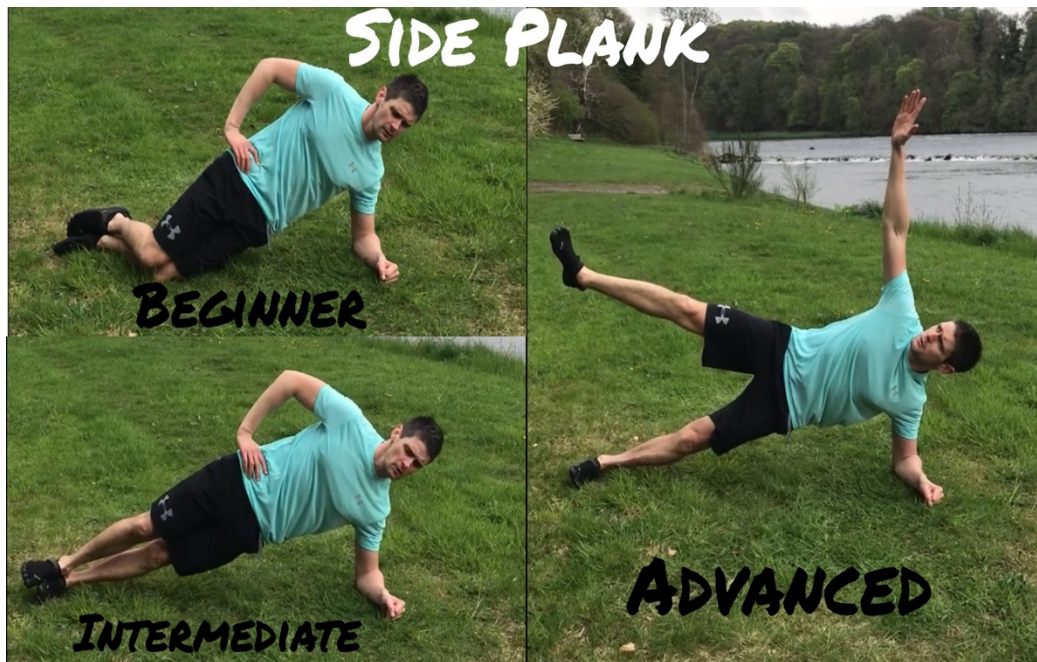
FORWARD PLANK



- Lie on your stomach on a mat or ground.
- Raise your body in a straight line and rest your bodyweight on your elbows and toes so that your body hovers over the mat.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breathing normally.
- Hold this position for the recommended amount of time.

CLICK here to watch forward plank demo >> <https://www.youtube.com/watch?v=fiSaE9gSolM>

SIDE PLANK



- Lay on side with elbow on ground and legs straight
- Raise up placing weight on elbows
- Brace abdominals and hold

[CLICK](https://www.youtube.com/watch?v=9Inlcti9V34) here to watch side plank demo >> <https://www.youtube.com/watch?v=9Inlcti9V34>

MOUNTAIN CLIMBERS



MOUNTAIN CLIMBER

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.

CLICK here to watch Mountain Climber demo > <https://www.youtube.com/watch?v=Hyo2W7aegGc>

SQUAT THRUSTS



- From the stand position
- Squat down and place hands on the floor and kick your legs back so that you are in a press up position
- Draw both legs in, bringing knees up to chest height or to a comfortable position
- Thrust back out to start position and repeat for the desired repetitions

CLICK here to watch Squat Thrust Demo Video >>
<https://www.youtube.com/watch?v=YPZnTWPYw6U>

Try This Routine At Home

Mountain Climbers x 20

Forward Plank x 30s

Side Plank x 30s each side

Squat Thrusts x 15

Rest for 60 seconds and repeat 3 – 5 times

<https://www.perthfitnesscamp.com/>