

# QUICK SIX-PACK ABS

Top tips | Training | Nutrition

## Water is the key

Water flushes fat out, maintains muscles, which in turn burn fat and keeps your metabolism in high gear so you constantly burn fat. If you do not drink at least 2 litres of water a day, you are unlikely to see your optimal six pack. This is a fact.

## Carbs & Saturates are a no-no

You will not see people with incredible abs who consume huge amounts of carbohydrates or eat saturated fats. Period. If you think you can get an impressive six pack and still eat bad, then you are mistaken. You need to dramatically reduce your carb intake and take your saturated fat intake down to zero.

## Snacking is out

Your body needs a break! You are too used to always munching on something. If you are hungry, drink water. Water is actually a great appetite suppressant. Stick to 5-6 regular small meals but do not snack and do not eat junk food or juices or anything with high sugar. Stick to what looks and feels natural for your body.



## What is a Six Pack?

Your abdominal muscles are made up of 6 blocks of muscle and on either side, obliques, mostly hidden under a layer of fat. When they are worked and their muscle intensity increases and you reduce your body fat, you end up seeing them very clearly.

Every human being can have a six pack - though in some, it is a 4 or 8 pack. Body-fat levels need to be kept to a minimum for the most impressive of six packs and unless you are very lucky with dense muscles, you do need to perform certain regular exercises to build and maintain your Six Pack.





## You need the right supplement to do the hard work

It's easy to say getting a six pack is a matter of just following certain guides. The reality is that 3 key things stop you from seeing your abs:

- Age and genetics
- Diet and time constraints
- Stress and lifestyle

The majority of people will require a supplement such as The Six Pack Pill to do most of the hard work for them, especially if the above factors are in play.

The Six Pack Pill has been specifically developed to accelerate the fat burning required especially on your abdominal region, to bring your 6 pack into view.

Over 90% of people will get close to a six pack by following the correct training and diet but will actually never see their six pack because they cannot shift that last layer of fat.

The Six Pack Pill will shift this last layer of fat, guaranteeing you a solid, ripped and fully visible set of six pack abs. Don't leave it to chance. Read more about The Six Pack Pill by clicking [here](#).

## *30 x 3 x 3 method for building quick abs*

There are many ways of developing your abdominal muscles (abs). One of the best ways is the 30 x 3 x 3 method. This is how it goes:

You do 30 x Crunches, 30 x Leg Raises and 30 x Ab Twists, 3 times a week. In reality, you won't need much more than this for "developing" the abs.

Once your abs are developed, then it is a matter of eating the right things to actually see them.

## *The King Prince & Pauper method*

Here's an easy way of lowering your body-fat so you can see your abs:

Eat breakfast like a king: Eat what you like but remember to keep carbohydrates (carbs) to maximum 50% of your total consumption.

Eat lunch like a prince. Keep carbs to a maximum 30% of total consumption.

Eat dinner like a pauper. Keep carbs to zero. Just eat protein rich foods for dinner.

