

## How to get ripped muscles in 4 weeks

I've done this workout a few times and each time I finished with an amazing lean body and ripped abs.

### Step One

Maintain a good diet, goes without saying but needs to be said anyway.

### Step Two

You'll increase the frequency of the workout each week. Each day will consist of 30 reps, low weight for 8 core lifts. After going through all 8 core lifts, you'll take a short 5 minute break and repeat the workout cycle. The transition between core lifts needs to be 1-2 minutes max.

Week 1: 3 days, 2 cycles.

Week 2: 4 days, 2 cycles.

Week 3: 3 days, 3 cycles.

Week 4: 4 days, 3 cycles OR 3 days, 4 cycles.

### Step Three

The workout cycle is in this order, 30 reps per lift:

Squats

Bench

Calf Raises

Lat Pulls

Abs-Situps

Tricep Curls

Dead Lifts

Bicep Curls

rest 5 minutes and repeat cycle as indicated per Week.

### ***Overall Tips & Warnings***

- It's a very difficult workout, you will be tired so don't use too much weight in the beginning.
- Eat properly.
- Work out with a friend that will keep you motivated.
- It's great if you can add cardio on at the end for 30 minutes.
- Don't use too much weight.

Don't get discouraged after weeks 1 and 2, the results will show in week 3.

# How to get ripped abs

## Step One

The more you do abs the more you over train them what really helps you get it is the kitchen, by watching your diet been low in cholesterol, and not eating fattening foods.

## Step Two

Sit-ups allow constant tension in your back

## Step Three

I can eat fattening meals because if I workout, I can burn it off. Most people don't workout long enough to burn even half of the calories they ate. The unburned excess will more than likely become fat. You can combat this problem by working out on an empty stomach. This allows your body to burn its own fat as fuel, since carbohydrates aren't readily available.

## Step Four

If I use weights with abdominal exercises my abs will show up better. Don't waste your time! Weights provide no additional benefit to your abs. Abdominals will never bulge like the leg or pectoral muscles will. Abs "barely" increase in size when you train them. To get your abs to show up better, you have to sculpt them. The sculpting of the abs is done through strip-away-fat dieting, not heavier weights

## Step Five

I'll have to go on a strict diet to get good abs. Nope! Through the use of simple diet modifications, anyone can turn their abs into a chiseled work of art. Use my basic, but highly effective abdominal dieting techniques: Cut sodium, cut calories, lower fat, lower sugar, exercise, and drink water. There are still ways to enjoy what you eat using these modifications. You don't necessarily have to "diet." You just have to know when you can eat certain foods. Be creative. It works!

## Step Six

Fat burners will help me burn fat around my abs. You're better off buying two candy bars instead. Although they can be effective, fat burners do not target specific areas of the body. Fat is burned throughout the entire body. Plus, the "best" fat burner is the food you eat! It's all in the diet

## Step Seven

I must train abs for hours for them to be defined. Absolutely not! Long workouts provide no additional benefit to your abs. It will only cause you to get weaker as a result of over training. It should take less than 20 minutes per abdominal training session. Less is better!

## ***Overall Tips & Warnings***

- Read this article step by step
- Sit-ups: The only reason I don't recommend them is because they're a waste of form when you can do crunches and get the same results.

## How to Get Abs in Four Moves

Use a chin-up bar and you can get ripped shoulders, a strong back, and hero-sized arms. A chin-up bar can be your best asset in achieving those washboard abs. Follow these techniques and you'll get knock-out abs with four moves.

### *Things You'll Need*

- Chin-up bar
- Hand towel
- Light barbell

### Step One

Grasp the bar with an overhand grip, placing your hands wider than shoulder length, but so that you are comfortable.

### Step Two

Bend your knees while raising your hips up toward your chest. While doing this, bend at the small of your back so that it moves underneath you as your legs and hips are being raised.

### Step Three

Pause for one or two seconds, at the top of your curl, then lower your legs back down and repeat.

### Step Four

Wrap the bar in a towel and grab it with an overhand grip again. Hang for as long as you can, stopping only when your arms completely give out. Rest for 60 seconds then repeat at least twice.

### Step Five

Take a light barbell, holding it with an overhand grip. Your grip should be about twice your shoulder's width.

### Step Six

Raise the bar overhead, keeping your arms straight and step backwards with one leg and lower body until your opposite knee is at a 90-degree angle.

### Step Seven

Push yourself into the starting position and repeat with the other leg.

### Step Eight

Hang from the chin-up bar, as if you are going to perform the hanging leg raise. Bring both of your legs up, but don't bend your knees. Done properly, your toes should touch the bar you are hanging from. Do two to three sets of four.

## How to Get Abs of Steel

Most people find rock hard abs extremely sexy, but they feel that abs of steel are unattainable. With the right diet and exercises, though, you can turn your flabby abs to rock hard abs in no time. Good abs aren't just for show either. A strong core helps alleviate back pain, too. Follow these steps to get abs of steel and look great.

### Step One

Start with a healthy diet that includes lots of fruits, vegetables and fiber, and not a lot of fatty foods. In order to get abs of steel, you need to begin with cutting the fat in your body. No matter how hard you get your abs, no one can see your six pack if a layer of fat is covering it.

### Step Two

Do crunches to strengthen your abdominal muscles. There are many different forms of crunches, each one targeting a certain area of your stomach. You can make your workout even more effective by using an exercise ball while you do your crunches.

### Step Three

Get involved in Pilates. Pilates exercises focus on using your mind to control your muscles, and they concentrate on strengthening your core postural muscles. This is a gentle, yet effective way to get abs of steel.

### Step Four

Go for a swim. This may not seem like a very effective way of getting abs of steel, but swimming gives the whole body a workout. Add more intensity to your swimming exercise by balancing on a floating ball. This requires that you use your entire core to stay balanced and is a great workout for your abs.

## More Abs Workouts



I strongly recommend that you complete Phase 1 (foundation) before attempting hardcore ab exercises.

When you have too much body fat, it will be extra difficult, and you won't see results to keep yourself motivated.

### 6 Week Abs Workout

Duration: 3-4 sessions per week, ~20-40 minutes per session  
System: 3 phases, 2 weeks per phase, increase sets by 1 per phase

Incline Sit-ups	4 sets of 30
Controlled Sit-ups (slow)	4 sets of 15
Lying Leg Raises	4 sets of 15
Bicycle	4 sets of 20
Medicine Ball Left/Right	4 Sets of 20
Plank	3 sets of 1 minute
Side Plank	3 sets of 45 seconds per side
Supermans	3 sets of 1 minute
Lower Back Extension	3 sets of 10
Hanging Leg Raises	3 sets of 10

### Intermediate-Advanced Core workouts (repeat 3 times per exercise):

- plank, side plank
- dynamic plank (hip motion up/down and sideways)
- 30 scissors (legs up, hands w/ 10lbs to toes)
- 100 bicycles
- 12 skewed scissors w/ 10lbs in hands
- Tabletop and hip thrusts
- spidercrawl + 10 full push ups

**Six Week Abs Workout – Phase 1 (Weeks 1 - 2)**

<b>ACTIVITY</b>	Week 1 Day 1	Week 1 Day 2	Week 1 Day 3	Week 1 Day 4	Week 2 Day 1	Week 2 Day 2	Week 2 Day 3	Week 2 Day 4
<b>Incline Situps</b> 4 sets of 30	✓							
<b>Controlled Situps</b> 4 sets of 15								
<b>Laying Leg Raises</b> 4 sets of 15								
<b>Bicycle</b> 4 sets of 20								
<b>Medicine Ball Left-to-Right Movement</b> 4 Sets of 20								
<b>Plank</b> 3 sets of 1 min								
<b>Side Plank</b> 3 sets of 45 secs (each side)								
<b>Supermans</b> 3 sets of 1 min								
<b>Lower Back</b> 3 sets of 10								
<b>Hanging Leg Raises</b> 3 sets of 10								

**Six Week Abs Workout – Phase 2 (Weeks 3 - 4)**

<b>ACTIVITY</b>	Week 3 Day 1	Week 3 Day 2	Week 3 Day 3	Week 3 Day 4	Week 4 Day 1	Week 4 Day 2	Week 4 Day 3	Week 4 Day 4
<b>Incline Situps</b> 5 sets of 30								
<b>Controlled Situps</b> 5 sets of 15								
<b>Laying Leg Raises</b> 5 sets of 15								
<b>Bicycle</b> 5 sets of 20								
<b>Medicine Ball Left-to-Right Movement</b> 5 Sets of 20								
<b>Plank</b> 4 sets of 1 min								
<b>Side Plank</b> 4 sets of 45 secs (each side)								
<b>Supermans</b> 4 sets of 1 min								
<b>Lower Back</b> 4 sets of 10								
<b>Hanging Leg Raises</b> 4 sets of 10								

**Six Week Abs Workout – Phase 3 (Weeks 5 - 6)**

<b>ACTIVITY</b>	Week 5 Day 1	Week 5 Day 2	Week 5 Day 3	Week 5 Day 4	Week 6 Day 1	Week 6 Day 2	Week 6 Day 3	Week 6 Day 4
<b>Incline Situps</b> 6 sets of 30								
<b>Controlled Situps</b> 6 sets of 15								
<b>Lying Leg Raises</b> 6 sets of 15								
<b>Bicycle</b> 6 sets of 20								
<b>Medicine Ball Left-to-Right Movement</b> 6 Sets of 20								
<b>Plank</b> 5 sets of 1 min								
<b>Side Plank</b> 5 sets of 45 secs (each side)								
<b>Supermans</b> 5 sets of 1 min								
<b>Lower Back</b> 5 sets of 10								
<b>Hanging Leg Raises</b> 5 sets of 10								