

# DYNAMIC SIX-PACK ABS



*Dynamic 6-Pack Abs*

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# Disclaimer

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# Dynamic Six Pack Abs

You're reading this right now because you're fed up with the size and look of your gut, am I right? Well, welcome to [Dynamic Six Pack Abs](#).

First off, let's not sugar coat it. You have too much fat, you don't have a six-pack and you're sick and tired of it. You want the body of a twenty year old, and who doesn't? You want to change. The good news is that you've come to the right place.

What you're going to learn in this book isn't going to shock you, and it's not even going to cause you to shout ah-ha! You know why? Because you already intuitively 'know' everything in this book. I can convincingly say that because your body already knows how to get a six pack ... you're just not listening to it.

Don't worry; I'm going to remind you how to get that body you've always wanted. I'm going to decipher your body's codes for you so that you never mistake them again.

Think that sounds crazy? Your body talks to you all the time. When you're hungry, your body is telling you to eat. When you're thirsty, your body's telling you to drink. The problem is that our world is just too noisy to listen to our bodies, and besides, the pizza delivery man is going to be here in twenty minutes. Do you get what I'm saying?

You know how to get a six pack, but your lack of motivation coupled with our lack of healthy eating habits has prevented you from getting that body you covet so badly.

You will have that body. But have you ever wondered why you want that body so badly in the first place?

## **It's Great to Have a Six Pack**

[Six packs](#) are the thing to have, according to the media, the fitness industry, and every other industry that has to do with reaching out to the masses. And we have come to expect six packs from those industries.

When we at home see someone on TV take their shirt off, and they don't have a six pack, it's not uncommon for at least one person in the room to say, "Ew." That happens all the time, and most of the time the person saying it doesn't even have a six pack.

The point is that the media, the TV, movies, magazines, and everything else that's designed for mass consumption, is skewing our views for what's normal in our society.

If we listened to the media, everyone on the planet would be weak and inferior. Why? Because most people don't have six pack abs. Don't believe me? Think of how the media portrays people of power or influence. They almost always have a six pack.

Tarzan had a six pack, every warrior in the movie '300' had a six pack and even the Twilight movies show six pack abs almost completely throughout. And that's just counting the men. Nowadays it's not uncommon for women celebrities to sport a six pack, too.

That's because six packs signify power, sexiness and our media is letting us know that having them means that we're special. We're not just

common; we're someone to be respected. That is how the media depicts people with six pack abs.

But the truth is, having a six pack is healthy, too.

## **It's Good for Your Health**

Having a six pack means you have [strong abdominal muscles](#). When you strengthen those muscles, you essentially help your back perform better. You will sit up straighter, you will walk straighter, and you'll have fewer, if any, back problems in the future.

If you have a bad back, and you follow the information in this eBook, your back pain could literally disappear. It's amazing how getting in shape can cure many of our ailments.

The fact is, having just a little bit of fat on your midsection can make you susceptible to sickness and disease. When you get your six pack, you will feel healthy for the first time in a long time. You'll find that you get sick less often, if you get sick at all, and you'll have an easier time warding off certain diseases like cancer.

But probably the most important aspect of getting a six pack is that it has such a great effect on your attitude and [overall mental health](#). There are a record number of people suffering from depression in this world. We're also getting fatter by the year. Could the two be intertwined? I know when I gain a few pounds I feel pretty bad. The world isn't just gaining a few pounds, however, it's facing obesity on an epidemic level.

So it's no wonder the world is depressed. If you feel down more times than you feel good, you just might be able to get out of your funk by finally attaining a six pack.

While I'm not saying that having a six pack will cure mental illness, not by any means, I'm merely saying that having a six pack will improve your outlook on life exponentially.

## Get Noticed



Having a six pack will also get you noticed. It used to be the fit people outnumbered the larger people of society, but boy have times changed. These days the world is much larger than it was ten or fifteen years ago, and by that I mean the people are larger.

Airlines are charging more for people of a bigger size, and they're even refusing to let some obese passengers on the plane altogether.

Clothes sizes are getting bigger, too. We are just becoming a larger society. So when you reach your goal of a ripped midsection, you'll actually stand out just like a movie star. That's because six packs are so uncommon, they're actually shocking when they're actually seen in person.

The thing you have to ask yourself is, "Are you ready for that?" What I mean is, most people don't like to be the center of attention. They like to blend in with other people. And that's essentially why most people get bigger. They like to fit in and so subconsciously they eat more to



accommodate the other person, or people in their life. That's why spouses gain weight together, or best friends. And it's why they tell you that if you want to [lose weight](#), you shouldn't hang out with overweight people.

Whether you believe that or not, you must let your body know that you're completely comfortable with finally getting fit, with finally getting a six pack. Because your body, not thinking you're ready, will try to sabotage you. But if you let your body know you're ready, you'll find losing that excess fat easier than you thought it'd be.





## **What You're Going to Get**

As you've probably noticed, this eBook isn't like other six pack abs books. Those books start off right away with [diet plans and exercises](#). This book is different in that all of those diets and exercises won't give you a six pack unless you're ready to let them work.

What you're going to get with this eBook is everything you need to get the six pack you've always wanted. Read it through to the end and you'll never have to turn to another source again.

You will find diet and exercise stuff in here, too, but they're not till the end so you can relax just a little while longer.

## **Why Do You Want Them?**

I've covered the benefits of having strong abs, and why they're so important to society, but why are they important to you? Have you really thought about that? Why do you want to get cut, ripped, have a six pack, have a washboard stomach, or whatever you call it? What is your motivation?

## **Your Motivation Has to be Strong**

If you merely want to get a six pack so that you can get a certain girl or guy to notice you, that's not enough to sustain you throughout your transformation process.

And that's essentially what this is. You are going to be going through a transformation, a metamorphosis. Even if you're one of those people who are 'skinny fat', you are still going to have to change your current body into a stronger, fitter one. There's no way around it. That's how to attain a six pack.

Hey, nobody said it was going to be easy. If it was easy, everyone would



have a six pack. But they don't, do they? You will, however, as long as you listen to what I say and follow through with it.

The first thing you're going to need are goals. We all know that your main goal is to get a six pack. But you can't just tell yourself you want a six pack, shoot for it and expect to

maintain enough momentum to get you through to the end.

The truth is, you're going to burn out halfway through, right before you reach your goal, and you're going to quit. I say that because that's what most people do. They'll be doing great and then they'll hit a plateau or they'll fall off the wagon, and they'll think, "Oh screw it!" and they'll devour an entire pizza by themselves. I've done it. I've been there.

For that reason, you need to set smaller goals so that you can feel good about reaching them. You may pledge yourself to lose inches off your

waist, to lose pounds, to do a certain amount of exercises, or anything that will keep you motivated throughout the process.

I bet you're thinking to yourself, "How long is this going to take?" I can't answer that. And neither can you. Only your body can. It could take two weeks, it could take two years. The point is that you have to remain consistent and you can't give up. You have to keep plugging away, even when people, or you, try to sabotage your results.

When that happens, and it will, you'll need a safety net.

## **Safety Net**

It never fails. The moment you decide you're going to finally do something about your weight/midsection/health, etc., someone always invites you out to eat or out to a party. It's at these parties that the food is usually abundant, and so are the drinks. This is no good at all for the person who ten minutes ago pledged to finally get his eating back on track.

But don't worry, you can guard against these obstacles, or bumps in the road as I like to call them, by keeping reminders of your goals on you at all times. Keep an index card with your goals written on it in your wallet for when you're tempted to stray, or keep a photo that motivates you in your wallet, or use your phone to motivate you. Smartphones these days will let you view photos, listen to audio, watch videos and they even have apps that can be used to really keep you on track. You just have to want it badly enough.

And that's why your motivation must be questioned, and strengthened, if you ever hope to [achieve the body of your dreams](#).

## You Will Still Be the Same Person!

Finally, a note on how a six pack will change you. It will give you a better attitude and a better outlook on life, and it will definitely give you better self esteem, but it's not like winning the lottery.

Some people dream of the day they reach their ideal body. They begin to imagine all sorts of doors of opportunity opening up for them.

You're still going to be the same person, only fitter.

You're still going to drive the same car, live in the same house/apartment, and you'll still have the same problems you had when your belly was soft.

Getting a six pack can improve your life, but you should never expect reaching this goal to fix your life.



# Why Six Packs Elude Most People



## Most people are Fat

Most people don't have a six pack, and that's obvious. Every holiday we hold, no matter your religion, typically revolves around food. And when there's abundant food, there's usually alcohol, too. It's no wonder our society is so gluttonous.

But it may be more than just the availability of food. The Italians also celebrate with food, but they're not known to be a very overweight culture. What could be causing us all to gain weight? And what could be holding you back from your dreams of attaining a six pack?

A moment ago I mentioned that the world is getting increasingly depressed as they get fatter. Some scientists think that putting on weight is one of our body's defense mechanisms.

Some studies have concluded that children who are sexually abused gain weight as they grow so as to hide their bodies. The fat they put on essentially acts as a buffer between them and the rest of the world.

This may sound like a lot of psychosomatic mumbo jumbo but lots of studies have proven its relevancy. What we think and how we feel affects how our bodies change and develop. By relaxing and telling your body that you really want to achieve this goal, you'll be more likely to reach it once and for all.

## **Alcohol**

And now, a word about alcohol: when I first started on my quest to attain a six pack, I looked everywhere online for advice on whether or not I could still drink and get fit at the same time.

I found people who said absolutely not! Alcohol is horrible for weight loss. These people told me through the many web pages I viewed that your body will need to burn off all the alcohol before it can get to work on your fat stores.

These individuals said that alcohol slows down your metabolism and that it's a toxin that causes your body to become dehydrated, which is the exact opposite of what you need if you're looking to lose weight.

So I clicked off of those websites and started reading those sites where people decided that you could drink and still lose. Guess what I found.

The sites that told me I couldn't drink all came from individuals who were either fitness experts, or had lost a bunch of weight recently.

The sites that told me I could drink were usually on forums where people were still on their '[fitness journeys](#)'. In other words, the ones who didn't drink made it, and the ones who did are still struggling with it.

Listen, having a beer or two on the weekends, or a glass of wine, or a glass of alcohol, isn't going to kill you. It's not going to sabotage your results. But you cannot binge drink, you cannot drink every day and you can't fill your glass to the very top and say that it's one drink. Be serious about your efforts, and you'll get serious results.

Not only is alcohol burned first before your body reaches for your fat stores, but alcohol numbs your stomach. That's why drive through restaurants make a killing at two in the morning when the bars and clubs let out. Because all those drunk people are STARVING!

It's a fact, alcohol will make you hungry. But it's a fake hunger, and if you drink and eat late at night, those calories aren't going anywhere but right on your gut, the very place on your body that we're trying to reduce.

## **What Have You Tried Before?**

Have you tried other programs/pills/potions/gadgets before? If so, you probably feel as though you wasted your money, don't you? But what if I told you that everything you spent your money on probably worked? What if I told you the problem wasn't the gadget you bought, the potion you tried or the pills you took in your attempts to get a six pack? What if I told you the problem was you?



## Infomercials

Infomercials are geniuses at making us pick up the phone or log on with our credit cards gripped in our greedy little hands. They'll play their fitness commercials at three in the morning. Usually it's right after you've gorged an entire bucket of ice cream or an entire box of cookies.



These programs promise that you'll get fit in sixty days! Or that you'll drop twenty pounds in two weeks!

While the products may not work that well, they probably do work. You just didn't have the follow through or the plan in place that enabled those products to work.

But I'm here to tell you right now that you don't need anything to get six pack abs. You don't need a machine, you don't need drugs, and you certainly don't need any disgusting drinks. All you need is [knowledge and motivation](#).

So save your money. Don't buy from the infomercials at two in the morning. Don't buy from magazines, don't click on links and buy off the internet and certainly don't buy any products from your local grocery or super store.

You don't need them. If you want to take a supplement, take a multi-vitamin. Other than that, you just need to eat real food. That's the trick to getting a six pack. It's 85-90% diet.

## Diets

I know what you're thinking. The moment you see the word diet you immediately close your mind. The word [diet](#) invokes memories of starvation and unpleasantness. It's not a nice word.

But I don't mean diets where all you eat is eggs or strawberries or anything like that. I'm talking about real food. That's it. Eat lean meats, healthy vegetables, good carbohydrates (brown rice, wheat bread, oatmeal, etc.), eat lots of fruit and drink plenty of water.

That's it. That doesn't sound hard, does it? The diets where you restrict yourself too much are doomed to failure. And even if you do stick with them, they're very unhealthy.

Let me tell you a story. When I was eighteen, I worked at a grocery store as a bagger. A woman had some sandbags that she needed carried out to her car for her. So, being the good employee I was, I wheeled that cart carrying two one hundred pound bags of sand across



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the parking lot to her car and waited as she opened the door. I then put my arms around one of the bags and...nothing. I couldn't lift it.

See, I was on this diet at the time where I ate half of everything on my plate. Then, when I hit a plateau, I ate half of that. It got to the point that I was basically anorexic. I was so thin I had eaten away all my muscle.

Don't follow in my footsteps. Believe it or not, you have to eat to lose weight. You just have to eat the right foods at the right times and at the right amounts.

All you need to know in order to lose that gut and finally be able to see your abs is to eat less, exercise more and refrain from drinking alcohol until you've at least reached your goal. That's it. That's all you need to know.

Most people are looking for that magic pill. That term '[magic pill](#)', I hate to use it because it's used so often. But it perfectly describes what people are looking for in their quests to lose weight.

It's not easy. In fact, it can be downright hard at times. But you know what? Most people wouldn't know because they quit prematurely, before the plan their own even has time to produce any action.

That's because most people have no patience.

## **Patience and Why Most People Don't Have Any**

It seems the day the microwave was invented, our society lost all meaning for that little virtue we call patience. Don't believe me? How

many things have you pulled out of the microwave before it actually reached zero? How many times have you seen the microwave show the number 3 or even 1 instead of the time? One second? You couldn't even wait one second for your food or soup to be done?

That behavior right there is how our society now operates. We have become accustomed to getting information right now, when we need it. We can order something online from a completely different country and have it delivered the next day to our doorsteps. We can pick up our cell phones and instantly talk to a relative in another state, check movie times, or even trade stocks.

We live in an instant, microwave society where we want it and we want it now, whatever that it might be. We have no patience, and that right there is the one reason why most people fail to reach their [fitness goals](#).

## The Passing of Time

Listen up, because this is going to be the best advice anyone can ever give you when you're trying to [lose fat and gain muscle](#). Right now you're trying to strip away the fat around your midsection so that you can finally see the rippling muscle underneath. The problem is that you can't spot reduce. What that means is you can't just shed fat from your midsection. You have to do it slowly and it has to come from all over your body, like in sheets.

Therefore, if you know it's going to take some time, the best advice you will ever hear is to forget what you're doing. That's right. You can mark the day you started so that you can have a good reference, but your best

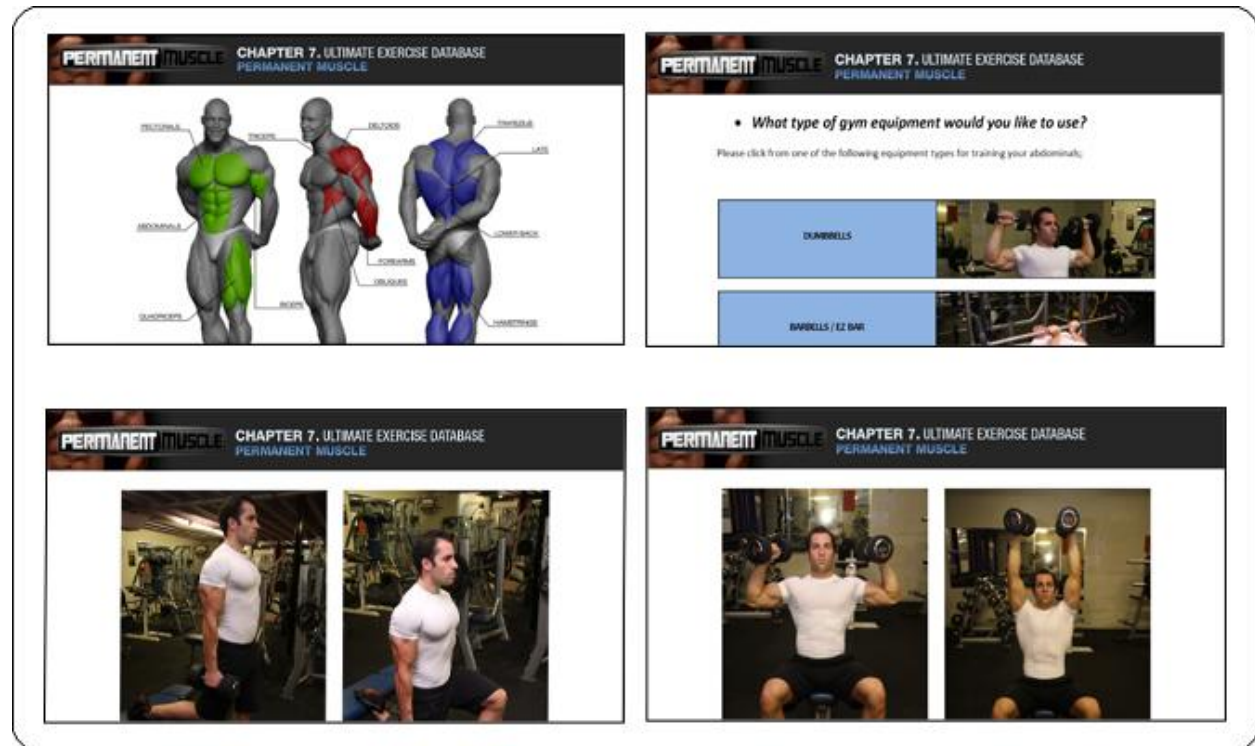
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bet is to forget you're even trying to complete something. Just incorporate good eating habits and some exercises into your normal routine. That's when you're going to look up one day and see your abs poking through. If you can forget about it, the days will pass quicker, and the results will appear to come faster.

Generally it takes twice the amount of time for fat to melt away as it took to pack it on. So if you gained twenty pounds in three months, it's generally going to take you six months to lose those twenty pounds. Of course this isn't scientific but it can help you prepare your mind for just how long your efforts are likely to take.

If you can just keep eating right and doing the exercises I'm going to tell you about, you'll notice your waist shrinking and that six pack poking through before you know it.



# Why Most People Gain it Back

To lose weight and get a six pack, you're going to have to change your lifestyle. The problem is that most people go right back to their original lifestyles the moment they lose the weight. The result? They gain it all back and then some.

## Why does this happen?

Mostly it happens because the person is so overcome with confidence that they start hitting the social scene. They are out showing off and having a good time, but they're also likely drinking at the bars and clubs, and then eating when the alcohol makes them hungry.

Some people get into a relationship that always seems to help people pack on the pounds. It may be due to one or the other getting comfortable, but most likely it's due to the fact that most dates revolve around food and/or alcohol, so you run into the same scenario as above. The more you eat, and the more you drink, the more weight you're going to gain.

## Fat Point

Some experts claim that we have a [fat point](#). For instance, if you are twenty pounds overweight and you lose that twenty pounds, according to

some scientists you are more likely to gain that twenty pounds back because your body has become accustomed to it. That twenty pounds overweight is your fat point.

These same scientists also claim that you can change your fat point. To do this, you must lose the weight and then keep it off for a good amount of time. This could be six months, it could be a couple of years. But they say that if you can maintain your weight loss, you'll have a less chance of ever gaining it back.

Our bodies gain and lose weight because they're designed to do that for particular reasons. More weight will insulate us against the cold when we're in those climates, and less weight will allow us to stave off the heat in the warmer climates. However, sometimes weight gain can be attributed to psychological reasons. Ever heard of the term '[emotional eating](#)'? That's when someone gorges themselves with some sinful treat because they're upset.

Something or someone has hurt them badly and it just feels good to consume large portions of food that you're not supposed to have. Rarely do people do this on fruit or vegetables. It's usually ice cream or pizza.

The point is that you have to deal with any stress or emotional problems you're going through so that you don't have one of these guilt-ridden binge fests due to your feeling blue. Trust me, it'll help your efforts.

## **Gadgets Gather Dust**

Another reason most people gain the weight back is because they become less active. They start to think, "Hey, I reached my goal. I can slack off a little." Soon, that little becomes slacking off a lot and the



weight comes back on. The weight machines or cardio equipment that they used to get their six packs gather dust in the corner of the bedroom and sometimes they're even used for hanging clothes.

It's very important, if you want to maintain your results and reset your fat point, that you change your lifestyle and stick to that lifestyle even after you've succeeded. It's the only way to make your efforts worthwhile.

## Changing Your Lifestyle

[Changing your lifestyle](#) sounds difficult but it's really not. Just eat less and exercise more. When eating, use smaller plates. When eating out, only eat the single portion sizes and take the rest home to eat later. Don't count calories, learn to eye the correct portion sizes of the foods you eat, and keep your junk food to a minimum. That's it. That's all there is to changing your lifestyle. And do the exercises, which we'll get to next.

## Learn to Know Your Limit

To get a six pack, you have to eat so that you're only satisfied. You can't eat until you're full. The general rule for gaining and losing weight is, if you're trying to lose weight, you should leave the table leaving just a little bit hungry. If you're trying to gain weight, you should fill up as much as possible.

Obviously we're not trying to gain weight, so leave the table a little hungry. Your stomach will shrink eventually and soon you'll get used to eating smaller portions. And your waist will begin to shrink in the process.

Remember that [food is fuel](#). It's also important to consider the type of fuel you're putting into your body's tank. Premium fuel will give you far more energy, while sub-standard fuel might fill the tank but not give you much to go on.

If you can remember that, you'll remember not to stuff it into your face like you're starving. You're not starving, you're just hungry. Feed yourself until you're not hungry anymore and then stop eating. It's as simple as that.

## **Drink Water**

Another thing to remember is that you need to [drink a lot of water](#). You can drink low calorie drinks like iced tea or Chrystal Light, just make sure you're keeping yourself as hydrated as possible. The more you drink, the more fat you'll lose and the fuller you'll feel, too. As an added bonus, more water will improve the look of your skin and you'll feel better, too.

Remember, we're made up of 70% water. Drink a lot of it. Your body needs it.



## The Exercises

When it comes to the exercises, the number one rule is that you don't need to spend money. Turn the infomercials off! All you need is a floor and your body. If you want to get an ab ball, that's OK, but that's it. The ab ball can actually help you target your abs really well, but you can do the same exercises on the floor.

### Cardio

[Crunches and sit-ups](#) are not going to get your abdominals showing through unless you get rid of the fat covering them. To remove that fat, you're going to have to do some cardio work. Don't worry, I'm not asking you to go run a marathon, or climb a rock wall or anything.

To get adequate exercise for losing weight, go for a walk. Stroll around the block. Take the stairs. Ask a friend to walk with you to the store instead of taking the car. Shoot for thirty minutes and then go for more

time once you get more comfortable with it. Or you could run if you really want to maximize your results.

The higher you can get your heart pumping, the more fat you'll lose. But walking is perfectly acceptable, as long as you walk long enough and often enough. Remember to stand tall while you walk, as this holds your abs in and helps to tone them as you walk around. You'll also be giving your back far more support, which can also help strengthen the muscles there. 30-45 minutes each day, five days a week should be perfect for dropping the weight quickly so that your results can show through.

To make things easier, listen to your favorite music while you walk or run, or cardio kickbox. Music makes the time fly and it can really energize you, resulting in a better workout.

At first, getting a little exercise into your daily routine will seem like really hard work. That goes especially for those who aren't used to moving around very much. But soon your body will begin to crave it. You'll notice your blood pressure dropping, your appetite evening out, your attitude improving, your energy levels increasing and you'll of course enjoy all the weight you're losing.



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## Crunches vs Sit-ups

Some people advocate crunches to get really ripped abs and some say that sit-ups are better. The truth is that it doesn't matter what abdominal exercises you do. As long as you put some intensity into them, and you feel the burn, they will give you the rock hard abs you're wanting.

## Reps/Sets

When it comes to reps and sets, do as many as you feel is necessary. Remember when I said that your body speaks to you? It will let you know when it's had enough. But make sure you push yourself and give it your all so that you're not giving up before you actually get yourself working.

Remember that, in order to exercise your abdominals correctly, you have to exercise your side, upper and lower abdominals. You can do this by doing side bends, crunches, reverse crunches where you raise your butt in the air instead of your shoulders, etc. Those exercises right there will give you a great workout that will have your abs showing before you know it, as long as you change your lifestyle and follow the rest of my advice.



# To Get A Six Pack

Whether you are doing sit-ups, crunches, side bends, or reverse crunches, if you want to get the most out of your movements, you'll take them slowly. For instance, count two seconds up and two seconds down when doing each repetition. And always remember that you're not truly working your abdominal muscles until you feel the burn.

What I mean is, if you're doing crunches, you feel your abs beginning to get warm and then they start to burn, that's when your exercise is working. It's at that point that you have to go for as many reps as possible, past that burn, in order to achieve maximum results.

To get even better results, whenever you do a movement, try to hold and squeeze the muscle before you go back to your starting position. This will really work the abs hard and you'll get crazy results.

## It's as Simple as That

You don't need to join a gym, buy special clothes, or even any equipment. You only need to eat the right types of foods, and only when you're hungry. Do the [abdominal exercises](#) three or more times per week, and make sure you're getting some kind of cardio three to five days per week for at least thirty minutes.

That's all it takes to achieve the six pack of your dreams. If you can keep it up, keep your motivation high, and you can remind yourself

constantly of the benefits and perks to getting a ripped midsection, you will reach your goal in no time. I guarantee it!

Now get to work. Soon, you'll be able to go shirtless without feeling embarrassed, you'll be able to enjoy boundless energy and confidence and you'll be able to say that you reached one of your life's goals. But first you have to begin.

The quicker you start, the quicker you'll get there. So what are you waiting for?

