

## Six Steps to a Sensational Stomach

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Are you tired of sucking in your stomach when you put your bathing suit on? Do you feel self-conscious about your midsection not being as toned as you would like? If you answered yes, I am here to help you get the stomach you've always dreamed of!

Crunches, sit ups, steam engines, and the multitude of other abdominal exercises are great for building the stomach muscles. However, these exercises do nothing to help you to lose belly fat so that these muscles are visible. In order to see these trained and sculpted muscles you must lose the fat on your midsection first. The pills and equipment you see on infomercials are just gimmicks. Unfortunately the public has been steered and misinformed for years and some people do not know where to turn for the truth. I am here as your trainer to help you. All you need to do is clean your diet and do the right set of exercises. Follow these six steps and you should start to see a sensational, sexy, and sculpted stomach!

### **1) An apple a day**

Try to eat 4-6 servings of vegetables and 2-4 fruits per day to boost your immunity and your fiber intake. Apples are a great choice because they have pectin, which lowers cholesterol and is also a natural appetite suppressor.

### **2) Amplify your cardio workouts**

Make sure you are getting 3-4 sixty-minute workouts per week that include high-intensity intervals. Run for 10 minutes, sprint for one, do 10 burpees, and 20 pushups. Start with 1 set and build your endurance so you can repeat this workout 5 times. This workout will challenge you and leave you craving more because of the results it will bring!

### **3) Increase your protein intake to rev up your metabolism**

Start your day with protein by eating four hardboiled egg whites with your breakfast. This will help boost your metabolism right at the start of the day. High-protein foods take more work to digest, metabolize, and use, which means you burn more calories processing them. They also take longer to leave your stomach, so you feel full sooner and for a longer amount of time. The cumulative effect has obvious benefits for anyone who is watching her weight. In a study published in Nutrition Metabolism, dieters who increased their protein intake to 30 percent of their diet ate nearly 450 fewer calories a day and lost about 11 pounds over the 12-week study without employing any other dietary measures. And if, like most successful dieters, you're burning calories as well as counting them, protein is doubly essential for making sure you lose fat, not muscle.

### **4) Plyometrics push your body!**

Plyometrics (Jumping Exercises) are anaerobic exercises. When doing plyos you work out at 90%-100% intensity and you really stimulate your metabolism. Because of this you can have an elevated calorie burn for hours after the workout is completed. These explosive exercises also shock your core! Add plyometrics such as the jump squats to your workout program to expedite your weight loss goals and sculpt your abs!

### **5) Pump some iron to tighten your core**

The more muscle your body has, the more calories your body burns, even at rest. Make sure you have some weight training in your workout, instead of just cardio exercises. If you only do cardiovascular exercises (running, dancing, etc ) without weight training then you may lose muscle mass, including the muscle in your abs.

### **6) H2O is the way to go!**

Studies show that drinking water aids in weight loss. Drink a glass of water before every meal and you will find yourself less hungry and eating smaller portion sizes. While each person's hydration needs are different, the Institute of Medicine advises that men and women try to consume about 3.7 and 2.7 liters of water a day, respectively, including water found in food (fruit and vegetables) and other beverages.

Go ahead and get moving so you can turn your dreams of a sexy, sculpted, and strong stomach into your reality! You deserve it!