

## Get Fab Abs

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As we head into spring, are you getting serious about toning up your stomach? If so, you need to look at the root of belly fat. Since there is no such thing as spot removal, it's not just about your stomach; it's about your entire middle, or what experts refer to as "the core." If you really want to see big differences, you've got to work the entire core, including the front (rectus abdominus), sides (obliques), and back. Basic crunches, for example, are fine for working the upper front ab muscles but don't do much for the obliques that wrap around the sides of your waist or the lower back muscles that anchor into your lower spine. A workout highlighting moves that target all core muscles, both individually and in tandem, creates a leaner, longer, stronger middle with a lot less effort than you've probably devoted to getting a flatter stomach in the past. Below are four tips to help you sculpt and tone your abs:

### **1) Clean up your diet.**

Focus on high-fiber, low-glycemic foods. Have a spinach and yogurt smoothie for breakfast, an egg white omelet or salad with grilled chicken and broccoli and quinoa for dinner, and almonds for a snack.

### **2) Get your cardio in.**

Run, walk, bootcamp strong... whatever you do, make sure to burn calories for a lean strong core. By getting at least 45 min to 1 hour of cardio three days a week you will lose weight, tone your body and your core, and build your strength and endurance. All your cardio exercises are focused on toning your body and making it leaner, hence a slimmer abdominal region!

### **3) Drink your H<sub>2</sub>O.**

By drinking water you will decrease bloating, which will give you a leaner core. Drink lots of water. Double or even triple your water intake if you're at all bloated. Bloating happens because of gained water weight, and while drinking water seems to be the opposite of what you want to do, it will help reduce the bloating the most.

### **4) Get in the staples of your fabulous ab regimen.**

Go for three sets of 25 bicycles, two to three sets of side obliques, 1 min plank (works core), and leg flutters (works lower abs).

Have a fABulous day!