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Gaining Muscle in your Gut, the Dream Six Pack Abs

More than having a spectacular looking chest muscles, a bulging biceps and triceps combo, most people would definitely want a well toned and sculpted six pack abs. The problem though is that the stomach muscles is one of the most difficult to develop. Well not really, they are developed as the same rate as the other muscles are, but, because body fat can also be very difficult to get rid off in that area, for stomach muscles to easily be seen, you first have to get rid of your body fat in that area.

There are so many body builders who get easily discouraged because after all their hard work they are not able to see any developments. Little do they know, their stomach muscles are already progressing, but they are not able to see the progress as there are fats covering the muscles in that area. Most of them would just get discouraged and abandon the idea. So what needs to be done then? First things first, one must not be easily discouraged, you may already have great looking abs underneath all your stomach fats, so the common thing to do is to get rid of the fats to make them show.

What you need to do to eliminate fat is to do some hard hitting cardio exercises to eliminate the fat and sweat them all away. To do this, you must go in a diet, no, I'm not saying starving yourself, all you need to do is to burn away all the calories you ingest. So even if you pig out, it's okay all you need to do is to burn them all away, that is if you're willing to do cardio exercises half of the day.

Hopefully the information presented so far has been applicable. You might also want to consider the following:

So to avoid this predicament, keep away from foods heaping with saturated fats. A diet of pizzas, burgers and processed meat will do you no wonders, that is if your goal is setting the record for the heaviest person on the whole world or the fastest weight gain in a year.

Some of the best cardio exercises you can do won't even cost you a cent. The point here is to get your heart rate running at full nitro mode. Running, swimming, biking and maybe just going up and down the stairs at a fast pace can easily help in achieving your goal. Anything that can make you sweat and get your heart rate pumping will do the job. Doing this for about 15 to 30 minutes each day will show significant results. In no time at all, you will be burning body fat in no time at all.

Cardio exercises though will only work if you already have developed abs. So if you don't, you should integrate exercises that will shock your stomach muscles to develop. Crunches in different forms would be ideal. Avoid doing the same exercises everyday as the muscles may get accustomed to them and just adapt to them inhibiting muscle growth. In one day concentrate on the center muscles, the next day work on the side muscles.

Also try to increase the intensity of your workout. Use weights if possible. This is so that the muscles don't easily get accustomed to the exercise and make it comfortable with the process.

Hopefully the sections above have contributed to your understanding of Gain Muscle. Share your new understanding about Gain Muscle with others. They'll thank you for it.

About the Author

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