



Top 10 Reason Why people Don't Have ABS

#1 Binge Eating

Even the best of us crack under the pressure of too long on a strict diet. If you're trying to stick with a regimen far too low in calories and carbs, it won't be long before you hit the buffet with a vengeance. When binge eating rears its head in your diet plan, have a good look at the regimen you're following and be sure you're consuming enough calories. Use [BMR calculator](#) to figure this out. A very low-calorie diet is the chief reason why most men binge. Your intake must be appropriate to your size and activity level. Low calorie is good, but too few calories will leave you hungry for a binge.



Here is another suggested application to use:

#2 You're too Stressed

Just like lack of sleep, high levels of stress also induce the release of cortisol and quickly cause fat gain in the belly area. If you lead a high-stress lifestyle and feel chronic tension, not only are you encouraging stomach fat accumulation, but you're also risking the loss of lean muscle mass. If you want to stay ripped everywhere else and move closer to a six-pack, you must control your stress.

Don't Know if You are Stress? Well take a test [Here](#)

#3 You drink too much

Headed out for another Friday night with your friends? Before you order another beer at half time, think about its effect on your six-pack goal. As soon as it enters the body, alcohol immediately puts the brakes on fat loss, which means each beer really slows down your progress. Drinking too much too often can also encourage fat to develop around the stomach area, making your job that much harder. While you may get teased by your drunk friends when you ask for water, you'll render your buddies speechless next time you show off your ripped abs.

#4 You have poor abdominal control

Abdominal control simply boils down to body awareness and much of this happens as we mature through our fitness program. You may notice when you are in the gym that there are many people there that are simply moving and not necessarily stimulating specific muscles. The same goes with your core and abdominals, so even now as you are sitting gain awareness of your posture in relation to your core. Focus on keeping your abs tight and pulled in at all times with an erect posture. Eventually it will become a habit and you'll immediately look leaner. Without abdominal control or awareness you may notice either more injury or more trips to the chiropractor.

#5 You're too focused on abs

Sometimes people who have getting a 6 pack or slimmer waistline as their goal tend to focus a large part of their workout on training abs. Sadly, this focus only drives them further away from their goal. Since the ab muscles are very small, they're hardly going to burn any calories at all (per minute of exercise.....Sorry but its true). Instead, try to focus on compound movements. These work the abs in the course of greater stabilization exercises, and, in the process, they burn 10 times the calories any crunch will.

Here are some examples of compound exercises that you can do every other day [Click Here](#)

#6 You need more carbs

If you're like many people, you think removing the carbs from your plate is the fastest way to get lean. XX wrong answer. Unfortunately, that's often not the case. Low carb diets may be useful for fat loss, but following a very low-carb diet for a long time will cause you nothing but problems (like loss of muscle tone). Certain fat-fighting hormones begin to change when your carb intake is too low, and this actually causes your metabolism to shut down. When your metabolism slows, you end up burning so few calories over the course of the day that fat loss becomes next to impossible. Go high-carb once a week to keep the balance steady. Your abs will thank you.

#7 You're not sleeping enough

Do you find yourself staying late at work and vowing to sleep in on the weekend to make up for it? If you're hoping for six-pack abs, you'll have to rethink that strategy. Lack of sleep causes increased cortisol to surge through your system, and this potent hormone actually encourages the accumulation of stomach fat. Get to bed earlier. Not only will you see belly benefits because of it, but you'll be more productive during the day so you won't have to stay so late in the first place.

Here are some sleep tips [Click Here](#)

#8 You're not drinking enough water

In today's world of fast food and excessively processed foods, water retention is the norm. If you have a high-sodium diet and you're not drinking enough water throughout the day, you can bet your looks will be hindered by what you consume. Up your water intake to at least 10 glasses a day and put down the saltshaker. You'll see noticeable differences in two to three days' time.

#9 It's not in your genes

Another reason you don't have abs is that you simply don't have the genetics for it. Some people are naturally prone to carry more abdominal fat, and even if they get down to leaner levels with ripped arms and legs, the abs still don't show through. Couple that with the fact that genetics plays a principal role in determining the shape of the abs and the way they look on the body, and you'll realize that if you have genetics working against you, toning your abs is going to be an uphill battle

#10 You have low muscle tone

The first reason you don't have abs is simple: a shortage of muscle. While everyone has a degree of ab development, some people simply have very little of it. The larger your ab muscles are, the more the muscle will be able to show definition through your body fat, and therefore, the more sculpted your abs will look. Start performing more weighted ab work to overcome this problem. Weighted decline sit-ups work perfectly.

So What the Plan Stan?

Show Up!!

Contact Fit Emmett For More
Help with Your Goals.

Call us at 803-389-7600

Email us at info@fitemmett.com

Absolute Abs Formula



Welcome

Congratulations on taking the initiative to improve your health and make the life transformation. If you are ready to commit 6 weeks to your health you can really jump start your healthy lifestyle. We are excited to be able to work with you in this program. Please realize that this is only 6 weeks! If you can't make the necessary changes to be successful with this program for a short 6 weeks then please **DON'T** even attempt this (you are sacrificing only a couple days). Based on all the studies and experience of the developers of this program, there should be many success stories (**IF ALL SUCCESS LIST GUIDELINES ARE FOLLOWED**). I promise that if you adhere and commit to this program outline for the 6 week period, you will achieve great results. You are powerful beyond measure and we all have greatness with us, but it is up to you to embrace that greatness by putting forth the effort.

“You have the capability. Break free from your self-imposed limitations and start stretching to the next level.”

“If you will believe, remain faithful and expect good things, you can defy the odds.”

-Joel Osteen

Things You Will Need to Start

- STRONG DESIRE TO CHANGE YOUR LIFE
- A BIG ENOUGH REASON WHY
- AN UNDERSTANDING THAT ABS ARE MADE AT THE TABLE (90% IS NUTRITION)

Top 10 List of Reasons

Why You Don't have Abs (What You are Doing Wrong)

1. Binge Eating
2. Too Stressed
3. Drink too Much
4. Poor Abdominal Control
5. Too Focused on abs
6. You Need More Carbs
7. Not Sleeping Enough
8. Not Drinking Enough Water
9. Low Muscle Tone

So Here it is.....

The Absolute Abs Success List

1. Believe it to achieve it - until you master this #1 tip, don't bother reading further. Unless you believe in YOURSELF, no diet or workout on earth will be effective long-term. You MUST believe "it" is possible.
2. Visualize your "ideal" self - not just your physical self, but mentally, emotionally... what do you look like and how do you FEEL? Post pictures where you can see them, but remember to see the inside as well as the exterior.
3. Eliminate negativity - break free from toxic thoughts, habits, relationships... anything that separates you from your best self! LET IT GO.
4. Reinforce this positive self image with AFFIRMATIONS. Repeat them daily. I am strong. I am fit. I am WORTHY. What do you need to believe to achieve?
5. Keep a journal - track your daily food, exercise, mood, whatever helps you stay on track... write it down!
6. Have a PLAN. If you fail to plan, you can plan to fail... sorry, but it's true.
7. KEEP IT SIMPLE. Six pack abs (or a strong, healthy body) are not complicated. Eat clean and Work out. Don't be overwhelmed or TRICKED by crazy sounding fads and magic pills. There is no QUICK FIX.
8. Be accountable - increase your odds for success - work out with a trainer, find a workout partner, go to group classes, join a support group. You are not alone!
9. Get enough SLEEP - your body can not function optimally without proper rest. 7-8 hours is ideal, more for children and teenagers.
10. Set reasonable, attainable goals and reward yourself daily. YOU DESERVE IT!
11. DRINK LOTS OF WATER & add lemon for extra detox benefit
12. Eliminate artificial sweeteners
13. Eliminate soda and alcohol
14. Limit or eliminate sugar and "white" flour
15. Limit or eliminate highly processed food (with packaged foods, aim for 5 or less ingredients)

Power Strength/Cardio Intervals

To maximize your results within the 6 week period we recommend at least 2 days of high intensity training which can be done with Trinity, Ronnee or Logan on Monday, Wednesday, Friday or Saturday.

Sample Power Strength/Cardio Intervals

Exercises should be completed for 4 sets of 20 repetitions

- Lunge overhead DB Press 

- DB Squat Curls 

- Push-ups Rows 

- Crunches DB Press 

How to do Burpees

- Burpees 

Meditation

Meditation & Flexibility will be another important part of this challenge. As you commit yourself to this challenge you must make sure your intentions are purely focus. Yoga will be offered to at FFS with Sheila and Pam. Yoga will provide a great opportunity to stretch the mind as well as the body. If you aren't able to join our Yoga classes

make sure that you commit at least 10 mins every morning to meditation. We also recommend that you commit at least 5 mins to stretching in the morning.

Here are a couple Sample Stretches that will be helpful.

Stretching will reduce your risk of injury and allow your joints to move with greater freedom. Here are a few examples of stretches you could try after your activity.



1 Whole Body Stretch
Raise your arms out to the side and then up overhead. Stretch upwards and then slowly lower your arms back down.



2 Side Stretch
Reach your arms up overhead. Lean to the right side and then to the left.



3 Thigh Stretch (Quadriceps)
Bend your left knee and with your left hand hold your left foot and pull it toward your buttocks. Slightly bend the right leg and keep the knees close together. Repeat on the other side. Place your other hand on a wall for support.



4 Back of Thigh Stretch (Hamstrings)
Place your right foot slightly behind you and bend your right leg. Keep your left leg straight. Place your hands on your right thigh. Lower the buttocks until you feel a stretch. Repeat on other side.



5 Lower Leg Stretch (calf)
Place your right foot behind you, bend your left leg and lean forward, keeping a straight line from your head to your right heel. Place your hands on your left thigh. Repeat on other side.

When stretching, gradually stretch to the point where a gentle tension or tightness is felt in the muscle - not to the point of pain. You should stretch slowly and smoothly - **do not jerk or bounce**. Hold the stretch for 10-15 seconds and repeat up to 3 times.

Nutrition

Nutrition is about 80% of your success. We will take everyone's body fat percentage and measurements. We also recommend a before picture because as you make your transformation you want to make sure that it is documented. We also recommend using a journal or a food journal app such as MyfitnessPal. For many getting abs will be a matter of adding more lean meats into your diet and for some it's a matter of meal frequency.

Parameters:

- **At least 20 grams of Protein for breakfast**
- **Do all fruit before Lunch (sugar intake)**
- **Eliminate Breads, Pastas, White Potatoes**
- **Veggies all day**
- **Water all day**
- **Lean Meats in ORDER! (Fish, Poultry, Pork, then Beef)**

2. Whey Protein shakes (myoplex, muscle milk light, oh yeah)

3. Casein Protein shakes
4. Egg Protein shakes
5. Soy Protein Shakes & Soy Protein Bars - vegetarian protein source
6. Hemp Protein Shakes - another vegetarian protein source
7. Blended Protein shakes

Any animal sources (extra lean)

8. Organic Beef (range-fed or game)
9. Cornish hen
10. Chicken - Lean Chicken breast (skinless)
11. Turkey - Deli Turkey breast / Skinless Turkey breast
12. Quail
13. Duck
14. Goose
15. Emu
16. Leanest cuts of Beef like Red round steaks and roasts, top loin, top sirloin and chuck shoulder and arm roasts.
17. Leanest cuts of pork like pork loin, tenderloin, center loin and ham.
18. Well-trimmed Leg of lamb
19. Bison
20. Rabbit
21. Deer / Moose / Elk / Caribou
22. Top Round Leg cutlet or Chop cuts of Veal
23. Egg whites / Egg beaters
24. Eggs

Most fish & other seafoods

25. Tuna
26. Sardines
27. Trout

28. Salmon
29. Abalone
30. Bass (fresh water/sea)
31. Cod
32. Roe
33. Perch
34. Pollack
35. Halibut
36. Anchovy
37. Catfish
38. Mackerel
39. Flounder
40. Herring
41. Tilapia
42. Swordfish
43. Whiting
44. Grouper
45. Haddock
46. Snapper
47. Crab
48. Crayfish