

Ab Myths

Choosing the right abdominal exercises isn't the only thing you have to do to get a six pack. More important, you have to work diligently at your diet, staying with a fat burning, muscle building nutrition and exercise plan 365 days a year.

Training to develop abs is one of the most misunderstood fitness concepts. Here are the top five myths about building abs:

1) You can "spot reduce" the fat on your abs by doing more sets and/or harder exercises.

Regardless of the number of crunches or more advanced ab exercises you do you will not get rid of the fat on your abs alone. When you do crunches you are working the ab muscles under the fat. Most ab exercises burn few calories and these few calories do not just come off your ab fat. The energy burned comes off equally from every fat cell in your body.

2) You don't need to watch what you eat.

Diet is the first and foremost factor in trying to get a six pack. You must achieve a very low percentage of body fat to see your ab muscles from under the fat layer. Ab exercises burn few calories so you must adhere to a fat burning, muscle building workout routine on a regular basis.

3) You must work your abs everyday and for a long duration.

Your abs should be worked out just like every other muscle group. Three times a week for 10-15 minutes is plenty. Working your abs for 30-40 minutes does not effectively build your abs. Group fitness classes called "Ab Burner" or "Abs of Steel" which do continuous abs for 30 minutes are also a waste of time.

4) TV commercials or magazine ads can will help you get that six pack.

There are dozens of home ab machines that make superior ab claims. Most of these have been tested and studies found the traditional moves like crunches, oblique cross overs and reverse curls were much more effective. Even health clubs have some ab machines that can't hold a candle to the more traditional exercises.

5) Form is not important as long as you do millions of reps.

It is important to do all reps with good form. Think quality, not quantity. Avoid full sit ups and too many crunches as both can injure the lower back.

In summary, think great nutrition, low percentage of body fat, quality over quantity, work the abs only a few times a week for a short time, avoid ab machines and follow an overall mass gaining, fat losing exercise program.

About the Author

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