

## Training-nutrition-secrets



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Six pack abs are extremely desirable but unfortunately most people go about trying to get them the wrong way and lose valuable time. If you are fully committed in your quest to develop six pack abs then it is entirely possible and in much shorter time than you may have been led to believe. Read through this article and ask yourself if you are following all the recommendations. It may be that you just need to make a few alterations to see all the difference. If you have been doing cardiovascular work for a while and it seems to never stop then you may be pleased to know that it is not necessary. Instead of hours spent jogging or cycling at a moderate pace you should see a much greater benefit from changing the pace of the workout. If you like to run then you should start at a steady pace before sprinting for 30 seconds or so before slowing to a gentle stroll. Doing this interval training style will be far more beneficial. This kind of workout is successful because of the intensity which stops your body getting used to the same thing. It also means you are not burning all of the muscle you have worked on which happens with the slow and steady cardio workout. An added benefit is that it is far less boring so you stand a much greater chance of sticking with it even when things get tough or you are bored of the routine. The variety you find in interval training is far less tedious as you are continually changing things up. When it comes to actually working

on the abdominal muscles you may think quantity is best. But in fact you can do much more with quality. Instead of performing thousands of crunches you can focus on making the exercise intense by holding the muscle for 2 seconds before you lower your body. You will feel this working much quicker than a less structured movement. This Ebook "Training and Nutrition Secrets" should give you some idea of how making some simple changes can have a great impact and actually make the workout more enjoyable! It's an instant download in PDF format and there are no refunds given on this instant readable download.

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