

# 8 Weeks to Flatter Abs

## The Ultimate 4+ inch loss Ab-buster Program

You need to understand that whether or not you can “see” your abs boils down to one thing, and one thing only - IS YOUR BODY FAT PERCENTAGE LOW ENOUGH TO REVEAL YOUR ABDOMINAL ASSETS? Abdominal muscles don't even start getting defined and visible for most people until their body fat percentage touches a figure of less than 10% for men and 15% for women.

This Toned Abs Workout Is Designed To Help Your Body Burn As Much Fat As Possible In Less than 8 Weeks With The Following Schedule

**BASIC AB-FLAB BUSTING EXERCISES:** Moving away from the often-performed ab routines on the floor, these exercises use extra resistance and common strength-training tools to increase the intensity of your workout, which gets you results faster. The moves also target the front, sides, and deepest layers of your midsection for total ab firming.

**CORE MASS BUILDING EXERCISES:** Another fitness secret that will help you develop that lean-mean look is to utilize multi-joint exercises instead of single joint exercises for the greater part of your training routine. And this is where Core Mass Building Exercises that stress on a multi-joint pattern come in handy!

**EXPLOSIVE CALISTHENICS-** Explosive calisthenics work to increase the heart rate and lung capacity .The high intensity bodyweight cardio workout burns stubborn fat.

**CORE TRAINING -** Core training targets all 4 muscle groups that make up your core. Combining the above routines with the intense abs circuit training exercises for upper and lower abs and oblique muscles, does a world of good to your abs.

**FAT-BURNING (HIIT) CARDIO WORK -** This “killer-burn” fat cardio workout blasts stubborn fat from all your trouble areas with high intensity cardio intervals.