

Looking Good Feeling Great
Weekly Newsletter
Issue 7

*Welcome valued clients to the seventh in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goal setting.*

Exercise:

The Elusive Six Pack

See those people with the six packs? They're everywhere! Well, at least they appear to be everywhere if advertising in magazines, facebook, myspace and infomercials are anything to go by. At one time or other, you've probably been bombarded with advertisements for the latest discovery to help you achieve rippling abs. In this article we'll look at what it takes to get this muscle showing through.

First, let's dispel a few of the myths surrounding the abs. Of all the muscles, the abs seem to most desirable, so it comes as no surprise that there is so much misinformation about them.

- 1.) You cannot spot reduce fat off your abs. That is, no exercise will help you lose fat off a specific area. Your body decides where it's going to lose weight.
- 2.) High repetition ab exercises will not have your abdominals busting through your skin. Remember when we discussed rep ranges? The abdominals are muscles just like any other. They respond to the rep ranges just the same. If you're pumping out 50 reps, that's endurance and it's not the best thing to make your abs grow.
- 3.) There are no "upper" and "lower abs". It's all one muscle. It attaches at the top and the bottom. If someone tries to tell you otherwise, they're wrong. Even if you can feel an exercise higher in your abs, it doesn't mean the entire muscle isn't working.

Now that we've got our facts straight, how do we achieve a six pack? Well, it comes down to two factors. The first is having nicely developed abs. These can be achieved by training them within the hypertrophy rep range (8-12 reps) Chose an exercise that falls within this range, or add weight to make it harder. The second factor is having a body fat percentage low enough that the muscles can show through. This is achieved by cardio and diet. Count those calories! I can hear you asking "If it's that easy, why doesn't everyone have a six pack?". The truth is, it's not easy! Having visible abs takes a lot of work, unless you're one of those blessed few with a natural 8% body fat. However, if it's your goal, work at it!

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Workout of the Week

The “Ab”solute Workout

Stomach crunches x12
Rotational Sit-up x12
Back Extensions x12

Repeat the above circuit x3 to work the entire core.

Nutrition:

In the exercise section of this newsletter we've already covered popular myths surrounding exercise. So let's do the same for nutrition. In almost any gossip magazine you'll read about the latest fad diet which has helped numerous celebrities shed excess weight. All of them revolve around leaving something out of the nutritional picture. At the moment the nutrient to leave out seems to be carbs. But as we learned in previous newsletters, carbohydrates play a vital role in the functioning of our bodies. As do fats and protein. Here's the plain facts; leaving a macronutrient out of your diet altogether is short-sighted and destined to fail. Sure, you'll lose some weight. But this style of eating is not maintainable. A far more sensible solution is to have sensible portions of all the macronutrients and watch the overall calories. Fad diets make people lose weight due to cutting calories. After all, if you cut out all the fat, or carbs or protein from your diet, you're bound to be eating less! But we're smarter than this. Let's chose maintainable strategies to help us achieve lifelong health, not just a skinnier frame for the summer.

“A man's health can be judged by which he takes two at a time - pills or stairs.”

Joan Welsh

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.”

Plato

Exercises:

Stomach Crunch:

<http://img145.imageshack.us/img145/5739/abcrunch2lc0.jpg>

Rotational Sit-up:

<http://www.mhhe.com/hper/physed/athletictraining/illustrations/ch25/25-57c.jpg>

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Back Extension:

http://www.bodybymanheimer.com/images/workout/16_Back_Extension.jpg

We hope you have enjoyed the information carried out in this issue. Here at 'Looking Good and Feeling Great' we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below:

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