

The Ultimate Ab Solution Article!

Researched and Composed by The Animal

Introduction

There are only two things that are certain when it comes to chiseling your mid-section! One is that it is the hardest thing to get and two is that well defined abs are sexy to the opposite sex. Quite frankly, abdominals are one of the most misunderstood muscle groups in our bodies. However they are also one of the most sought after. So here comes the Animal to set the record straight and probably cause some controversy at the same time!! Today I will tackle all of your most difficult questions concerning this area of training! With that being said, **Bring it on!**

Best way to See Abdominal Muscles!

Question: Are performing simple crunches the best thing to see that six pack?

Answer: Well, are you still eating like a pig? A six-pack is made in the kitchen NOT the gym. You can increase the size (hypertrophy) of your muscles with exercise but you need to reduce your BF percentage to actually see them.

Training Frequency

Question: Should I train my Ab's everyday?

Answer: NO. Even if they're not sore, if you do a chest workout and you're not sore the next day you'd still wait at least a day or so to recover wouldn't you!!? You should treat Ab training like you would any other muscle, and train them every other day maximum.

What about Weighted Crunches!?

Question: Should I do weighted Ab training?

Answer: Yes and no. You should do weighted work to gain mass. A typical routine of 8-12 reps and 3-4 sets per exercise. Doing millions of crunches is an example of training for muscular endurance **not** strength or hypertrophy (size).

Lighter Reps Addressed

Question: Are you saying I shouldn't do more than 12?

Answer: Yes, if you're working for mass and no if your goals are definition. You should train between 30-50 reps for definition without weight.

How To break down Abdominal Training

Question: Should I separate my abdominal training into upper/lower & obliques?

Answer: You can, but it may not be as effective as you think. Stating that you can train upper abs by doing one exercise and your lower with another just isn't true. Both types of movements use the rectus abdominal (the legendary 6 muscles at the front), which accomplishes forward torso flex by stimulating All the fibers that work as a whole. Even the obliques assist with torso flex. However you could say that certain exercises will **emphasize** more of the upper Ab's vs. the lower Ab's, like normal crunches compared to lying leg raises. The bottom line is that you can place more emphasis on aspects of the muscle, but you can't completely isolate them.

How To Order Exercises

Question: If I do my Ab's all at once does the order matter?

Answer: As some exercises emphasize certain parts you can pre-fatigue a specific area of your Abdominals and get maximum results for you efforts. If the emphasis is upper abs, then work them first, if its lower than begin by working them.

The Need For Oxygen!

Question: When do I breathe out?

Answer: At the peak of the contraction. Breathe at the top of the movement, just before the negative contraction, exhale the air out **forcefully** by squeezing your pelvic region to the floor. By doing this during the positive rep, you will produce maximum Ab tension and relieve lumber spine pressure.

Speed of Contraction!

Question: How quickly should I do my crunches, does it matter?

Answer: Yes it does matter! The Ab's are comprised of slow twitch muscle fibers, for that reason you should slow it down, not hell for leather, believe me you'll see more results!! I take approximately 3-5 seconds per crunch and sometimes longer!

Getting The Trench!

Question: But how do I get the trench?

Answer: Ever wondered how to get the peak in the Ab's? The trench in the middle? Hold that contraction at the peak of the movement for about 3-5 seconds and squeeze by rolling your pelvis towards your head.

The Master of Angles!

Question: If I just do say Crunches and Leg Raises will that be enough?

Answer: NO!! To get that 6 pack you need to ATTACK that mid-section from as many different angles as possible, as with every aspect of BB keep your body guessing!!! Crunches, Reverse crunches, leg raises, twisted leg raises etc. etc. etc.

Anchoring of feet

Question: When I do Ab work should I anchor my feet to something?

Answer: NO. When you restrain your legs or feet during Ab work you actually train the hip flexor's more than anything else. Also you place unnecessary strain on your lumber spine

Great Balls of Fire!

Question: I've seen people use a large ball to work their abs, are they any good?

Answer: Amazingly enough these "Toys" have been proven to help. How? Well when performing curls on a ball you increase abdominal work compared to off a ball. Mainly by using your muscles for stability on the ball as well as the tension of the crunch!!

Conclusion

With all of this being said, the bottom line still stands! You can have the strongest ab's known to man but if you have a BF of 25% you ain't ever going to see em!!!

The Animal!

PS. If you have any questions for the all knowing Animal, you can find him in our forums when he's not wrecking havoc in his gym! In edition he has also designed an unbelievable 8 week abdominal program that will deliver amazing results! You can view it [by clicking here](#).