

Please Feel Free to pass this report onto anyone who may find the information contained in this book interesting or helpful.

We want to save as many people as is possible from wasting their time, effort and money on ineffective fat loss methods.

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Believing is Seeing...

Before I start explaining the specific exercises I want to share a little story with you.

It all started a few years ago when I first started working out. At that time I was a fat kid who just wanted to be skinny and normal. I didn't care about having a defined body. I didn't care about having sexy lean muscles. All I wanted to do was drop a few pounds so I didn't look so bad in my clothes. As you can imagine I didn't give a rat's ass about having a six pack. So I thought!

A few years later I realized that the real reason I didn't care about having a six pack was totally subconscious. The reason I didn't care about having a six pack or even a tight toned mid section was not because I didn't want it, but because I didn't think I could achieve it.

In all honesty, subconsciously, I used to believe that you were either born with a defined mid section or not.

Guess what - I was DEAD WRONG. How do I know that? Because a few years later I decided that I was no longer going to limit my self with a subconscious belief which had no real basis to it anyway. After spending months and thousands of dollars in obtaining information which only elite athletes and fitness models had access to, I soon achieved what was once unachievable; a sexy, defined and toned mid section.

Need Proof?

The photo on the left is me aged 14 years old. As you can see I was young fat and hiding behind my clothes. On the right hand side is a photo of me after completing the Successful Slimming program which came as a result of years of studying, testing and trial and error.



Believing is Seeing



The Take Home Lesson

The take home lesson is that with the correct training and nutrition strategies,
You too can achieve a sexy, toned and defined mid section in record time!

You only need two things to get that elusive six pack and they are:

Determination & Solid Information.

The determination must come from within you. As they say *'I can show you the door but you must walk through it'*. There is no way of getting out of that. You must be determined and committed to achieving your dream body.

However, determination does not mean that you have to be working out for hours on end everyday. In fact if you follow the principles discussed in this book and my [Successful Slimming](http://www.successfulslim.com) program, you will learn how to quickly turn your body into a fat blasting furnace so that you only have to spend 30 mins working out 3-5 times a week. With those 30 mins of working out you can program your body to burn fat for hours after you finish your workout. Imagine that; burning fat while sitting down, while watching TV, even while sleeping! Now there's something you can get excited about. Alright let's get into it.

Sexy Abs = 2 Step Process

At the simplest level, achieving a tight and toned mid section is a 2 step process.

1. **Develop the abdominal muscles.** It doesn't matter how much fat you lose, if you do not have a set of well developed abdominal muscles you cannot achieve the infamous six pack. By well developed abs I do not mean the big turtle shell abs seen on bodybuilders. I'm talking about developing enough muscle so the mid section becomes toned and defined.

If you follow the principles in this e-book and the [Successful Slimming](#) Program you can achieve the mid sections like the ones in the photos below:



2. **Removing the Fat.** On the flip side, it doesn't matter how big your abdominal muscles are; if you got a layer of fat over them then you are not going to be able to see the abs and thus not achieve the sexy mid section.

That's all there is to it! Build the abs and burn the fat. You're probably thinking, *'Oh that's easy, I'll just do some sits ups everyday and I'll be on my way to a killer six pack'*. **WRONG!** You just fell prey to the same mistake that 90% of people trying to tone their tummy make!

As much as I'd like it to be true, unfortunately it's not that simple. You see sit ups are next to useless when it comes to achieving a sexy mid section. Lets look at why sit up are a bad idea!

Why Sit Ups Won't Give You a Defined, Sexy and Toned Mid-Section

When most people think six pack they think hundreds of sit ups. This is mainly due the boxing workouts which became popular as a fitness method a few years back. With that said you can get a six pack following those boxing workouts. However what you must consider is that most boxers workout for over 3 hours everyday.

Do you really want to be working out 3 hours a day for the rest of your life performing hundreds of sit ups and running for hours? In contrast, consider the fact that you can achieve the same defined mid section with just 30 minutes of working out a day. Personally I'd choose the latter. Only elite athletes can afford to train for hours everyday. For the rest of us we need a program that is powerful enough to produce amazing results in just 3 – 5, short 30 mins sessions a week.

So why won't performing hundreds of sit ups give you a killer six pack?

There are two major reasons why countless sit ups won't give you a sexy mid section:

1. The Endurance Factor

The problem with traditional sit ups is that they train the endurance element of the body. This is completely undesirable as it trains the body to become as efficient as possible with it's resources. One of these efficiency goals includes; dropping as much muscle as possible. Why? Because muscle requires a lot of energy to maintain and thus is extra weight that the body has to carry around for long periods of time.

Think about it this way. If you were going for a long walk wouldn't it be easier if your backpack was as light as possible. You would only take the bare essentials and anything you could do without you would leave behind. That's exactly how your body functions when you train it for

endurance. So in terms of using traditional sit ups to develop the abdominal muscles you can be pretty sure that sit ups won't be of much help.

2. **Postural Problems**

You know I'm going to let you in on a secret that 99% of the people will never know in their whole life. There is another very serious reason why sit ups won't substantially develop your abs. You see, due to the modern lifestyle most people have very tight hip flexors.

Hip Flexors or iliopsoas are the group of muscles responsible for bringing the thighs up towards the abs. If you are sitting down right now then raise one of your thighs in the seated position; that movement was produced by the hip flexors. Below is an image of the hip flexors taken from

courses.washington.edu/hubio553/atlas/201.html . Next to the anatomy image is a photo of a fitness model with red marks on her hips to indicate where the hip flexors are.



The problem with hip flexors is that due to the modern lifestyle (long periods of sitting down) the hip flexors become tight and overactive. This causes huge problems when you are trying to stimulate the abs. You see, when you are trying to work your abs, the hip flexors do most of the work and your abs never get the proper stimulation they need in order for them to grow.

However there are techniques you can use to properly target the abs. We will go through those techniques when I show you the particular exercises. For now you just need to know that overactive hip flexors mean your abs don't get a very good workout as the hip flexors do most of the work.

How do you know if you got tight hip flexors?

As a general rule if you sit down for more than 5 hours a day and don't perform regular hip flexor stretching then there is a pretty high chance that you've got tight hip flexors.

In summary sit ups are lacking in two major ways: 1, they promote the endurance element which inhibits the development of the abdominal muscles and 2, they don't properly target the abdominal muscles due to the postural problems caused by the modern way of life. As you can see traditional sit ups are one of the worst ways to achieving a sexy six pack.

The New Criteria

So how do we work through these problems? Well what we need are exercises that:

- 1. don't promote the endurance element, and**
- 2. can effectively target the abdominal muscles without being inhibited by the hip flexors.**

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3 Killer Abs Exercises

The most important thing is to learn how to truly switch your abs on. When most people do sit ups or other abs exercises they feel it mostly on their upper abs. This is due to their middle and lower abs not switching on.

Below is a simple activity you should do before you perform the abs exercises.

Switching On the Core

Instructions:

Get on all fours with your knees and hands on the ground. From this position let your stomach loose – let it hang out.



Now here is the important part. What I want you to do now is squeeze your lower and middle abs so that you pull your tummy up towards your lower back.

Note: I don't want you to suck your stomach in. I want you to squeeze your abs.

Congratulations you've just learnt how to switch your abs on.

Now that's the position you need to hold during all your abs exercises. If you can learn to switch your abs on and hold that squeezed position during your abs exercises then I promise you that you will have mind boggling abs workout each and every time.

Now that you are in that position lets progress to our first exercise.

1. The Plank

This exercise is one of the simplest and one of the most powerful abs exercises you will ever do. This exercise has been used by athletes all around the world to develop amazing core strength and sexy mid sections. The reason it works so well is due to its simplicity and its ability to overcome the tight hip flexor issues.

Follow the instructions below and you will soon learn the power for the plank.

Instructions:

First switch your core on using the technique outlined above. From that position get off your knees and get onto your toes.

Now here's the trick to turning the plank into a truly powerful abs exercise. Rather than keeping your body straight, raise your bottom towards the ceiling and squeeze your abs tightly. The raise of the hip and the tight squeeze of the abs will stimulate your abs like nothing you've experienced before.

Hold this position for 30-60 seconds. Do not let your body lag down. Once the 30 or 60 seconds are over wait 60 seconds and then perform another set of 30-60 seconds.



Avoiding the endurance element

Once you can hold the plank position for more than 60 seconds you should increase the intensity so that the exercise does not become an endurance exercise.

To increase the intensity get someone to place a weight plate on your lower back while you perform the plank. If you can hold the plank for more than 60 seconds with the weight plate, then simply increase the weight.

I guarantee you that the plank will be one of the best abs exercises you ever do.

2. The Double Crunch

The double crunch is a very powerful abs exercise. However, this is a more complicated movement requiring a certain amount of core strength (strong abs) and a certain level of practice.

Only perform this exercise if you can easily perform the plank 2 times for 60 seconds. If you can't yet hold the plank for that long then don't worry you are not missing out on anything – the plank is very powerful and can help you achieve amazingly developed abs all on its own.

However, if you can easily hold the plank for 60 seconds then you may experiment with this more advanced exercise that will help you take your ab development to the next level.

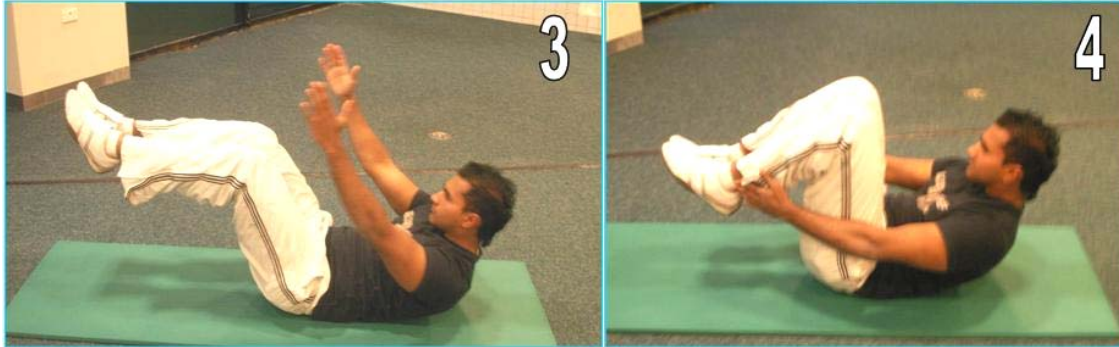
Instructions:

Switch your core on using the technique outlined above.

Lay on your back with your hands over your head. Now crunch up and try to roll your self up into a ball.



At the top of the movement try to touch your ankles. Why touch your ankles? Well to touch your ankles you have to crunch up at the top of the movement. That extra crunch is very important as it requires your abs to really work hard.



Perform 10-15 repetitions then have a 60 second break. Then repeat for another 10-15 repetitions.

Once you can easily perform the double crunch for 15 reps twice then you need to increase the intensity. This can be done by using a medicine ball.





3. The Lower Abdominator

The lower abs are the hardest to stimulate. Every person trying to achieve a sexy mid section must overcome this problem. Unfortunately 90% of people never find out the secrets that I'm about to tell you and thus never achieve the sexy lower abs they once dreamt of.

Remember how I said that the hip flexors are overly active? Well since your lower abs are the closest to the hip flexors then they are the ones that miss out on most of the stimulation as the hip flexors do most of the work. This means that your lower abs don't get worked enough to spur their development.

The Test

Here is a little test you can do to see if your hip flexors are too overactive. If they are too over active then you know that you won't be working your lower abs very well.

Instructions:

Lay on the floor with your hands underneath your lower back. Keep your hands on the floor and do not lift them at any time.



Then lift your legs up and slowly lower them.



The aim of this test is to keep your lower back pressed against your hands all the way through the movement. The point at which your lower back lifts off the ground and no longer presses against your hands is the point where your lower abs have stopped working and your hip flexors have taken over!

The reason that your back lifted off your hands is because your lower abs are not strong enough and your hip flexors are too overactive.

The One Lower Abs Exercise You Should Avoid At All Costs

If your lower back lifted at all during the test above then you should avoid this exercise at all costs. Why? If your lower abs are not strong enough to perform the test exercise then there is no way in the world that they are strong enough to perform this exercise as it involves much more resistance (it's harder).



If you keep doing this exercise you will keep tightening your hip flexors which will lead to your abs becoming less and less involved and thus not being developed optimally.

So is there a better alternative? Absolutely!

Introducing the Lower Abdominator.

This exercise is so simple that most people completely overlook it. This is good news for you because now you can use this exercise to develop sexy lower abs that everyone will envy.

Instructions:

Lay on the floor with your hands underneath your lower back. Keep your hands on the floor and do not lift them at any time. This is the same starting position as the test you did above.



However, rather than raising both of your legs, just raise one. Now slowly lower it while keeping your lower back pressed against your hands.



The trick to making this work is to first switch the core on and then performing this exercise. This way your mind & muscle connection is stronger which will lead

to more pressure being applied to the lower abs; thus resulting in a powerful lower abs workout.

Repeat this for 10 times with each leg. Then have a 60 second break and perform another set of 10 reps each leg.

Once you can easily perform 2 sets of 10 reps each leg, then raise both the legs (same as the test) and perform 2 sets of 10 reps with a 60 second break.

Once you can easily perform 2 sets of 10 reps with both legs at the same time then progress onto the exercise which was described as the exercise you should avoid at all costs. The reason I recommend this is because once the floor exercise becomes too easy, you need to increase the intensity in order to optimally keep stimulating your lower abs.

Congratulations!

Congratulations! Now you know the secrets to killer abs development that 90% of people who go to the gym will never know in their whole life!

You should start with the plank and once you become strong enough then progress onto the Double Crunch. However, you can start the lower abs straight away.

In terms of arranging your workout; you may perform the plank one day and the other exercises another day. Alternate between the exercises for best results.

Tightening Your Waist

Tightening your waist is different to working your abs. Tightening your waist is achieved by working the transverse abdominals which are strap like muscles underneath your abdominals (the six pack). The best way to work the transverse abs is to work them during your whole workout.

This is done by performing very specific exercises which stimulate the transverse abs resulting in a super tight waist. These exercises are so good that they work your abs while you work your legs, chest, back or arms. If you are ready to learn about these exercises then you need to download my [Successful Slimming](#) e-book – it contains multiple workouts featuring these exercises. The best part is that most of them don't require any expensive equipment and they can be performed virtually anywhere; even in the privacy of your own home.

Imagine that; working your abs the whole 30 minutes of your workout rather than just 3 minutes. Very powerful, yet very few people possess this knowledge. Use this knowledge to achieve a killer mid section in fraction of the time it takes to achieve even an average mid section using so called 'diets' and other ineffectual exercises.

Part 2. Removing the Fat Around Your Abs

The above exercises will help you develop your abs. However, no matter how big your abs become you will not be able to see them if there is a layer of fat over them. Now if you're thinking that you will just perform tons of abs exercises to burn the fat then you are dead wrong!

Let's now bust the myth that sells tons of abs machines around the world and makes heaps of companies rich.

Why Abs Exercises Can't Help You Lose Fat around Your Mid Section

Contrary to what most people think abs exercises **cannot** spot burn fat. I don't think you truly appreciate the significance of that comment so let me repeat it again. **You cannot spot burn fat!**

In another words you cannot just simply do abs exercises to burn fat around the abs, or do thighs exercises to burn fat around your thighs, or do lower back exercises to burn off fat around your love handles.

How can I make such a claim when all the TV. Commercials tell you otherwise? Well if you examine any elite tennis player you will find that one of their arms is bigger than their other arm due to it being worked out more often. If you could spot burn fat then the arm that is being worked out all the time should have less fat. However, in reality, both arms have the same body fat percentage level.

The same fat percentage level indicates that the body doesn't burn fat locally (it doesn't spot burn fat). Rather your body burns fat systematically (pulls fat from all over your body). Hence no matter how many abs exercises you do, you cannot spot burn fat off your abs.

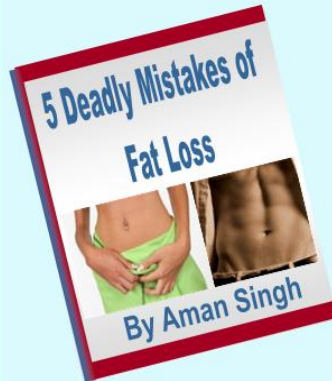
So does that mean you cannot target the fat around the abs?

Of course you can target the fat around the abdominal region. However it's not done by performing countless abs exercises. You have to burn fat from all over your body. When you do this your body will tap into your problem areas such as your tummy, love handles, thighs, gluteus etc.

So how do you burn fat all over your body?

Before I go into this I want to first discuss how not to burn fat. If you want to know the methods which you should avoid at all costs you should download my '5 Deadly Mistakes of Fat Loss' e-course.

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The best way to burn fat

The best way to burn fat all over your body (and thus around your abs) is to combine Cardio, Resistance Training & Nutrition in such a way that your body becomes a walking furnace burning fat 24/7.

To do this you have to reprogram your body from being a fat storing machine into a fat burning machine. How do you know if your body is a fat storing machine?

Well basically if you are fat then there's a pretty high chance that your body is currently a fat storing machine.

The best way to burn fat is to reprogram your body so it starts burning fat as its primary fuel source. This means burning fat while walking, while watching TV, while sitting at the computer desk at work or school, even while you sleep.

Two Very Different Choices

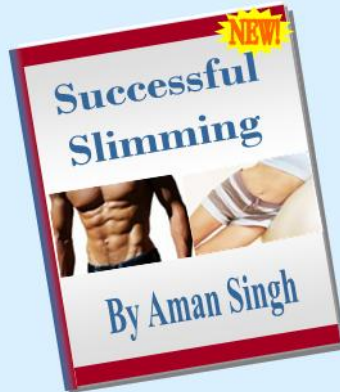
Now you have two choices, you can either 'guess' what you need to do in order to reprogram your body or you can benefit from my 5 year struggle and get the best fat loss program instantly at a cost of less than \$1 a day (calculated over a 30 day period).

At the cost of less than a coffee you could be walking into any clothes store and look good in any piece of clothing you pick up. Let me tell you it's the best feeling ever to be able to walk into your favorite store and try on any piece of clothing and know that it's going to look good.

For less than the cost of a coffee a day you can become slimmer, healthier and more energetic. All your dreams can come true with a small investment of less than a \$1 a day.

How You can benefit from a 5 Year Struggle...

As this e-book shows the [Successful Slimming](http://www.successfulslim.com) system is not about fake promises. The system is based on 5 years of education. 5 years of trial and error. 5 years of frustration with diets and traditional exercises.



As you can see the Successful Slimming e-book is not all hype; rather pure knowledge which you can use to get the unfair advantage over 90% of other people who are trying to lose weight. The e-book is full of eye opening information, while offering very simple techniques to get rid of fat once and for all!

[Click Here To Order Now](#)

Here is some of the amazing information you will find in the book:

- **The major factor which truly differentiates the winners from the losers. I guarantee you are falling prey to the negative side of this factor right now - guarantee.**
- **A simple technique you can use for increasing your ability to lose weight by 200%; and it only take a few minutes.**
- **The number one reason why you are obese today and the 3 part system you can follow to change yourself.**
- **The number 1 reason why most people fail to lose fat and keep it off - I bet your doing this right now. Learn what it is and stop it right now!**
- **How to turn your body into a fat burning machine that burns fat 24/7 - even while you sleep!**

- The one thing which you can start doing right now that will lead to a reduction in cellulite and give you a tight & toned appearance all over your body.
- How to get your body to speed up your metabolism and keep burning fat hours after you've finished your workout.
- The only time you should starve your self and how to get the maximum fat loss out of this short period.
- How a small change in workout timing can help you burn up to 100% more fat.
- Why carbs don't make you fat, and then, why they do make you fat - this will put an end to all the confusion caused by the magazines. You will just be like 'WOW' at this one.
- How eating particular foods at the wrong time can lead to fat gain; and eating the same foods at the right times leads to fat loss. I guarantee you that you are eating these foods at the wrong time!

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- The foods which you can eat unlimited amounts of and not gain fat. In fact the more you eat the more fat you burn.
- Why fruit juices and soft drinks make you fat. Also a simple way to reduce the fat storing characteristics of fruit juices.
- The two drinks which are not only ZERO calories but also amazing fat burners.
- How eating 3 meals a day is making you fat and how to eat more meals and increase your fat burning.

- The difference between High GI and Low GI - and how one can make you fat and the other can help you burn fat.
- **The true secret to getting toned - this is why the slim keep getting slimmer. Once you start doing this you will just keep getting leaner and leaner.**

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- How to get that sexy six pack - I guarantee you that you are sabotaging your own efforts in getting that toned and defined mid section. This will change all your current beliefs on getting a six pack - truly revolutionary.
- **A new way to do sit ups that will give you those washboard abs faster than any ab machine. Don't buy any ab machines until you read this one.**
- The 10 best techniques fitness models use to stop over eating and getting their dream body. These are extremely simple but are nothing short of magic.
- **A simple trick you can use before going grocery shopping that will have you dropping pounds throughout the week. This is so clever that it seems to defy all logic at first look; but when you understand it you are just going to love it**

So if you are ready to discover your hidden fat loss potential, then you should download [Successful Slimming](#) right now.

[URGENTLY CLICK HERE](#) to download the E-book right now.

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Fat Loss Expert

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www.successfulslim.com

Thank you for taking the time to go through this e-book. It makes me feel good when someone takes the time to invest in education as it is a much smarter option. Why? Because why should you re-invent the wheel everytime? Benefit from someone else's experiences whether they are mistakes or successes.

Good Luck!