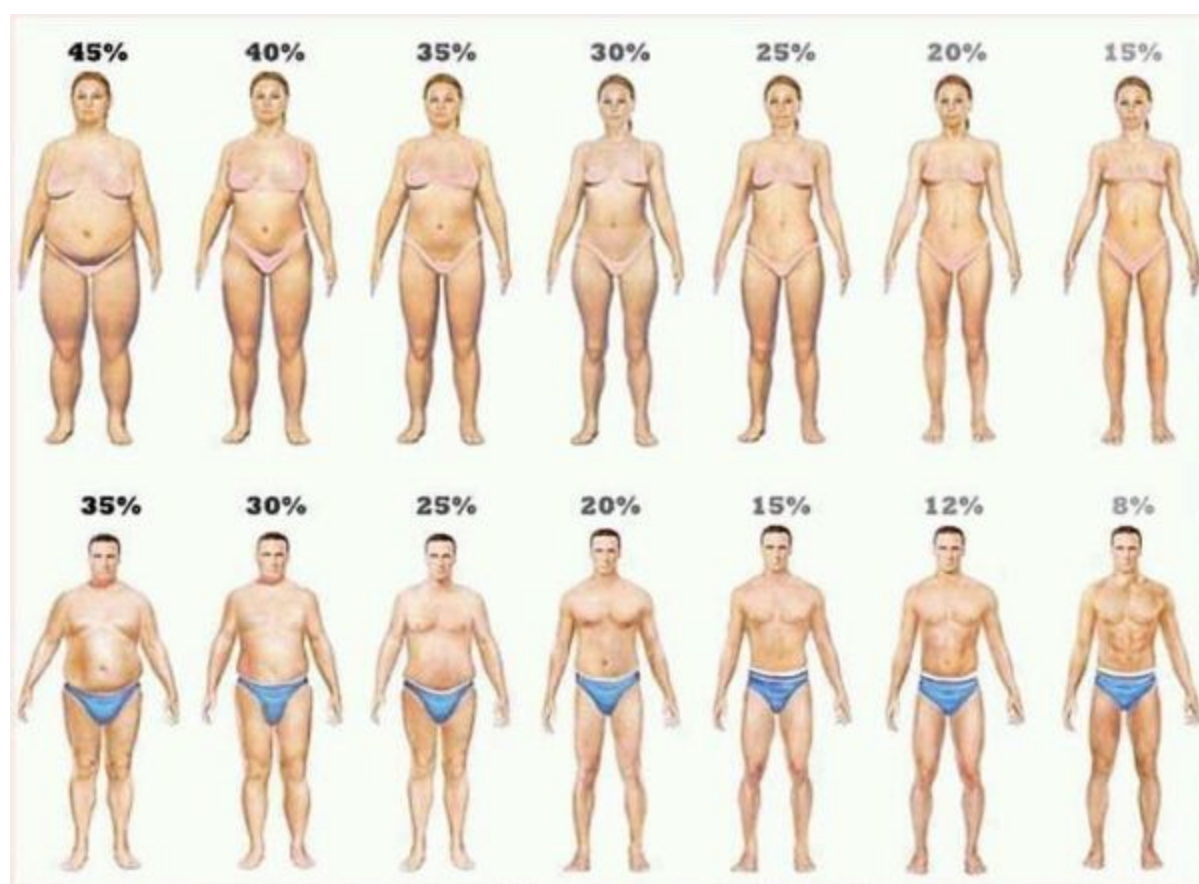




How To Get Calisthenics 6-Pack Abs

First things, first. Diet! If you are not in the right body fat percentage your abs will be there but you will never see them. No matter how strong you are. Even if you have huge abs you will never see them in their full form without lowering your body fat. A good rule of thumb is 13% or lower to see visible abs. Take a look at the picture below to see what I mean



Now this picture is a great GENERAL guide. Depending on where you genetically hold fat, how big your abs are and other factors will play into the six pack look. If you hold a lot of fat in your stomach and this is one of your problem areas then you should be aiming for under 10% and as we all know there is currently no way to spot reduce without surgery. You don't pick where the fat comes off, your



genetics do. Now you can be 10-12% and have really big abs that shine through. You did a lot of ab workouts and racked up the volume increasing the size of the muscle. But taking all into account you still have to be at least 13% or less to have a visible six pack.

Now how to get there?

Calories. Picture calories as being a unit of fuel. Your body needs so much fuel just to stay alive. If you exercise regularly it will need more fuel. If you exercise hard even more fuel. We get calories from our food. Now the amount of calories you need to stay the same weight will vary depending on many factors like activity level, gender, age, and such on.

This calorie limit is known as your “Maintenance Calories” The amount you need to stay the same size and go about your day without losing weight or gaining weight.

Two primary factors in determining your maintenance calories is your resting energy expenditure.

That's what your organs need and the rest of your body without exercise. You can determine an estimate by multiplying your weight by 10 if you are a female and by 11 if you are a male.

For example: if you are 155lbs if you are a female your body will need 1,550 calories, and a male 1,705 calories. This is an estimation of how much energy your body needs at rest.

Once you have your resting energy expenditure now is time to factor in the physical activity to determine your maintenance calories estimate.

If you are a female, multiply your expenditure calculation by 1.3 if you are sedentary, 1.5 if you engage in light activity, 1.6 for moderate exercise, 1.9 if your are really active, and 2.2 if you are extremely active.

If you are a male, multiply your expenditure calculation by 1.3 if you are sedentary, 1.6 if you engage in light activity, 1.7 for moderate exercise, 2.1 if your are really active, and 2.4 if you are extremely active.



To give you a run through it should be something like this:

(Current Weight)Resting Energy Expenditure x Physical activity = Calories Maintenance Estimate.

Now that you have your calories maintenance if you are trying to lose weight -500 calories from your maintenance. This will cause weight loss of 1-2 lbs per week. Which is the safe limit. As you get smaller of course you need to adjust your new maintenance which will be less as time goes on.

As far as what to eat is concerned this is very dependent on your preference and what you believe you can stick with the longest. The best diet is the one you can follow for the long term. This can be vegan, paleo, vegetarian, pescatarian, ketogenican and so on.

All these can cause a calorie deficit. Which mistakes some people for crediting the foods but really if you have less calories then before you will lose weight, no matter the method used to achieve this. I personally prefer a low carb diet because high fat, and high protein foods help blunt my appetite. This may not be the case for you. You might be able to cut with carbs. Only you will know your best tolerance level. Speaking of carbs. All food is broken down up to 3 components protein, carbohydrates, and fat.

Carbohydrates - are an important energy source for your muscles, brain. and blood cells.

Fats - also another important energy source for your brain and blood cells, but also hormone production.

Protein - Are the building blocks of muscle. Protein has the most metabolic benefits for weight loss when looked at calorie for calorie.

It increases fullness, and preserves muscle which is under attack when going for weight loss.

These 3 are commonly referred to as macros in the fitness industry.



Calorie intake is the most important thing when it comes to weight loss. But here are some tips that can also help you.

Drink Water - Stay fully hydrated. A lot of times are body confuses thirst for hunger. You should never be thirsty, and if you are in question drink up. Water is also 0 calories. 0 Calories taking up space in your stomach is a lot better than +calories.

Eat Protein - You should have a high protein source at every meal. Protein helps reduce snacking and also gives your metabolism a slight boost. Plus you need it for your muscles!

Eat Your Vegetables - A lot of vegetables are high in fiber and low in calories. This makes them really fulling without a risk of overload. Not all vegetables so make sure to google the ones you are thinking about to determine their calories. Potatoes for instance can easily be considered a high calorie food for its size.

Avoid Sugary Drinks - This includes fruit juice. The easiest way to get a lot of calories is to drink them. Drink water, tea, or black coffee with your meals instead.

Eat Slowly - Eating slowly makes you feel more full. Also gives you an accurate prediction of when you are full making it harder to overeat.

Use Smaller Plates - Studies show that people automatically eat less when they use smaller plates. Works for me every time I visit Europe.

Get A Goodnights Rest - Poor sleep is one of the strongest risk factors for weight gain. So sleep good.

Exercise.

Now that we got you on track to losing weight. Now we need to work on the muscles that make up your abs. Strong abs lead to a healthy spine, a more powerful athlete, and of course a great look. Try this routine 3 days a week. It include basic movements. Nothing to complicated.



4 Different exercises for 30 seconds each, no rest in-between exercise. 3 sets.

Lying Down Knee Raises

Lying Down Flutter Kicks

Bicycle Crunches (Dont Pull your Neck!)

Plank Hold

This routine challenges all the motions your abdominal region is responsible for. But like all exercises you need to increase the difficulty to see more results as your progress and get stronger. This next set of exercises is for the advanced. It incorporates higher level calisthenics moves to help your improve your calisthenics skill while maintaining a six pack.



Do it as you can even if you have to break up the set early.

10 front lever pulls

10 full leg raises (touch the bar. but don't swing!)

10 second L sit raises (halfway)

30 second L sit hold

30 second plank

3x



For these routines make sure to feel the muscle contract for every rep. You should feel the squeeze in your ab muscles. Follow this workout routine while losing weight and I promise you will come by a six pack. Whats most important is consistency. You have to eat the right foods, and do the right workouts for the long run. This will take time but its what you really want right?

Does 1 sugary treat that makes you happy for 5 seconds really worth it?

Does skipping a workout to watch 3 hours of netflix really make sense to you?

Make the right choices and see you at the finish line!

