

## **The Ultimate Ripped Abs Workout: Tips for Clueless and Beginners**

Do you fantasize over tall models in the magazines adorned with skimpy bikinis? Do you find yourself daydreaming over wearing a swimwear such as a bikini, not feeling the slightest indignity with your figure, but instead oozing with confidence for your sexy, flat stomach?

Well, you can continue playing pretend, or you can start getting ripped abs now with these belly flattening do's and don'ts for the clueless and beginners.

- Do intensify your workout, but not overstrain your muscles. It is actually easier to keep track of your progress while straining yourself during exercise, but numbers are your best bet for effective body building. Start working out with only ten reps. If you barely made it to ten, then that ought to be enough for you; if you feel rejuvenated at the last rep, you probably should add 3-5 more the next time around.
- Do exercise regularly, but not consecutively. The option is that you either workout for long hours and rest for long days, or workout for short minutes and rest for long hours. Either way, the rule is to simply give your muscles a break: allow them to recuperate completely and rebuild the ripped muscle tissues.
- Do eat a lot of protein and fiber, but not carbohydrates. Even though loading in carbohydrates is discouraged, it should still not be crossed out of one's diet. Carbohydrates provide the body of energy it needs to do its tasks; just remember to keep intake to a minimum so that they won't store up to become fats in the long run. Protein on the other hand is essential for tissue rebuilding, cell regeneration, and muscle restoration. As for the fiber, it cleanses the body.
- Do drink some pre-workout supplement, but not a lot. A hard emphasis on the words "not a lot" because these pre-workout supplements could more damage than benefit if abused or simply misused. The safest and most effective pre-workout supplements to date are nitric oxide boosters, providing your body with a dose of the said chemical that aids in the production of protein in your body, helping your muscles to recover faster upon working out.

Sexy is not enough to describe a woman adorned with firm and shaped up abdominal muscle. To get six pack abs is really not that difficult at all. Sticking to both a diet and workout routine is all that is necessary to get you in shape in no time. But above this, the do's and don'ts have to be kept in mind at all times. With these tips, you're sure to trudge smoothly along the road to fitness.