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How to get a flat stomach and abs

After the great feedback on yesterday’s podcast episode, Episode 16: How To Get Six Pack Abs Or A Flat Stomach– today’s blog is going to be an expansion on that. There are lots of different factors that come into play and everything from the foods you eat to the supplements you use will play a role but I’ve tried to simplify it into my top six points; hopefully it helps. The key to getting abs or a flat stomach (the process is very similar) – is to make sure you are using the correct nutritional, training and supplement strategies that support the end goal. The number #1 factor is getting your body fat low enough through a few nutritional tweaks. Of course being in a calorie deficit (burn more calories than you eat) is the easiest and most straightforward way to do this but I’m going to offer three tips directly from my Top 50 Program that moves that basic ‘calories in, calories out’ model a step further. Top 3 Nutrition Tips To Get Abs Or A Flat Stomach Tip 1: Cut Processed Food Processed food actually has two major negative effects on your body. Firstly, most processed foods have removed a lot of the ingredients and nutrients from the original source and replaced it with sugar (for preservation and taste) or removed the ingredients that worked to ‘buffer’ i.e. slow down its energy release. This means blood sugar levels dramatically rise with consumption of this type of food. Secondly, refined sugar can create the ‘sudden energy increase/energy drop’ feed back loop i.e. loads of energy followed by a crash; and that can have a really negative effect on your hormones. If hormones are out of balance, your entire body will be less efficient at converting carbohydrate for energy (some can get mild to severe forms of insulin resistance) leading to a lack of nutrient uptake for healthy nerve and muscle cells and can have a detrimental impact any fat loss goals. If your body fat is too high, even if you have abs or a flat stomach underneath (which most of us do), you won’t be able to see it. Tip 2: Don’t Mess With Your Blood Sugar Levels! There are other methods that work great for keeping blood sugars balanced: an on over increase in dietary fat, going into full ketosis and strict intermittent fasting (if you persevere through the initial transition and stick to it long term) to name a few but the system that I’ve found to be most effective (due to a lack of cravings, increased energy, less bloating and increased fat loss) is eating every three hours. This doesn’t mean you need to sit down and eat a big meal every three hours. Having three main meals (breakfast, lunch and dinner) with two or three snacks in between works great; this not only keeps blood sugars balanced but food can be very metabolic (you burn calories digesting meals), so eating regularly could also potentially speed up your metabolism. Even though some will argue that eating regular meals will have no effect of metabolism (the arguments are valid on both sides); its effect of blood sugars can’t be argued. By keeping energy and hormones levels stable and in balance; you can train harder without the food cravings associated with blood sugar dips. Tip 3: Bump Up Protein Protein is the most metabolic of all three macro nutrients (carbohydrate and fat being the other two), meaning your body will burn more calories just trying to break it down; fat is also quite metabolic but protein has significantly less calories per gram. Protein has 4kcal per gram and fat has 9kcal per gram, meaning you can eat more protein and consume fewer calories than eating the fat equivalent. For example: 20g of protein has 80 kilo calories whilst 20g of fat has 180 kilo calories. Protein: 4kcal per gram. Carbohydrate: 4kcal per gram. Fat: 9kcal per gram. Alcohol: 7kcal per gram. Carbohydrates have the same kilocalories per gram as protein but are digested at a much faster rate. Also, as mentioned earlier – there is no ‘essential carbohydrate’ but there are ‘essential amino acids’ and they come from complete protein. Animal and fish protein contains all the essential amino acids in proper proportion to one another – a characteristic of all flesh foods- and thus is known as complete protein. You can also get essential amino acids in the plant kingdom, they are just not in their complete-protein proportions (so you have to mix and match them to make them complete proteins). Because most plants provide inadequate amounts of certain amino acids in relation to others, plant protein is normally referred to as ‘incomplete’ protein. The key is to make sure you are getting all of your essential amino acids (because your body cannot make them by itself) from complete protein like meat and fish or from a combination of vegetable, legumes and nuts. Protein also keeps blood sugars levels stable leaving you feeling fuller for longer whilst avoiding the dreaded ‘energy crash’ that happens from low blood sugar. How to use this tip: Add a small amount (10-20g) of protein to every meal. Training For Abs And A Flat Stomach! On top of nutrition, your abs are like every other muscle in your body – you need to train them correctly. Check out my Top 3 Tips below. Train abs at the start of your workout (not the end) Have an ‘Ab Day’ Double down on the exercise that suits your body To put it all together, check out my video on Top 3 Training Tips To Get Abs Or A Flat Stomach. Your abs are in there, somewhere! Want six-pack abs? You can have them—or at least abs that are stronger, tighter, and more toned than ever before. Yes, you’ll have to work for that flat stomach. But with consistent effort and proper form, plus healthy nutrition and calorie-burning cardio, you’ll see results. Kendall from the BlenderBottle Trainer Team is here to show you how. 3 WAYS TO FLATTEN YOUR STOMACH What’s up guys? It’s Kendall with BlenderBottle Trainer Team and today we’re talking about how you can flatten your stomach and build up those ab muscles. There are three things you need to do to get a flatter stomach. Nutrition is everything. So no matter what diet you’re following, you have to create a caloric deficit. There are so many types of cardio that you can do, but there’s one that’s more effective at burning fat, and that’s HIIT. Directly exercise your abs. There are so many different ab exercises out there, and today I’m going to show you a circuit that I find highly effective at getting those abs burning. The first thing you need to focus on is nutrition. It is the first thing because it is the most important. Without nutrition, you’re not going to get rid of that layer of fat that’s covering your abdominal muscles. Sustainability is key when looking for the right diet. You need to find one that fits with your lifestyle and that you actually enjoy. So what is the right diet for you? Whether you’re a devout follower of keto, or you’re doing the Paleo diet, or you’re doing a low-carb diet—as long as you’re creating a caloric deficit, all those diets are good. Focus on what you’re putting into your body, eat minimally, processed, nutrient-rich foods, and bottom line, as long as you’re burning more than you’re consuming, you are going to see a flatter stomach. The second thing is cardio. There are so many different types of cardio out there, so what is the right one for you? The one that’s safe, effective, and efficient. For me, I don’t like to run on the treadmill too often because it hurts my knees and I get bored with it, so I’m not going to keep up on it. I love HIIT: High Intensity Interval Training. It’s the big phenomenon right now, but that’s because it’s highly effective in fat burning. You can burn the same amount of calories doing a 20-minute HIIT workout as you can doing a 45-minute steady-state cardio. It’s super time efficient, which we love. An example of a HIIT workout is on a bike, you do a 10-second sprint and then a 20-second slower pace. Do that back and forth for about 10-20 minutes. Again, we love HIIT because we can burn a lot of calories in just a short amount of time. Tip number three is directly exercising your abs. There are four exercises I’m going to show you today. I’m going to go over form and then I’ll show you the full circuit. The first one is a full-body crunch. You’re going to fully extend both your legs and your arms, keeping your lower back pressed against the floor. Fully extend, then you’re going to inhale, exhale to come up (shins are going to be parallel to the ground), and then back out. The second exercise is going to be in-and-outs. What you’re going to do is place your hands right behind you, fully extend your legs, and lean back. Then you’re going to drive your knees into your chest, and back out. You don’t want to balloon your stomach while you’re doing this; you want to keep it tucked and tight. The third exercise is going to be a bicycle. What you’re going to do is lay back, again keeping that low back pressed to the floor. You’re going to have one leg extended and the other knee bent. You’re going to do left elbow to right knee. And you really want to create mind-to-muscle connection here, so go slow, and squeeze the core down. The fourth and final exercise is going to be a modified mountain climber. What you’re going to do is come out like this and do your left knee as far as you can up to your right elbow, and then switch. A lot of people make the mistake of just going through it quick. You want to keep it slow and controlled and contract the abs as you go through it. OK, we’re going to put these four exercises together in one continuous circuit. You’re going to do each exercise 20 times with no rest in between each one. Then when you finish it, you’re going to rest for one minute, and then repeat the circuit two times. I’m going to show you what the circuit looks like right now. Again, if your goal is to flatten your stomach and start seeing some abs, do these three things consistently, have some patience, and you will see results. If you have questions or comments, please leave them down below. Again, I’m Kendall with BlenderBottle Trainer Team, and I’ll see you next time! Follow Kendall on Instagram: Follow BlenderBottle on Instagram: Spring will be here before you know it — and with it, the warmer weather that lets us shed those winter layers we’ve been bundled under. For many of us, the thought of tank tops and bathing suits means a renewed focus on toning our stomach. Ab exercises can help you start getting rid of excess belly fat that may have accumulated during quarantine and flatten and tone the stomach area. Plus, abs are considered your body’s center of gravity and are responsible for aiding in balance and coordination. So there’s much more benefit to strengthening your abdominals beyond the aesthetic reasons. What many people don’t realize is that the abs are made up of four major muscle groups: external obliques, internal obliques, rectus abdominis and transverse abdominis. And the best ab workouts target all of these areas. The external obliques are the muscles on the sides of the upper part of your stomach, while the internal obliques are the muscles on the outer, lower part of your stomach. The rectus abdominis consists of a pair of muscles that start at the sternum and run down vertically. These are responsible for giving your core that “six-pack” look. Lastly, the transverse abdominis muscle runs from side to side, helping with balance. This muscle is directly under the belly button and is focused on heavily in Pilates. I often get asked by clients: how do I tone my stomach? The answer is to work all of these areas. So skip the endless crunches, and try this well-rounded routine that hits all the muscle groups that make up your abdominal region. This upper-ab exercise may look simple, but it’s actually quite challenging to do correctly. Start by lying on the ground with your knees bent and feet flat on the floor as wide as your hips. Breathe in to your stomach and feel the air rise into your chest, then exhale and think about tightening the upper ribs and towards your hips by engaging your upper abs. Place your arms on the mat and reach your fingers towards your toes. This is your starting position. Breathe in again, and this time as you exhale contract your upper abs so that your head, neck, shoulder blades and arms lift off of the ground about an inch. Inhale as you lower down. Repeat 10 times. Lying down on your back, reach your legs straight up so your feet are reaching towards the ceiling. For a modification, you can slightly bend your knees. As you exhale, tighten your upper abs and curl your head, neck and chest off the ground as you reach your arms towards your toes. Repeat 20 times. Start by laying on your back with your hands behind your head. Slowly lift your shoulders off of the floor and bend your knees at a 90-degree angle, looking at your thighs. Squeeze your abs while you twist your right elbow towards your left knee, while straightening your right leg. Switch sides, twisting and reaching your left elbow to your right knee, while straightening your left leg. Alternate back and forth for 30 seconds. Keep your feet flat on the ground with your knees bent, and roll down onto your back. Place your hands behind your head, and pull your naval in towards your spine. Slowly curl up into a crunch, and then cross your right elbow to your left knee. Lift your left foot up off of the ground as you cross, and then lower the foot as you lower your upper body back down onto the ground. Repeat to the left side. Perform 5 times on each side. (For a modification, you can lower down halfway with your upper body instead of all the way down onto the ground.) Lay on your right side, with a straight line from your head to your feet. Gently lift your upper body off the floor resting on your right forearm. Putting the weight into your feet and forearm, tighten your core and lift your hips up off the ground. Your body should look like a diagonal straight line. Make sure to breathe deeply while performing the side plank, and hold the position for as long as you’re comfortable. Switch to the left side. Start this exercise in a plank position. Pull your right knee towards your chest and rest your foot on the ground for a brief moment before returning it to the starting position. Then pull your left knee to your chest. Alternate between pulling your left and right knee to your chest. For an increased workout, pick up the pace! Lying on your back, reach both legs straight up towards the ceiling. Lift your head, neck and chest off the ground as you exhale and draw your naval in towards your spine. Pull your right leg towards your head, lightly grabbing the right thigh, and lower the left leg down towards the ground. Scissor the legs and bring the left leg up as you release the right leg, lightly grabbing the left thigh. Repeat 10 times to each side. You will feel this in your lower abs and upper abs; if you want to strictly isolate the transverse abdominis, try this motion with the legs while resting the head, neck and arms flat on the mat.

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