



## **AB TRAINING**

*Scfit*

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## HEY SQUAD!

When it comes to being fit and active, the core provides the base for a strong body to be built upon. When most people hear the word 'Abs' they only think of a killer six pack, but our core is actually comprised of so much more! And incase you didn't know, everybody has Abs. Abs are just a short term for your **Abdominal muscles**. The visibility and definition of your Abs is dependent on your body fat percentage and the exercises you do for them. If you're around six to 17 percent body fat, your abs should be noticeably visible. For women, the range is 14 to 24 percent body fat.

If you have a lot of belly fat, doing a ton of Ab exercises to make the fat go away doesn't work, it will **never** work. Ab exercises DON'T burn belly fat.

Flat abs aren't just for athletes, models, and the genetically blessed — they're a result of head-to-toe body care and love.

You may know some who have them as a result of good genes while others have them because of the many health choices they make. But as you age, especially as you enter your 40s, the paths to abs become more and more a result of commitment and hard work.

## **CORE EXERCISES**

I have put together this core training session for you! These are 10 exercises you can do anytime to strengthen your core. I recommend you pair this plan with any other SOfit Challenge and perform these exercises alongside a program as your finisher.

No matter what your training level is, you can use this program! Add core training into your day as a stand-alone quick session, or include these activities as part of your normal training program. The great thing about my core session

is that you can do it anytime and anywhere! It doesn't require any equipment and only takes around 30 minutes. If you like these exercises, you'll also love my training plans. My plans cater for those who train at the gym, as well as those exercising at home, and are customised to your training level!

If some of these exercises do not feel challenging enough, make sure you are focusing on correct technique, and remembering to actively engage your core muscles as you perform each activity. Also, add resistance bands to help increase the intensity.





This brings us to the topic of ***SPOT REDUCTION***. Spot reduction is the belief that fat in a certain area of the body can be targeted or lost through exercise of specific muscles in that desired area. For example, doing crunches for the abdominal muscles in an effort to lose weight in or around one's midsection or to have a slim waistline.

If you purchased this guide because you want to only lose belly fat, stop right there and read this. **In order to lose belly fat you must eat healthy! Your food is number one priority and then you have to train your entire body! Your body burns fat from all over the place and not from one specific place only. Doing lots of sit ups and crunches won't burn the fat.**

If however you're on the opposite end of the table and you have a relatively lower body fat percentage and you want more ab definition then you should do more Ab exercises and eat healthy as well!

*So how does one get Abs?* Improving your body composition is the best way to reveal your abs, and this is done by following a well planned

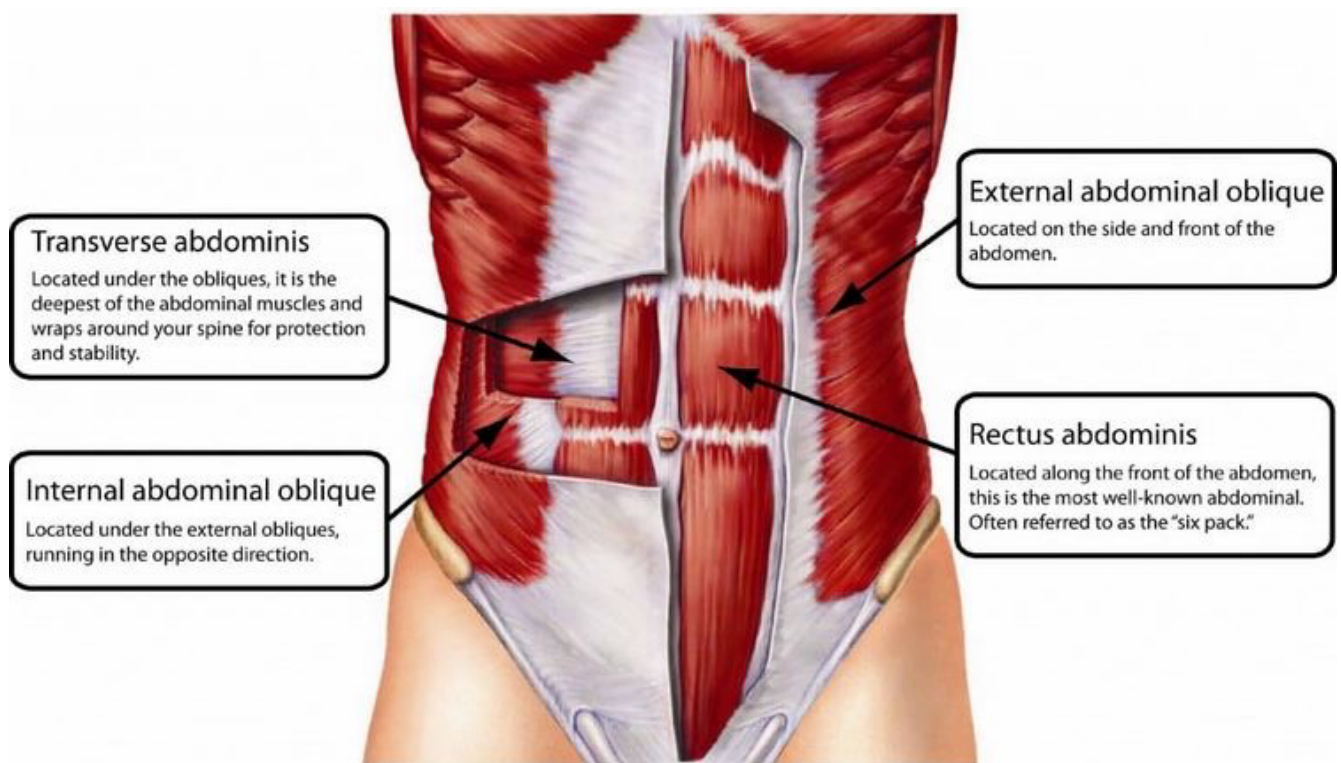
training program that includes strength training (weightlifting) and fat burning strategies such as HIIT and cardio but most importantly, what you eat. Cut out the processed foods and junk foods and high sugar beverages if you truly want to see a change. And no, waist trainers don't help either.

### ***So what do Ab exercises do?***

Ab workouts are for strengthening, and tightening your abdominals. When your body fat percentage is low enough to show the underlying muscle that sits on your torso, you definitely want to make sure it is as toned as possible, and working your core is key!

Besides looking good, great abs really are healthy. Research has shown that, for both genders, there is a strong correlation between the amount of abdominal fat a person has and the risk of developing metabolic diseases such as heart disease and diabetes.





## NUTRITION TIPS FOR A SLIMMER CORE

A diet for **abs** should include plenty of whole foods rich in fiber, protein, and healthy fats and pair your diet with regular physical activity. These foods can boost your metabolism, enhance fat burning, and keep you feeling full in between meals.

Meanwhile, other foods contribute very little to the body and provide more unnecessary, extra calories and sugar, increasing your risk of

weight gain and excess body fat. High calorie foods and beverages such as cakes, cookies, fries, pizza, sodas, alcohol and just processed foods. These should not be consumed regularly.

It's important to fill your diet with lots of nutritious, whole foods, such as fruits, veggies, whole grains, healthy fats, and high-protein items. These foods are not only high in micronutrients and antioxidants but also low in calories. Thus, they can support weight loss and increase fat burning.

## **FRUITS AND VEGGIES**

Fruits and veggies are very nutrient dense. meaning that they're low in calories but high in antioxidants, fiber, and an assortment of vitamins and minerals. They may also boost weight loss and fat burning, making them a must-have for any ab-building diet. You should always include veggies in your daily meals. My favorite are lettuce and broccoli.

## **WHOLE GRAINS**

Whole grains like oats, barley, buckwheat, and quinoa can be a great addition to your diet if you're looking to get abs.

In addition to being high in fiber, which can enhance weight loss, digestion, and blood sugar levels, whole grains are a good source of vitamins, minerals, and antioxidants.

## **FATTY FISH**

Fatty fish like salmon, mackerel, tuna, and sardines are packed with Omega-3 Fatty acids, which play a key role in heart health, brain function, inflammation, and weight control.

Eating fish can not only help you drop belly fat but also potentially reduce risk factors for heart disease, such as high triglyceride levels.

## **LEAN PROTEIN**

Protein is an essential part of a balanced diet, but sometimes it's accompanied by more fat and calories than you want.

Fortunately, there are a variety of lean animal and plant sources of protein that will help you meet your quota. These are referred to as **Lean protein** found in

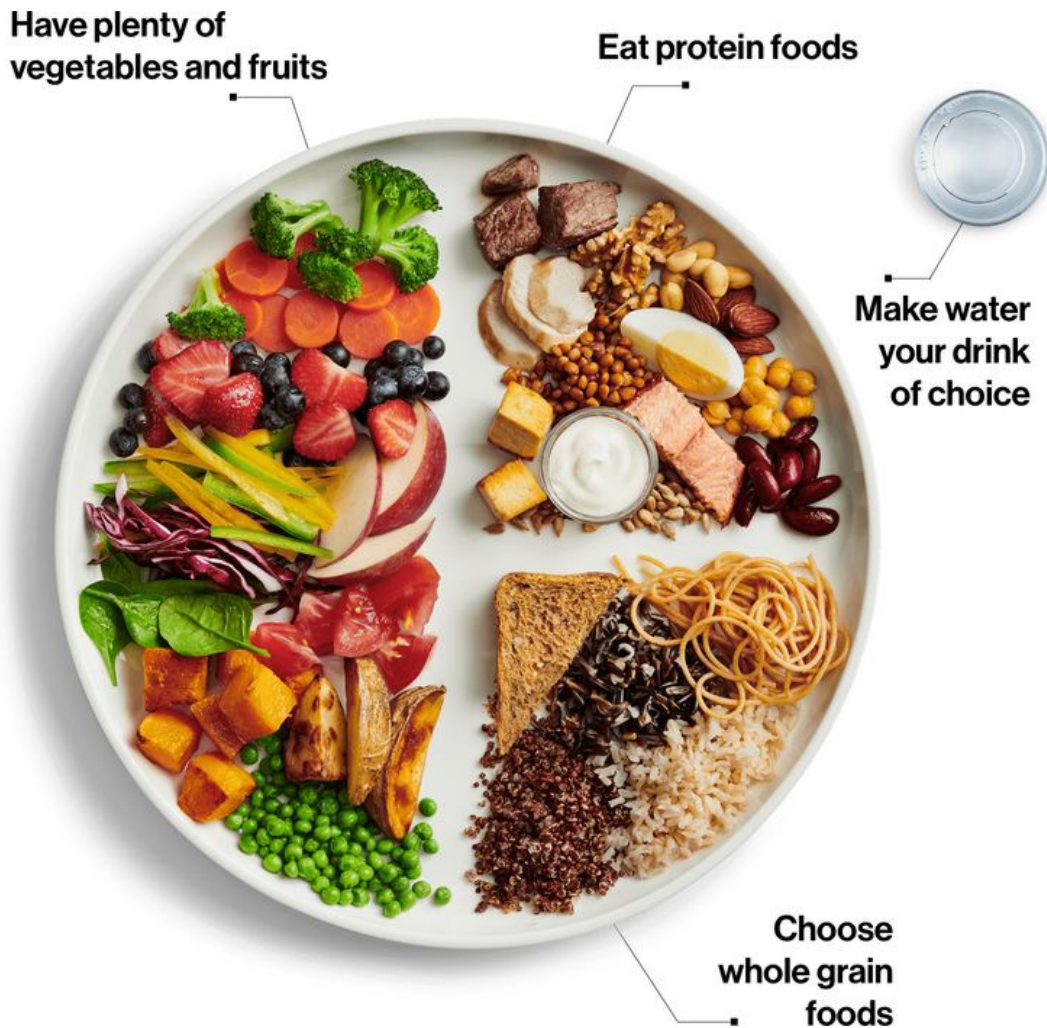
- White-Fleshed **fish**
- Plain Greek Yogurt
- Beans, Peas and Lentils
- Skinless, White-**Meat** Poultry
- Low-Fat Cottage Cheese
- Lite Tofu
- Lean **Beef**

proteins in egg whites, quinoa etc are essential to losing fat and also gaining muscle.

## **BALANCED MEALS**

Now, does this mean go around eating only salads and dry chicken everyday for your abs or for general fat loss? Absolutely not. Your meals should be balanced. A balanced meal is a snapshot of a diet that covers the three core food groups. As seen on this portion plate, the

balance is a quarter proteins, a quarter carbohydrates and half vegetables



You should be able to eat, be full and enjoy your meals and still get the desired results! This is called ***Clean Eating***.

If you look at the photo of a Healthy Eating plate above you'd see division of veggies, carbs, healthy fats, protein and fruits (optional). The main message of the Healthy Eating Plate

is to focus on quality. The type of carbohydrate is more important than the amount of carbohydrate in the diet, because some sources of carbohydrates—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others. Your nutrition should be about quality over quantity!

### ONE QUARTER CARBOHYDRATES

Carbohydrate-rich food includes rice, pasta, quinoa, couscous, potatoes, barley, oats and other cereals. These provide energy for the brain, muscles and other organs. Wholegrain carbohydrates are the preferred choice since they also provide fibre and vitamin B.

### ONE QUARTER PROTEIN FOODS FOR REPAIR

Protein-rich food includes eggs, seafood, meats, milk, tofu. This group is vital for maintaining muscle tissue, red blood cells, and hormone and enzyme production. We need more of these kinds of food in periods of growth.



## ONE HALF VEGGIES FOR A HEALTHY METABOLISM

Vegetables, as stated above, are rich in vitamins, minerals, fibre and phytonutrients such as antioxidants. Vitamins and minerals keep our metabolism and organs running efficiently, which is essential for staying healthy. A number of vitamins act as antioxidants. These repair tissue damage caused by metabolic processes or some environmental pollutants.

So there you have it babes! It's a load of information but very necessary if you're trying to achieve a slimmer, much toned midsection. And remember, your training is just as important.

## HOW TO EAT/PLAN YOUR MEALS

Eat three main meals and two to three snack meals (total: 5-6 meals) a day.

Isn't this too much? Won't I get fat?

No. Contrary to popular belief, eating more doesn't mean getting fat. If you're eating a lot of junk food and foods that provide little to no nutritional value then you should be worried about fat! However, eating more healthy meals actually lowers your risk of putting on unwanted fat. And despite weight loss or muscle building goals, you must eat!

Each meal should consist of whole, natural foods; foods that aren't packaged, processed, or preserved. Sad to say, indomie has got to go!

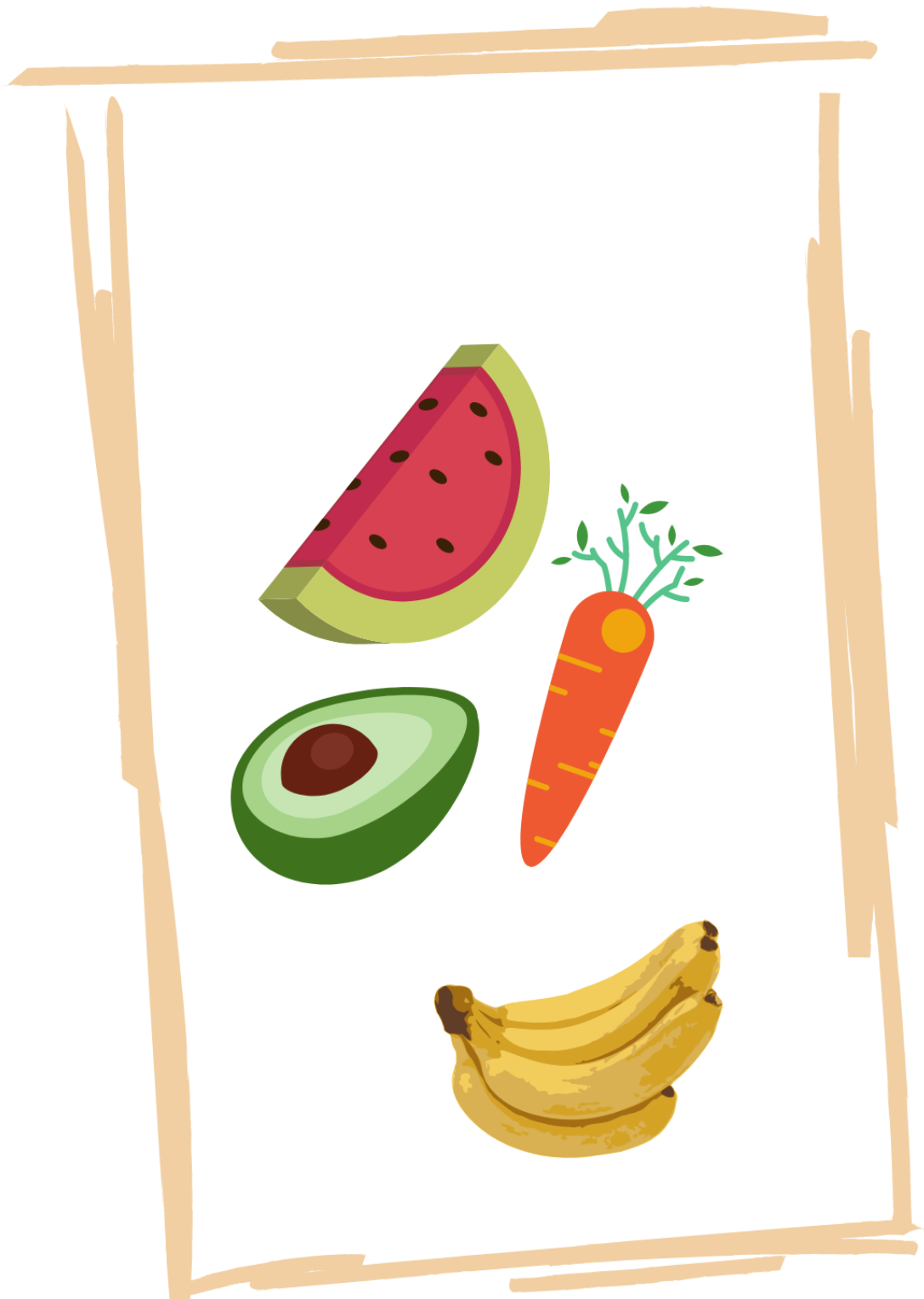
Each main meal should be balanced with

1. **lean protein:** white meat, white fish, egg whites, quinoa etc complex carbs: Sweet potatoes, rice, beans, pasta, whole grains
2. **vegetables:** Broccoli, Spinach, Cucumber, Carrots, Arugula, etc
3. **Healthy fats:** Avocados, Chia Seeds, fatty fish, Nuts etc

Focus on nutrients, not calories. Avoid foods that are processed, refined, fried, high in saturated fats, high in trans fats, and high in

sugar content. No fast food. Be conscious of your portion sizes and savor the food you are eating. Take your time! You will notice that it takes less food to feel satisfied if you eat more slowly.

Drink a minimum of 2-3 liters of water a day. (add 1 liter if you are exercising regularly). Eat every two and a half to three hours. This will help keep you energized, able to burn calories efficiently throughout the day, and will help regulate your metabolism.



## **4 MEAL IDEAS**

### **BREAKFAST**

Quaker Oats with your choice quantity of milk, a side of 3 boiled eggs, sliced Avocados and any ONE fruit of your choice.

glass of water, tea or coffee.

- Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.

### **LUNCH**

1 1/2 cup of rice and stew, a side of veggies (can be ugwu leaves boiled with carrots and cabbage) any protein of your choice (chicken, fish, beef (boiled NOT FRIED))

Water

### **DINNER**

Boiled/baked potatoes or Boiled Yam with vegetable sauce cooked with no oil just water.  
Glass of water –

## **SNACK**

1 Green apple with 1 tablespoon of peanut butter, half a slice of Avocado

## **YOUR JOURNEY DOESN'T END HERE!**

Your journey does not end here squad!

I am so happy and proud that you have picked up this plan. I truly hope this plan has motivated you to make a healthy change in your life. I also hope it helps you see that to be fit and healthy you don't have to give up everything you enjoy or dedicate hours a day to working out. It all starts with small changes and better habits.



As always, I would love to hear your feedback. Please send me your progress photos too, I would love to share your results with the rest of my fit community. By purchasing this guide you have also shown me support and I honestly could never have gotten to this point without you! I will forever be grateful to all of my followers, subscribers, and to the members of my SOFit Family.

And thanks to you all, I can keep saving the world, one healthy body at a time!

xx, Sandra