



ABS SCULPT

Guide



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When it comes to being fit and active, our core (midsection) 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 15 Ab exercises you can do anytime and also add to your training sessions. 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!



SOfit Cotton band

Equipment you may need



Latex band



Tube band

SHOP ALL SOFIT ACCESSORIES
HERE

First

There are a few things you should understand about your Abs. The first thing is we all have Abs! The term **Abs** is short for abdominal Muscles! For some people who have a higher body fat percentage it may be difficult to see these abs because of the thick layer of fat sitting right above these muscles. Vice versa. someone who has a lower body fat percentage it will be easier for them to develop these muscles because they don't have much fat covering them! And this brings us to the topic of SPOT REDUCTION..

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 in an effort to lose weight in or around your belly or doing Ab exercises in general for a Slimmer 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?

Like i said, we all have abs so you do need to GET them, the only way to lose belly fat and develop those sexy muscles underneath is by improving your body composition 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. What you put into your body determines what it'll look like on the outside.

What you do not need



Waist Trainers,
Slimteas,
, Slim pills etc

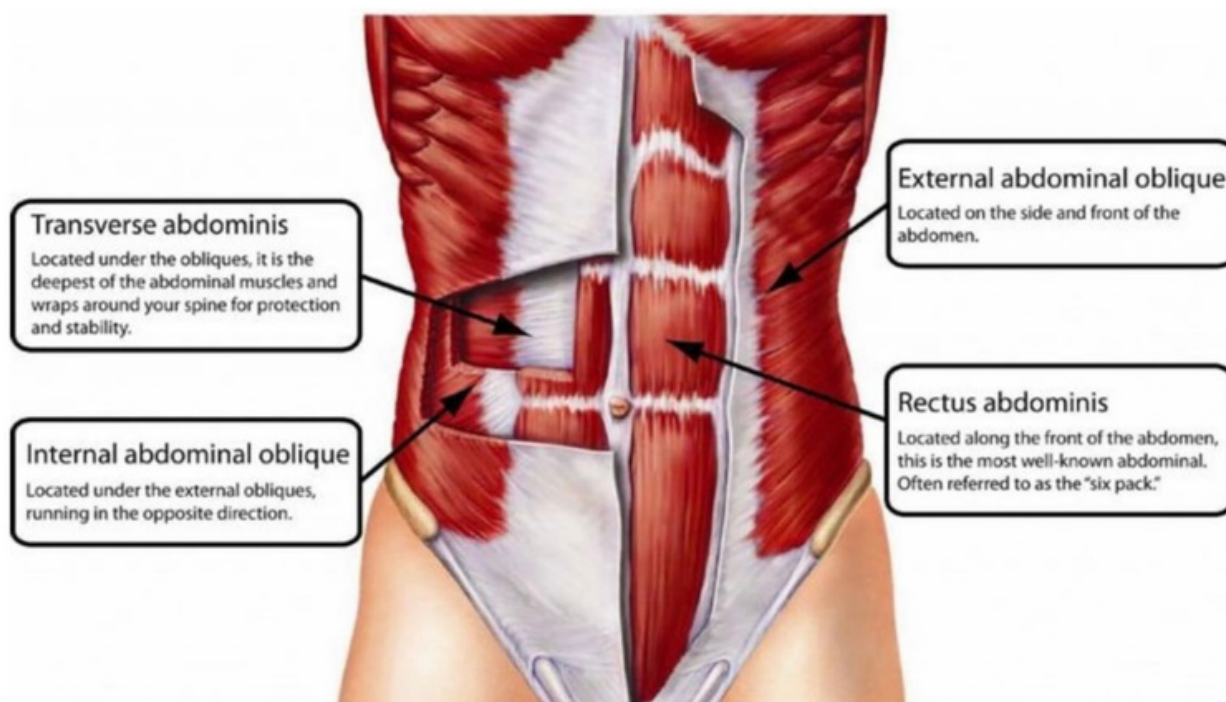
Foods to minimize or avoid



Saturated fats,
Carbonated drinks,
Processed foods, Junk
food, added sugars

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.



Your Abs are just like any other muscle in your body. If you want to build a muscle, you have to train them.

NUTRITION TIPS FOR SLIM WAIST/ ABS

One of the biggest mistakes people make is wasting time doing a bunch of Ab exercises in order to slim their waistline. There are no exercises, in isolation that will give you a small waist. In order to slim your waist, you have to burn fat, to burn fat, you must eat foods that are nutritious and wholesome while doing full body exercises that involve strength training as mentioned before. Here are my top nutrition tips to help you on this journey

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 & 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 favorites currently are mangos, grapes, tangerines and broccoli.

WHOLE GRAINS

Whole grains like oats, barley, 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 (omega 3)

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 diseases, such as high triglyceride levels.

LEAN PROTEINS

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
- ✓ Chicken breast & Skinless, White-Meat Poultry
- ✓ Beans. Lentils
- ✓ Low-Fat Cottage Cheese
- ✓ Tofu
- ✓ Lean Beef
- ✓ Whey protein powder

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

CARBOHYDRATES

Carbohydrates are your body's main source of energy: They help fuel your brain, kidneys, heart muscles, and central nervous system. For instance, fiber is a carbohydrate that aids in digestion, helps you feel full, and keeps blood cholesterol levels in check

- ✓ Potatoes
- ✓ Rice
- ✓ Oats

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

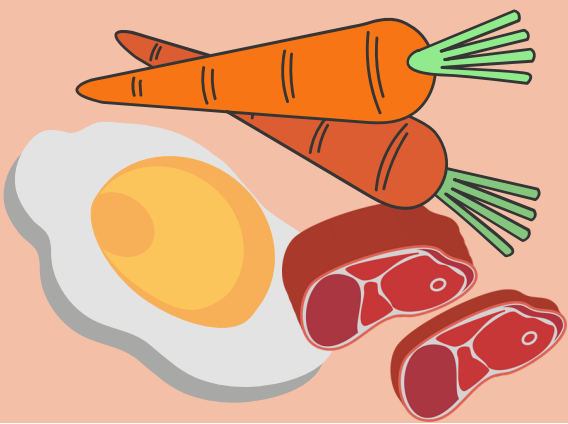


You should still be able to eat, be full and enjoy your meals and still get the desired results! This is called Balanced Eating.

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



Sample Meal Plan



B r e a k f a s t

1/2 cup of Quaker Oats, half medium Avocado sliced and 2 medium bananas

L u n c h

1/2 cup of steamed white rice with 1 cup of chicken breast (grilled or air fried) with a side of steamed vegetables

D i n n e r

2 medium potatoes sliced and boiled, with steamed veggies and fish.

S n a c k

1 medium sliced, with 1 tablespoon of peanut butter

To purchase our full meal plan

[CLICK HERE](#)



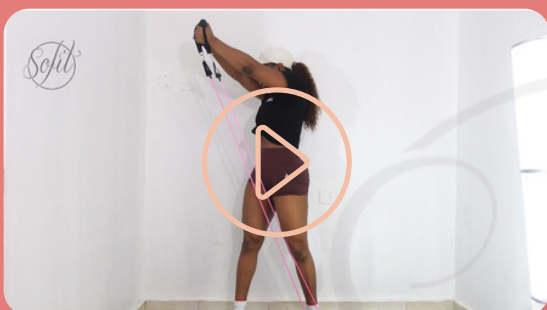


Try these workouts!



Plank shoulder taps

3 sets// 30 seconds



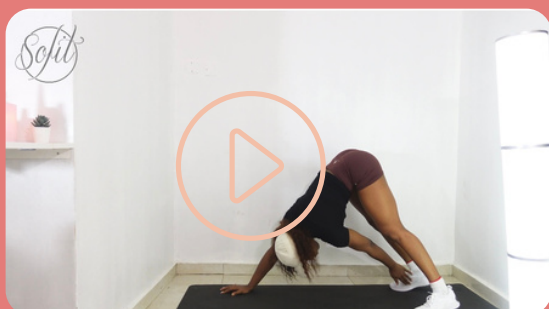
Woodchopper

3 sets// 15 reps each side



Plank rotations

3 sets// 30 seconds



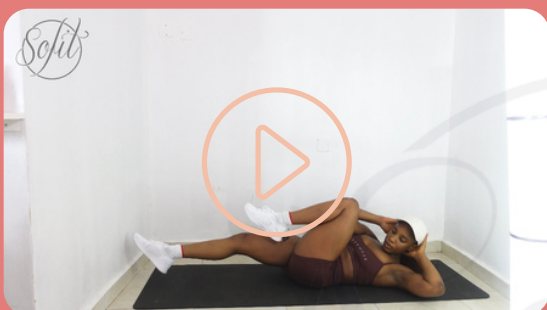
Inchworm taps

3 sets// 30 seconds



Squat kicks

3 sets// 15 reps each side



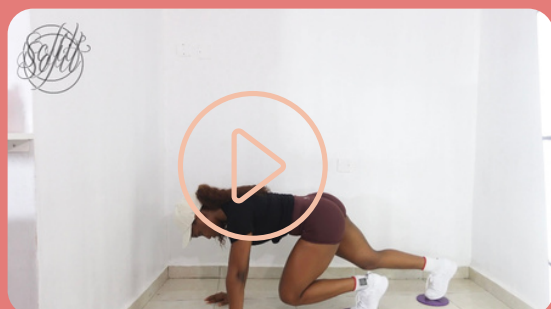
Bicycle Crunches

3 sets// 30 seconds



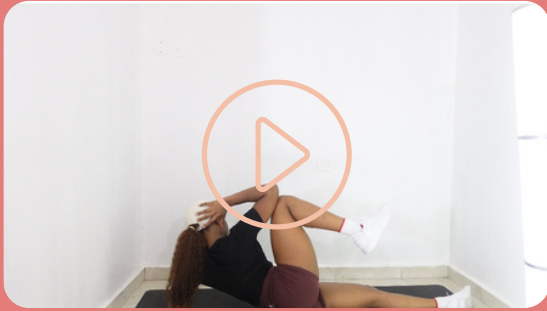
High Knees

3 sets// 30 seconds



Core slider tucks

3 sets// 30 seconds



Oblique crunches

3 sets// 15 reps E/S



Side plank hold

3 sets// 30 seconds each side



Reverse lunges

3 sets// 30 seconds

Abbreviations

E/S: Each Side

Your journey does not end here! 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 **#SOFITSQUAD**.



"IT HURTS. BUT ONE
DAY IT WILL BE YOUR
WARM UP."

SOfit xx