

6 Simple Six-Pack Summer Solutions

By Rob Nix

Summer is near and your hips are slimming...but not quite there. That 6 pack you have envisioned for years does not need to be your white whale this summertime. Many of us workout daily, endlessly hoping and longing for more improvement and that final touch. That sculpted summer stomach is very achievable. Sculpting your stomach can be done this year by following our six easy solutions.

Solution 1 - Beware the Salt. When you eat salt/sodium, your body and all of its cells begin to absorb water, holding up to 5 pounds extra daily! This does not make you look good at the side of any pool. Staying away makes your skin look tighter, your body looks firmer and you weigh much less. American food has too much salt typically, try to limit yourself.

Solution 2 - Drink more water frequently ALL-day. When our bodies are consistently refreshed with water, your body adapts into a less bloated version. Drink small glasses periodically up to 1 gal/day to stay hydrated. Much like solution 1, your abs begin to look shredded and tighter without that skin flap. Drinking large volumes at once is cheating and will only train your belly to expand massively.

Solution 3 – Jog in the sunlight. Find that slightly awkward speed and jog for 30 minutes during the daylight. Sunlight offers our bodies an array of vitamins, some of which help our bodies to burn fat and carbohydrates more efficiently. Jogging at your difficult speed will challenge any body's current training level. This means: you burn more calories in less time.

Solution 4 – Invest in a tan. Our skin reflects like a mirror in the sun's rays if you have pale skin. Whether you believe in fake tans or real tans, fact of the matter is your body overall will appear more trim, muscularly toned, and your six pack will shine through any set of sunglasses starring at your success.

Solution 5 – Get up and jump around. Plyometrics in a nutshell is a style of workout exercises which would involve more jumping, throwing, sports, and dynamic movements. As compared to the standard gym workout involving iron weights and machines the push and pull in a fixed direction. The fun and ease of Plyometrics will have you jumping outside burning several calories per minute! These throws will shred your six-pack and harden the sides.

Solution 6 – Twist and shout! Twisting the body during exercises is the best way to bring the love handles down to firm sides. Most of the body's challenges in the real world involve rotation. Training by exercising in this transverse range of motion has been proven to functionally be the most efficient way to slim the sides. Shout or breathe out hard to train your abs to utilize the innermost abdominal muscle, Transverse Abdominals, to contract and hold. This muscle is what sucks the navel and gut in towards spine. Train this postural muscle and you will stand slimmer.

This summer your stomach will shine. Your six-pack will show without spending a fortune on the new exercise fad or juice drink. Set a goal today. Summer will be here soon.

