

Published based on [How To Gain Muscle With The Greatest Abs Workout](#)

# **How To Gain Muscle With The Greatest Abs Workout**

Use the abs workouts listed below to tone the midsection. Achieve what you have wanted for so long.

To begin, open a war on those concealed stomach muscle groups. Crunches only target surface muscles. That is why crunches are ineffective. To lose a single pound of fat, 250,000 would need to be done. That means 100 of these a day for seven years.

Focus on the muscle groups that lie beneath the surface muscles. Working these muscles will pull the stomach in, similar to how a corset works. Many individuals are not aware of these muscles so they do not know how to tone them.

To target this area to become more toned, several exercises should be used. Hip thigh raises, reverse lunges incorporating a single arm press, rotating side planks, planks with arm lift, glute bridge march, rotating lunges, side planks and basic planks will do this.

Figure out where these muscles are by lying on the floor on your back and placing your palms below the navel. Breathe in and pull your stomach towards your spine. Hold this position for five seconds. Repeat this exercise eight to ten times.

Next is becoming more active. The rear-end and stomach are associates. If you are not active, the glute muscles are rendered useless. Being inactive also affects the muscles that join the hip to the legs. It makes them become less flexible. Then, the pelvis starts shifting forward. A bigger arch in the back occurs and adds pressure to the spine. A big stomach bulge is the result. So, to firm the mid section, being active is required.

To assist you in firming up the rear end, performing exercises like the glue bridge march and hip thigh raise will help. For tight hip flexors, act like you are going to perform lunges but put the back knee on the floor. Keeping your back straight, bring the hips forward until you feel stretching. Hold the position for ten seconds and then alternate using the other leg.

Change your eating habits to cut out bad food and eat nutritious food like meat, nuts, fish and dairy. A significant decrease in stomach size will be noticed.

On average, twenty teaspoons of sugar are eaten daily by people. Food like baked goods, fruit, soda, cereal and yogurt is where the sugar comes from. Decrease how much these foods are eaten to help increase metabolism and decrease insulin at the same time.

Fat is not as bad as you might think. Diets that contain fifty percent fat work just as well as those lower in fat. Using a diet that contains fat is easier to stay with because flavor and fullness are created by the fat. Choose foods that are high in monounsaturated fats such as nuts avocados and olives. Foods high in saturated fats are okay in small amounts.

Regardless of how much weight you lose, being bloated is a bad thing. Sodas, beans and broccoli can cause bloating. Too much sodium also has this effect.

For the best results and concurrent with all the latest information from the [lower abs workout](#), you need to give the abs time to heal from the exercises you are doing. Optimally, you should try to do the [lower abs workout](#) three times per week. This provides a good balance between exercise and healing.

You can also find this article published on [How To Gain Muscle With The Greatest Abs Workout](#), and on the tag pages [ab workout](#), [abdominal workout](#), [abs workout](#), [lower ab workout](#), [lower abs workout](#).