

"I will attain a six-pack by exercising only my abdominals"

Written by

DATE_FORMAT_LC2 -



"I will attain a six-pack by exercising only my abdominals"

Again, this is another myth. Every one of us has a six-pack, but in most cases, sadly, it is hidden behind fatty tissue. Since there is no such thing as targeted fat loss, you will not benefit from doing a thousand sit-ups a day. This small muscle exercise will only burn a few calories. Your belly will continue to hide your six-pack. The only way to make your six-pack visible is to follow a healthy diet together with an overall fitness program that will help you to burn off a bit of the covering fat every day.

"I will attain a six-pack by exercising only my abdominals."

?