

### 3, 2, 1, Blast Off Your Belly Fat!

Someone once said, "Insanity is defined as repeating the same behavior over and over, yet expecting a different result." If this is true, then what have we to say for ourselves after four months of grueling ab crunches with no six pack in sight? I would say that crunches are not the answer!

So what IS the answer? There are three important steps to achieving your goal. This 3, 2, 1, blast off will give you the steps you need to jump start your belly fat burning ability. It's easier than you think!

3. Proper nutrition is a must. No amount of exercise can work properly when your body is basically running on sludge. Overeating and constantly snacking on fast foods causes bloating and fatigue. It takes your body longer to digest these calorie packed, processed foods, causing all of your bodily functions to slow down.

Eliminate processed foods from your diet and increase your intake of lean proteins, fresh vegetables, and fruits. These nutrient rich foods will fill you up without bloating and are easily digested. You will have extra energy and the ability to stick to a solid workout program!

2. The next step is to add a resistance or strength training program to your daily regime. Your abdominal area is made up of five major muscles. They all need to be worked in order to develop the sleek, toned abs you want. When doing crunches you are basically lifting your body weight straight up and down. This will never do the job because it doesn't incorporate enough resistance and it only targets one set of muscles. Strength training can be done with dumbbells, resistance bands, a weighted ball, or with equipment at your gym. Make sure that some of the exercises incorporate rotational work, or twisting motions. This will ensure that all of the abdominal muscles are used during the workout.

The purpose of strength training is to develop those abdominal muscles. Resistance will cause your abs to become stronger and well defined. This is what you are after. So far you have changed your eating habits to promote energy, fat burning, and eliminate bloating; and now you have incorporated strength training to rip those muscles.

1. The final step in our belly fat blast, when incorporated with the other two, will have you proudly showing off that six pack!

Although your resistance program develops your abdominal muscles, one more step must be added to your workout or those muscles may never be seen. Belly fat builds up on your abdomen in a thick layer. This layer of fat, unless burned off, will actually cover or hide your six pack from view!

Adding a cardio workout, especially interval training, will quickly rip that fat layer right off so the world can see all the hard work you've put in at the gym! Any type of cardio will work for this purpose. The main objective is to raise your heart rate to a 'fat burning level' and keep it there. Interval training will help burn that layer of belly fat off even faster because this type of training includes short bursts of high intensity cardio, followed by a slow down or resting pace. Interval training can be worked into almost any cardio program, and it helps to make it more challenging and fun.

This last step, cardio, is your final belly blast! Remember, all three steps need to be incorporated because they each work together to help you achieve the results you desire. Nutrition, resistance training, and cardio, when put together give you the 3, 2, 1, blast off to six pack success!