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How To Get Ripped Abs Fast

If getting ripped abs is on your list of priorities when it comes to your current fitness program, do not overlook the importance of your usual strength training activities. One of the biggest misconceptions about getting ripped abs is that you must spend hours doing ab work alone. Unfortunately this is furthest from the truth.

The real fact of the matter is that when you are lifting heavy during your squats, lunges, deadlifts, and the bench press, you will be using the ab muscles to a great degree. If they were not working, you would find yourself feeling unstable, and chances are, you would wind up injured.

The ab muscles are going to be called into play with every weight lifting exercise you do, so ensure proper form is being utilized during all workout sessions.

Furthermore, one of the major factors in developing [ripped abs](#), is going to be getting your body fat level low enough for them to be seen clearly.

If you're not approaching close to single digits, chances are you may have great ab muscles, but you aren't going to see them when looking in the mirror.

Weight training exercises are one of the best ways to boost your metabolic rate, which will then help you burn off body fat all day long. Do keep in mind though that all weight lifting activities are not created equally. A heavy set of squats is going to ramp up the metabolism a great deal more than a set of bicep curls would for example.

To utilize this principle, try your best to program your weight lifting routine so that only core, compound lifts are included. This would be movements such as squats, lunges, deadlifts, bent over rows, shoulder presses, and the bench press.

Not only will this provide you with a far better whole body workout without wasting too much time on needless exercises, but it will also help you achieve that ripped abs look that you are going for.

Lastly, keep in mind that ripped abs and strong abs can mean different things. If you do a great deal of weighted abdominal work, you may actually cause your ab muscles to grow larger, thus giving you the appearance of a wider waist. Unless the body fat levels are not low again, you'll just end up looking bigger in the middle, rather than more defined.

So, in order to make this goal a reality for you, first focus on getting low enough body fat levels to get those abs showing. This can be accomplished through a solid lifting program and a clean diet. Then, if

you are not happy with the shape of the ab muscles or the amount of ab muscle development, start focusing on doing more work focused on just this muscle group itself.

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