

Saskatchewan Careers and Classifieds

6-Pack Abs from page 4

bending of the spine), not to flex forward over and over again. Anytime you brace your abs (think slight crunch before you get punched in the gut) and pull your navel into your spine you effectively stabilize your spine into a safe, neutral position. And the moment you relax your abs and lose that braced abs position, your back will begin to hyperextend putting you at greater risk for injury.

To create the best looking and strong midsection focus on stabilization exercises in all three planes of movement (sagittal - front to back, frontal - side to side, and transverse - rotational) by using pillar exercise variations (also know as planks). Besides training the true "anti-extension" function of your rectus abdominis or "six-pack" ab muscles, these bridging/stabilization exercises also activate the key transverse abdominus muscle, or your deep abdominal stabilizer, that wraps around your spine and supports your internal organs. Wanting to reduce back pain? Then strengthen these inner ab muscles as it's key to optimal posture and performance in addition to injury prevention. Just another benefit to performing pillars over primitive

crunches and sit-ups that often cause unwanted neck and back pain.

Myth#4 - Do lots of long-duration cardio to burn the fat covering your abs WRONG!

Both scientific research and real world case studies show that aerobic training for fat loss alone doesn't work. Total body resistance training is the true foundation of any solid fat loss plan. In addition, interval training, where you alternate between bouts of maximum effort and active recovery, is scientifically proven to burn more fat AFTER the workout than ordinary exercise. However why not perform both resistance interval training and cardio interval training to combine the best of both worlds? More on this to come!

The Anti-Crunch Six-Pack Abs Blueprint:

Step#1 - Lose the fat that is covering your abs so that you can see them

A.) Eat to lose fat and elevate metabolism

- Drink at least 2-4 cups of water immediately upon

waking and then drink at least 1-2 cups of water every 2 hours you are awake. Drink 1-2 cups of water for every 15 minutes of vigorous activity.

- Eat immediately upon waking and then every 2-4 hours after that for a total of 5-7 feedings per day (i.e. 3 meals, 2 snacks {half the size of your meals and workout nutrition})
- Focus on a wide range of organic lean proteins, natural fats, and fruit and veggies

Sample One-Day Menu:

Breakfast - Scrambled Eggs, Greens, and Turkey Sausage or Bacon

Mid-Morning Snack - Mixed Nuts and Fruit/Veggie of Choice

Lunch - Chicken, Salmon, or Shrimp Caesar Salad

Mid-Afternoon Snack - Cheese and Fruit/Veggie of Choice

Dinner - Turkey or Beef Meatballs and Spaghetti Squash

Pre-Bed Snack - Protein and Flax Shake

- Take a daily multi-vitamin for your gender, an essential fatty acid (EFA) supplement, a probiotic (good bacteria) supplements, and a vitamin D3 supplement.

Use The Carb Reduction Blueprint:

Use the following step by step process in the exact order listed to breakthrough any plateaus in your six-pack abs quest.

Step#1 - Replace all white carbs with 100% whole grain carbs and all refined sugars with natural sugars

Step#2 - Limit all whole grain starch and natural sugar consumption to within 1-2 hours post-workout or immediately upon waking for breakfast

Step#3 - Replace all starches and sugars with fruits and veggies

Step#4 - Replace all fruits with green veggies

Step#5 - Use strategic carb and calorie cycling to take your body to the next level (This is beyond the scope of this article but the success you can achieve from this strategy is powerful)

B.) Train to lose fat and elevate metabolism

- Monday, Wednesday, and Friday - Perform Total Body Circuit Strength Training

Sample Total Body Circuit Strength Workout - 20 Minutes (not including five minute warm-up and cool-down)

50-10 Interval Five Exercise Total Body Circuit - You will alternate between 50 seconds of work and 10 secs of rest for each exercise in the following five-exercise circuit. Perform this 5-minute circuit up to four times for a 20-minute total body workout:

Exercise#1: Double-Leg: Bilateral Hip-Dominant; *Variation:* Hip Extensions

Exercise#2: Push: Horizontal Push; *Variation:* Push-up Variation

Exercise#3: Single-Leg: Unilateral Knee-Dominant; *Variation:* Single-Leg Wall Sit

Exercise#4: Pull: Horizontal Pull; *Variation:* Body Weight Rows

Exercise#5:Core: Linear Stabilization or Trunk-Dominant; *Variation:* Upper Body Twist Variation

- Tuesday, Thursday, and Saturday - Perform Cardio Interval Training

Sample Cardio Interval Training Workout - 20 Minutes (not including five minute warm-up and cool-down)

30-30s - You will alternate between 30 seconds of maximum effort and 30 seconds of active recovery. You will perform this 1-minute round up to 20x for 20 total minutes. You can perform this workout on your cardio machine of choice (airdyne or spin bike, running, etc.) or by alternating between the following body weight cardio exercises for the ultimate in-home workout:

Exercise#1: Linear Locomotion Emphasis; *Variation:* Stationary Running

Exercise#2: Lateral/Rotational Locomotion Emphasis; *Variation:* Jumping Jacks Variation

Step#2 - Train your abs based on their true function: STABILIZATION

Below is a core workout that would appear in my boot camp. It involves no crunches or sit-ups by using all pillar stabilization exercises. Once you master these moves and follow everything else I previously listed above, you will have a sweet pair of rock hard abs to show for it... just wait and see!

The Power to the Pillar Workout - Tabata Style

This 20-minute total body core workout focuses entirely on pillar stabilization. The pillar collectively consists of your shoulders, hips, and core. It is your body's powerhouse, foundational to all movement. For each exercise below you will alternate between 20 seconds of work and 10 seconds of rest. You will repeat this 30-second sequence eight times for four total minutes followed by a one minute rest and transition before moving on to the next exercise listed.

For maximum benefits, you must seek to maintain a tight pillar position during all movements by actively pulling your navel to your spine, engaging your glutes, and maintaining a straight line from the heels through the shoulders. The following coaching cues work really well:

"suck in your gut"

"tuck your butt under"

"round your lower back"

"give yourself a wedgie"

"be flat like a diving board."

Exercise#1 - Front Pillar Variation (static or dynamic)

Exercise#2 - Left Side Pillar Variation (static or dynamic)

Exercise#3 - Right Side Pillar Variation (static or dynamic)

Exercise#4 - Back Pillar Variation (static or dynamic)

Today is the dawn of a new age in core training and it is my sincere hope that you take this powerful information and run with it.

Until next time...

Resurrect your body back to life!

About the Author:

Tyron Piteau, B.H.K., is a real world fat loss expert and owner of The Maker's Body Personal Training and Resurrect Your Body Boot Camp. For your FREE Rapid Fat Loss Starter Kit and a FREE fitness consultation visit www.MakersBody.com. (604) 626-2342 or MakersBody@gmail.com.

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