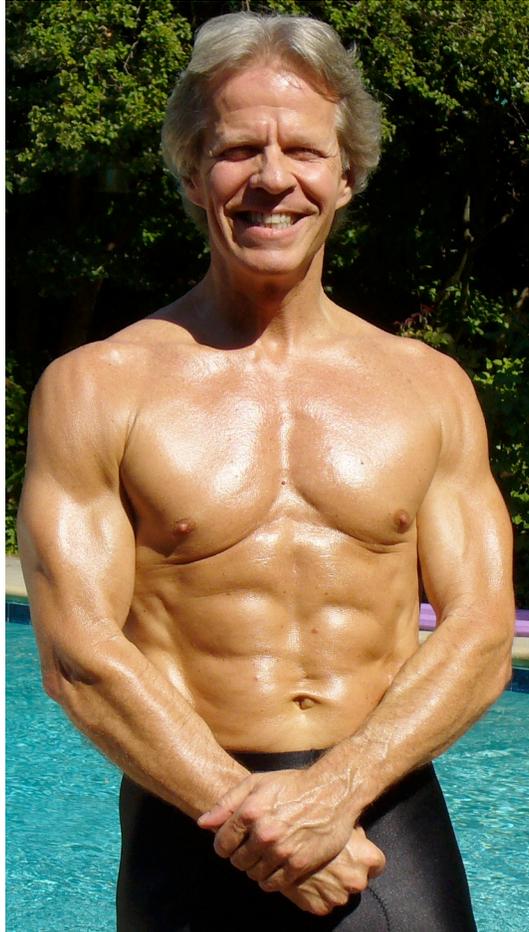


# The Naked Truth About Six-pack Abs



Robert Martin, age 61

There is a mystique about six-pack abs, almost as if it were the Holy Grail of fitness. In this report, I'll teach you exactly what to do to get six-pack abs, but please be aware, there is far more to complete health and fitness than just having great looking abs. I strongly urge you to pursue a balanced, comprehensive approach in your fitness regime. When you do, six-pack abs will follow almost automatically.

There's no big mystery about what you need to do, and not do, to get six-pack abs. All you need is the right information, and then of course to apply that information. Action is the crucial step in achieving anything.

***Thoughts determine what you want, actions determine what you get.***

As with any goal you want to achieve, it's always best to get your information from someone who's already accomplished it. As you can see from the photo above, I don't just talk the talk, I walk the walk. In this report you'll learn exactly what you need to do to get that kind of muscle definition yourself.

If you already exercise regularly, but you've still got some extra body fat, it's quite possible that you already have six-pack abs that you just can't see yet because of that excess body fat. That scenario is actually fairly common, and illustrates the misconception that a lot of people have that has kept them from ever seeing that six-pack that's already there, but just hidden under a layer of fat. Developing the abdominal muscles is usually not the problem. It's more about getting rid of the fat that covers them up.

Yet what do you see so many people doing in an effort to finally get that six-pack to show up? In a vain attempt to spot reduce fat from the abdominal area, which of course doesn't work, they waste their time doing endless exercises that ***don't burn fat***. Exercises like crunches. I ***never*** do crunches, yet I've got a well-defined six-pack – at age 61!

## **Essential Fitness Concepts**

There are three essential elements of a well-balanced fitness system – strength training, cardio training and nutrition. For strength, I do multi-joint, multi-muscle group exercises that engage as many muscles as possible, including my core, and therefore burn more calories and more fat, and burn it faster. And even when I do exercises that focus primarily on abs, they also engage other muscles for increased efficiency.

For cardio, I do high intensity interval training that creates an after burn effect to keep me burning fat long after my workout is over. You don't get the after burn effect from low to moderate intensity aerobic type cardio. Forget jogging, get off the "dreadmill."

I'll get into a bit more detail concerning both strength and cardio training in a minute, but first, there's one more crucial element of any fitness program – nutrition. It's been said that you can't out-exercise a poor diet, and it's true. If your diet is unhealthy, all the exercise in the world won't make up for it – especially when it comes to getting that coveted six-pack.

I'm writing this report in August of 2009, having made a dietary change two months ago that has given me phenomenal results. The picture above was taken one month after my dietary change. I'm even more ripped now than what you see in that photo.

Through my own research and years of trial and error and constant fine-tuning, I've developed strength and cardio systems that are both highly time efficient and extremely effective. Now the final piece of the puzzle – nutrition – has finally fallen into place. After all these years, I've finally discovered the proper way for humans to eat for maximum health and effortless weight control, while also maintaining phenomenal strength, energy and focus.

What I've discovered completely flies in the face of years of commonly accepted "knowledge" as to what constitutes proper nutrition for the masses in general and athletes in particular. But I'm not here to tell you what you want to hear, or trot out that same tired dogma you get everywhere else. I'm here to tell you what works, and what has solid science and real world results to back it up. My 61 year-old body is living proof of what I'm about to reveal to you.

It's far too broad of a topic to go into complete detail in this report, but it's the reason for my recent vast improvement, not only in muscle definition and that shredded look, but also in terms of sheer strength. My strength to bodyweight ratio has improved significantly since making this dietary change.

## **They're Lying To Us About Nutrition**

One of the key things to understand is that we've been grossly misinformed about nutrition in general and human protein requirements in particular.

Why? Follow the money.

This misinformation comes primarily from two influential groups. Those two groups are agribusiness and bodybuilding supplement companies, which own and publish all the fitness and bodybuilding magazines. Both groups want you to spend as much as possible on meat, dairy, poultry, grains and "muscle building supplements," despite the well-documented health problems associated with **all** of the above.

To illustrate the point, here's a clear example of the over-estimated need for protein in human nutrition. Humans are primates and share a very high percentage of DNA coding with various apes. Apes get the vast majority of their nutrition from plant sources. Did you ever see a healthy orangutan, or a chimp – or a gorilla – that was lacking in muscle mass? Some of the most powerful creatures on the planet eat very little protein, and get it from plant sources.

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Also, humans don't need protein as such; we need the amino acids that protein is made of, all of which are readily available in a healthier, more easily assimilated form in plant food sources. In fact, when you eat protein from animal sources, your body has to go through the extra step of breaking it down into amino acids before it's usable.

We now also know that it's not necessary to consume all the essential amino acids in the same meal, or even in the same day. The originator of that idea now admits it was incorrect.

The idea that plant protein is "incomplete" or "inferior" is just more propaganda from the lobby groups. In fact, the exact opposite is true. Because it's already in the form of amino acids and therefore directly usable by the body, plant source protein is actually superior. Ask any gorilla.

## **Food For Humans**

So what do gorillas and other primates eat, that we as human members of the primate family should also be eating? What massive amounts of mouth-watering treats do I gorge on with delightful sensory enjoyment all day long? Luscious, vitamin and antioxidant-rich whole fruit, some mineral-rich leafy greens, and a little additional protein and fat from a few nuts and seeds. And nothing cooked. Cooked food is dead food that taxes your body more than it nourishes it.

Oh yeah, I can hear the howls of protest now, "But there's too much sugar, there's not enough protein, that's not what the food pyramid says, but I love cooked food, but that's not what the muscle gurus say."

***Two questions. First, if the food pyramid we've been following for the past 50 years is correct, why have we become the fattest nation on Earth, with deadly health problems like diabetes and heart disease increasing at a catastrophic rate? Second, do any of the muscle gurus still look like me at age 61? I rest my case.***

OK, enough nutrition myth busting for now. I'll just leave this topic with one final note. Every day, more and more well known, world-class athletes, at both the Olympic and professional level are now eating this way - and winning.

I'll be updating the nutrition segment of the Look Great Naked At Any Age DVDs soon, and going into much greater detail about the specifics of this approach to eating, and revealing the science behind it. Everyone who already owns the current version of the LGNAAA system will receive the update free of charge as my gift to you for your maximum health, fitness and longevity.

## **Avoid These Exercise Mistakes**

Now let's touch on a few exercises to avoid that are either ineffective or downright dangerous. As I mentioned in the beginning of this report, a balanced approach to health and fitness is best, so here are some tips that are good general things to know, while still being relevant to developing six-pack abs. Like I said on the web site, I want you to feel that I've over-delivered rather than not given you enough.

I DON'T do inefficient isolation exercises because they don't correlate to the way the body is used in real world activities - and they don't burn much fat. I build athletic, functional strength and a balanced physique by exercising my body the way it works in the real world. Exercise your muscles in groups and you'll not only get much faster results, your body will also develop much better functionality, for both day-to-day living and in any athletic endeavor. And you'll be burning more calories and fat so your six-pack will show up sooner.

Here's an example that's particularly relevant to the ladies. ***Don't waste your time doing triceps kick-backs with those ultra light weights.*** If you want to strengthen your arms and lose that saggy skin, do some push-ups instead, so

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you hit your pecs and tighten your abs at the same time, right along with your triceps. Even better, do Hindu push-ups to hit even more muscles from a variety of angles, and improve your flexibility as well. They're **great** for ladies too.

I also DON'T do aerobics of any kind. Effective cardio exercise is a key component of a complete and balanced fitness system, but aerobics is not nearly as effective as high intensity interval cardio training – and it takes too darn long. Not to mention the risk of repetitive use injury that goes along with jogging, etc. There are myriad studies that prove the superior results of high intensity intervals in numerous areas of physical performance, and they're easily found online, so I won't waste time quoting them here.

I will however mention one particular advantage that has special implications for getting, and keeping, six-pack abs, especially as you age.

***It's been discovered that high intensity interval training induces your pituitary gland to release your body's own natural Human Growth Hormone at youthful levels!***

This does NOT happen when you do aerobics. HGH is very effective in maintaining youthful muscle mass and burning fat – essential in your six-pack abs quest. One key reason I look the way I do at age 61 is that I dose myself with my own natural HGH every time I exercise – and I get it for free!

It's also much better for your heart to work through a broad range of beats per minute, so that its capacity to exert and recover over and over is improved. You don't tap into and improve that capability with long duration, steady pace aerobics.

Don't be intimidated about working out with "high intensity," especially if you're just starting out or concerned about your age or present level of fitness. Remember that intensity is relative. If walking up a flight of steps is intense for your present fitness level, accept that, be realistic about it, and build carefully and gradually from there.

In a Mayo clinic study that focused on elderly people who's only exercise was walking, the subjects showed remarkable improvement in a number of areas, just by having them include some higher intensity intervals into their walking routines. **Be sensible and always consult with your physician before beginning or altering your exercise program.** But at the same time, don't sell yourself short. I'm 61, and when I run hill sprints with beginners half my age, they can't keep up. So there's hope, no matter what shape you're in to begin with.

## **Two Exercises You Should *Never* Do**

I'll just touch briefly now on two commonly used abdominal exercises that are either largely ineffective or downright damaging.

Crunches are not particularly effective for strengthening your abs, and they will not make belly fat go away. I got my six-pack abs without doing a single crunch. The myth here is that you can spot reduce one area of your body. When you do exercises that are effective in burning fat, the fat burns away over your entire body pretty much equally. Your body does not isolate its fat loss from any one particular area.

So don't try to focus on losing **belly** fat, focus on losing **body** fat, and do exercises that burn the most body fat. That would be multi-muscle group exercises and high intensity interval cardio training. You're probably seeing now that what we're talking about here is a comprehensive system that all works together – effective, efficient, multi muscle group strength training, high intensity interval cardio training, and proper nutrition for human needs.

The other commonly used ab exercise to avoid is leg raises. Please, ***don't do this exercise***. It does not focus primarily on your abdominal muscles; it relies mainly on a deeper internal muscle called the psoas muscle that connects your upper leg to your lower spine. Leg lifts stress that muscle, but not in a healthy way, and can lead to low back problems, especially later in life. There are much better ways to strengthen your core than crunches and leg lifts, and neither of those exercises burns significant fat.

Another thing to avoid is all those ridiculous gadgets you see on late night TV infomercials. They don't work and they're a waste of money. 'Nuff said.

There is however, one piece of equipment that works really well. It's called a Power Wheel, and it's been tested and endorsed by numerous university athletic departments. It's the only piece of equipment I use, although only for a few exercises. You don't have to search the web for it; I've put a link at the top of the Look Great Naked At Any Age web site. It's not only the best core exerciser available, it also forces you to simultaneously engage various other muscle groups as well, so it's highly efficient and worth every penny.

## **Key Points and Concepts**

### 1. Strength training

Don't waste your time with isolation exercises. Instead, do multi-muscle group exercises that engage more of the body, while burning more fat and calories. Forget crunches; go to my web site and get yourself a Power Wheel, which will hit your core like nothing you've ever felt before, while engaging various other muscle groups at the same time.

## 2. Cardio training

Don't waste time with aerobics. Instead, do high intensity interval training that's better for your heart and lungs, triggers your own HGH, and gives you the after burn effect so that you keep burning fat for hours after your workout is over. My favorite is hill sprints. For indoor workouts, burpees are great too, or anything you like that forces you to stop and catch your breath at regular intervals.

## 3. Nutrition

Clean up your diet. If you really want to get it right and get that ripped, chiseled look that will make your six-pack pop, eat like the primate you are. With all those natural vitamins, minerals and fiber from your everyday food, you'll also enjoy the best health you've ever experienced, and a long, vibrant life. (Guys, take note – removing animal fat from your diet is MUCH healthier for your prostate – and your sex life.)

For a comprehensive system that gives you everything you need to know about all the above and much more, including the crucial area of mindset, motivation and effective goal achievement, get yourself a copy of the Look Great Naked At Any Age system here:

<http://lookgreatnakedatanyage.com/>

With the LGNAAA program, I teach you **exactly** the system I use to look like I do at age 61 – and my workouts only take 19 minutes, at home, with no equipment.

I sincerely hope this report will help you on your way to great health and fitness – and six-pack abs. And by all means, feel free to pass this report along to anyone you can think of who might benefit from it.

Thank you, and make it a great day!

Robert Martin

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The content of this report is not to be considered as medical advice. Always consult a physician before beginning or changing any fitness program. Any use of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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