

Brought To You By:

Mark Hanson

www.TheBasementGym.com

Disclaimer

All information in this book is intended for your general knowledge only and is not a substitute for a professional's advice. Use of the tips regarding eating the proper nutrition and getting healthy are at your own risk. We do not suggest or guarantee any results will be made from what you read in this book. Whether or not you lose weight or live a healthier lifestyle will depend on your own current health, eating habits and the time and effort you put forth to getting and staying healthy. We make no warranty, express or implied, regarding your individual results.

Disclosure

Guess what? This ebook does not contain legal or medical advice between the giver or receiver/reader of this ebook. If you have medical issues, talk with your doctor. If you have mental health issues, talk to a psychologist or psychiatrist. If you have spiritual issues, talk to a priest, a minister, or a rabbi. If we refer to a product or service in this ebook, you should assume that we own it or are promoting it as an affiliate or because of some other material connection. This means, like everyone else on the planet, we're biased. Do further research before following the advice written herein. The links in this PDF are affiliate links for the Truth About Abs product. If you purchase the product by clicking on one of the affiliate links we receive a commission.

Table Of Contents

Note: To jump down to the page you are interested in just click on the page number.

Introduction	4
Do You Really Need "Cardio" Workouts?	8
The 3 Best Abdominal Exercises that Are NOT Your "Normal" Ab Exercises	10
Exercise Pictures & Descriptions:	11
Sculpt a Better Body with Post-Workout Nutrition	14
Weight Loss Recommendation	17

Introduction

Feel free to email this e-book to any of your friends, family, or co-workers that you think would enjoy these topics.

Inside this e-book, you're going to find various powerful strategies to make your training and nutrition program more exciting and result producing.

- ☑ *You'll find out the truth about cardio.*
- ☑ *You'll discover some extremely effective strength training exercises, tips, and strategies.*
- ☑ *You'll even discover some new training styles that have emerged in recent years as well as some fresh ideas you've probably never thought of before.*

I'll also give you some great healthy meal ideas and unbiased nutritional strategies...none of that low-carb or low-fat gimmicky crap! I'm also NOT going to give you any of the same old BS that you've heard from mainstream health professionals about how you need to do endless hours of boring cardio routines, and eat nothing but bland meals like tuna and rice, or plain grilled chicken with broccoli in order to get in great shape.

Instead, I'm going to show you that you can enjoy life to the fullest while simultaneously building the body of your dreams and increasing your energy so that you feel like a million bucks every single day.

Not only that, but you'll be able to perform like never before...whether it's performing physical tasks at home, dominating the competition on the playing field, or even performing in the bedroom! Yes, these are all just the start of some of the benefits of striving to achieve your own peak fitness.

Aside from the fact that you can take action now and improve how you look, feel, and perform, one of the most important aspects of taking responsibility for your own fitness is that you'll live a longer, happier life and reduce your risk of degenerative diseases.

In all seriousness, the health condition of the majority of people in developed nations has deteriorated to such an extent that it has literally become a crisis.

In the US, experts estimate that approximately 70% of the adult population is currently overweight or obese. That means that if you are a lean and healthy individual, you are a minority! It has literally become the norm for most people to be out of shape, overweight, and ridden with degenerative diseases like type-II diabetes, heart disease, and cancer. That's pretty sad.

With as fast as obesity rates are increasing, if things don't change soon, we could very likely see 9 out of every 10 people as overweight or obese in another decade or two.

Something needs to give.

People need to start taking responsibility for their own health and fitness and that of their families. Nobody else is going to do it.

The billion dollar food manufacturing companies sure aren't going to do it. All they want to do is make huge profits by selling you cheap junk food, heavily refined and processed full of chemicals that are causing a cellular disaster within your body.

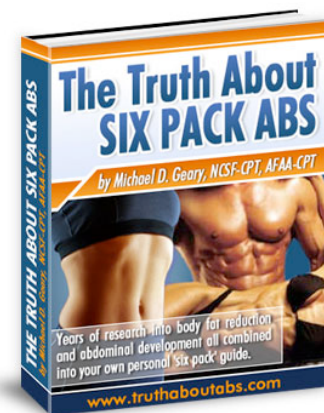
The billion dollar pharmaceutical companies sure aren't going to look out for your health either. They want you to be sicker than ever, so that you'll have to buy more of their medicines.

And the rich supplement companies won't look out for your health either. They love the fact that people are getting fatter all the time, so that they can persuade you with fancy marketing into thinking that there's a quick-fix solution and all you have to do is spend lots of money on some of their pills and you'll magically be lean and mean without changing anything else in your life.

It's pretty simple as to why the world is becoming a fatter place at an astonishing rate.

For one, the population has become increasingly more sedentary over the years. Kids no longer spend most of their time running around and playing games outside. They spend more time inside playing video games or surfing the web on the computer.

Adults do less manual labor than ever before. Technology allows us to be lazier than ever and perform as little movement as we want on a daily basis. This simply means that we must intentionally add extra movement to our daily lives in this day and age where we're not required to do much movement any more.



My thinking is...why does it have to be a chore to add movement to your daily life? It should be the opposite...you should be active because you enjoy it!

For example, if you're not the least bit interested in weight training, then find something you do like such as swimming, rock climbing, mountain biking, or competitive sports, and enjoy it on a regular basis.

Another reason the world is becoming fatter is that our food supply has become more heavily processed, refined, filled with chemicals, and modified from its natural state over the years.

Everybody thinks that they don't have time in this fast-paced world to prepare their own meals anymore, so they grab quick junk foods from corner stores, fast food joints, and restaurants. This habit makes it that much harder to stay healthy and lean, because THEY aren't looking out for your health. Only YOU can do that!

The solution is easy!

First, we need to make smart whole food decisions, and prepare our own meals.

Second, we need to get out and move. Our bodies are meant to move and be active on a regular basis. That's the simplest way to look at it.

Now let's get down to some of the insider secrets from a fitness junkie on how you can get top notch results out of both your training and your nutrition programs.

This E-book will provide you with a few ideas to take your workouts to a whole new level and to open your mind with respect to your diet. After you read this Ebook, if you want to really step it up and discover the entire system that I've created, that 10's of thousands of people all over the world are using now for developing a lean, rock hard body, check out my [Truth About Six Pack Abs](#) program.

This program is fully comprehensive with everything you need to know if you're serious about your body. The [Truth about Six Pack Abs](#) program is not just about doing abs exercises.

It's about smart full-body training and nutrition strategies for reducing your body fat to levels so that you can finally see your abs, and bring out eye-catching muscle tone throughout your entire body.

Before we get into the meat of this, let me give you a little more info about myself so that you can get to know me a little better. My name is Mike Geary and I'm a nationally Certified Personal Trainer and Certified Nutrition Specialist.

Just so you know that I'm a real person, here's a couple pics of me performing 2 of my favorite and most challenging drills...the overhead squat and the deadlift.



All The Best!

Mike Geary

Author of [The Truth About Six Pack Abs](#)

Do You Really Need "Cardio" Workouts?

Are cardio workouts or weight training more effective for losing fat...

by Mike Geary, Certified Nutrition Specialist, Certified Personal Trainer

In this article, I have an intriguing discussion about cardio workouts, which will hopefully get you thinking differently, and trying new things.

You may know I've been called the anti-cardio guy before, but in this Ebook I'm posing the question to you.



Do you really need cardio training to get lean and in great shape?

By the way, you'll see in a minute that I'm not really "anti-cardio", just "anti traditional cardio".

Most fitness buffs, weekend warriors, or anyone trying to get in shape or lose body fat, consider it a fact that they need "cardio" exercise to accomplish these goals. They would never even question it.

However, I'm not only questioning it, I'm going to refute it! In fact, you may be surprised to know that some of the leanest and meanest people I know, men and women included, NEVER do any type of traditional cardio. And I've spent over 15 years working out in various gyms, and hanging out with athletes of all sorts, so I've seen it all.

I will say that there can be a place for low-moderate level cardio for really overweight or deconditioned people, but even in those cases, there can be more effective methods.

But what exactly is "cardio"?

Most people would consider cardio to be pumping away mindlessly on a treadmill, riding a stationary bike, or coasting on an elliptical machine, while watching the TV screen at their state of the art gym.

This is what I call "traditional cardio". Hmmm, no wonder the majority of people get bored with their workouts and give up after a couple months without seeing results.

But if you look closer, "cardio" exercise can be considered any type of exercise or activity that strengthens the cardiovascular system. I'm not

going to get into anything technical like increasing your VO2 max or anything like that.

To keep it simple, if it gets your heart pumping, and gets you huffing and puffing, it's cardio. I don't care if you're holding dumbbells or a barbell and everyone calls it a weight training exercise...it's still conditioning your heart.

Let's take a look at a couple examples.

Take a barbell (or dumbbell, or kettlebell) clean & press for example, which involves lifting a barbell from the floor up to shoulders, then push pressing overhead.

And listen up ladies, because even though this is usually seen as a manly exercise, it doesn't matter if you're not lifting 250 lbs; if 45 lbs is challenging to you, then you will still benefit just as much.

At first glance, most people think of the barbell C&P only as a weight training exercise or strength exercise. However, I challenge you to do a hard set of around 10-15 reps on the C&P.

If you used a challenging enough weight, what you'll find is that your heart rate is probably up to about 80-90% of your recommended max, and you are huffing and puffing like you just ran a 100-meter sprint (which by the way, sprinting kicks the crap out of jogging any day if you want the easiest way to lose the flab).

Try the same thing for a set of 20 reps of one-arm snatches or swings with each arm with a kettlebell or dumbbell, and tell me your legs aren't burning, heart racing, and you're gasping for breath.

How about trying 5 minutes straight of bodyweight squats, lunges, and pushups with very little rest. Again, notice your heart pounding, sweat pouring off of you, and chest heaving for breaths!

Try and tell me you're not conditioning your heart with this style of training! Conventional thinking says that these are weight training or strength training exercises. However, they are fulfilling your cardio workout needs as well (saving you time!).

Not only do you save time, but you strengthen and condition almost every muscle in your entire body with these full body exercises if you do them with enough intensity...something that can't be said for that boring stationary bike ride or treadmill jaunt while reading or watching TV.

Reading or watching TV while you workout is a joke!

Seriously, if you can read or watch TV while doing any exercise, you're not concentrating enough on what you're doing, plus you're probably not working out hard enough to see any real results.

The 3 Best Abdominal Exercises that Are NOT Your "Normal" Ab Exercises

A unique ab workout that doesn't contain your typical boring stomach exercises - no crunches or situps here!

Instead of the typical ab routines that we see so often with crunches, situps, leg lifts, etc...I recommend better options for metabolism-boosting high intensity workouts that work their entire body while also working their abs.

Not only will these exercises build rock hard abs and core, but also create a much better fat-burning workout than a typical ab workout.

I'm going to show you an example of one of my favorite "ab workouts" that doesn't include any direct "ab exercises" at all.

This is actually a full body workout that works your abs pretty hard indirectly, and stimulates a good metabolism boost! It's in a tri-set format (similar to a super-set but alternating between 3 exercises).

Here goes:

- Renegade Dumbbell Rows
- Front Squats with Barbell
- Mountain Climbers on Floor

A good rep scheme to use with this could be 3 to 4 sets of 8 reps for each exercise, or more sets for less reps, such as 5 sets of 5 reps of each exercise.

Mountain climbers can be done for a time interval (such as 30 seconds) instead of "reps".

Exercise Pictures & Descriptions:

Renegade Dumbbell Rows

Renegade dumbbell rows are done starting in a pushup position with the hands on 2 dumbbells.

You then row one dumbbell up while stabilizing your body with the other arm.

Bring the dumbbell back to the ground and alternate the rowing arm while stabilizing with the opposite arm.

This stabilizing effect during the rows creates incredible work for your entire midsection core area.

Trust me...you'll feel it in the abs!



Front Squats

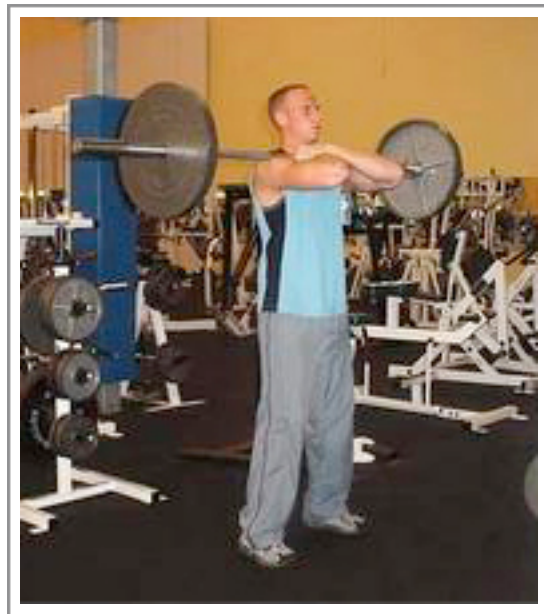
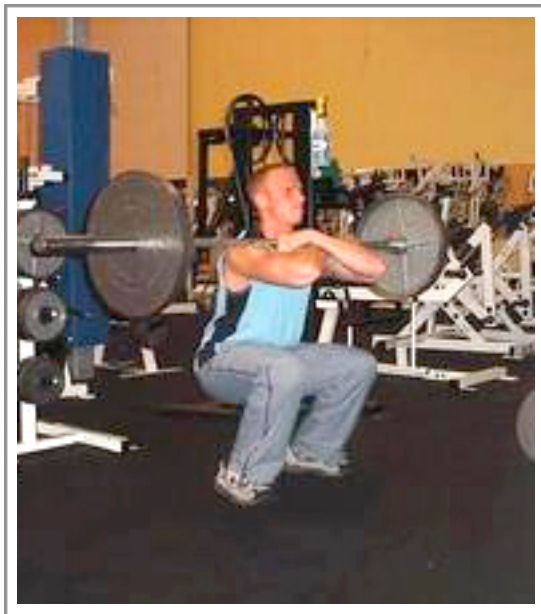
Front squats are done similar to back squats, however with the barbell in front of your body on the front of your shoulders instead of resting on the upper back as in back squats.

You stabilize the barbell on your shoulders by crossing your arms and pushing your fists into the bar against your shoulders while keeping your elbows out in front of the body.

This takes a little practice at first, so you'll want to start out with light weights and professional advice at your gym to get the form correct.

Front squats require extreme stabilization strength from the abs due to the barbell weight being shifted to the front of the body instead of the back.

Even though this is mostly a leg exercise, you'll feel this one in the abs big time!



Mountain Climbers

Mountain climbers are done by starting in a pushup position and then shuffling your feet in and out so that your knees are moving in under your chest and then back out to starting position.

It sort of resembles climbing a mountain but flat on the floor. If you want an advanced version, you can also shuffle your hands 8-10 inches forward and backward in addition to the leg movements. This really makes it a full body exercise and MUCH more difficult than standard mountain climbers.



Conclusion

After finishing each exercise, rest about 30 seconds before starting the next exercise. Rest about 1-2 minutes after completing each "tri-set" before repeating.

This will give you one of the best ab workouts you've ever had without even doing any direct ab exercises....and with a LOT more fat-burning metabolic effect compared to standard ab exercises.

You'll see what I mean after you try it!

Sculpt a Better Body with Post-Workout Nutrition

As you've probably heard before, your post-workout meal may very well be your most important meal of the day.

The reason is that when you're finished with an intense workout, you're entering a catabolic state where your muscle glycogen is depleted and increased cortisol levels are beginning to excessively break down muscle tissue.

These conditions are not good and the only way to reverse this catabolic state (and promote an anabolic state) is to consume a quickly digestible post-workout meal (can be a shake or smoothie) as soon as you can after training.

The goal is to choose a meal with easily digestible quick carbs to replenish muscle glycogen as well as quickly digestible protein to provide the amino acids needed to jump start muscular repair.

The surge of carbohydrates and amino acids from this quickly digested meal promotes an insulin spike from the pancreas, which shuttles nutrients into the muscle cells.

The post-workout meal should generally contain between 300-500 calories to get the best response. For example, a 120-lb female may only need a 300-calorie meal, whereas a 200-lb male may need a 500-calorie post-workout meal.

Your post-workout meal should also contain anywhere from a 2:1 ratio of carbs:protein to a 4:1 ratio of carbs:protein. While most of your other daily meals should contain a source of healthy fats, keep the fat content of your post-workout meal to a bare minimum, since fat slows the absorption of the meal, which is the opposite of what you want after a workout.

When choosing what to make for your post-workout meal, the first thing to realize is that you DON'T need any of these expensive post-workout supplement formulations that all of the fancy ads you see everywhere will tell you that you absolutely NEED!



I tend to prefer to make my own post-workout shakes from natural ingredients instead of using a commercial mixture, since many of them are low quality.

For the shakes that I make myself, here are some things to keep in mind if you try it...

A good source of quickly digestible natural carbs such as frozen bananas, pineapples, honey, or organic maple syrup are perfect to elicit an insulin response that will promote muscle glycogen replenishment and a general anabolic muscle building effect.

The more you can assist the muscle repair process, the more you increase your metabolic rate and can help your fat loss as well.

The best source of quickly digestible protein is a quality non-denatured whey protein and/or some fat-free or low-fat yogurt. Here are a couple ideas for delicious post-workout smoothies that will kick start your recovery process:

Chocolate Banana – blend together 1 cup water, ½ cup milk (I prefer raw grass-fed milk for max health benefits), one and a half frozen bananas, 2 tbsp organic maple syrup, and 30 grams chocolate whey protein powder – 38 g protein, 72 g carb, 1.5 g fat, 450 calories.

Pineapple Vanilla - blend together 1 cup water, ½ cup vanilla yogurt, one cup frozen pineapples, 2 tbsp honey (preferably raw), and 30 grams vanilla whey protein powder – 35 g protein, 71 g carb, 1 g fat, 430 calories.

When choosing a good whey protein, it's important to note that the quality vastly differs between brands and types. Most whey proteins are produced under high heat processes that destroy some of the fragile nutritional components of the whey.

The best whey that I've found is this great new grass-fed RAW whey protein...since this is from grass-fed cows, it also has higher levels of muscle-building and fat-burning CLA (conjugated linoleic acid).

When looking to lose body fat, keep in mind that post-workout meals should have the opposite characteristics of all of your other meals throughout each day.

While post-workout meals should have quick high glycemic index carbs and quickly digested proteins, all of your other meals throughout the day should be comprised of low glycemic index, slowly digested carbs and slow release proteins.

These are powerful strategies towards developing a lean muscular body with a low body fat percentage.

Another great thing about post-workout meals is that you can satisfy even the worst sweet tooth, since this is the one time of the day where you can

get away with eating extra sugars without adding to your gut. Instead, it all goes straight to the muscles!

But ONLY if your workout was super-high intensity and involved resistance training for large portions of the body. If all you did was some low intensity cardio, forget about doing this type of post-workout shake.

Weight Loss Recommendation

What you just read is only the tip of the iceberg of some of the killer ideas you'll discover in my internationally best-selling [The Truth about Six Pack Abs](#) program, currently the #1 most popular abs program on the internet.

There are over 276,000 users in 163 countries who have experienced the benefits of my program. If you don't already have a copy be sure to pick one up today.

You will receive a complete blue-print for challenging full-body workouts that will thoroughly define your entire physique in addition to your abs.

My program can be adjusted from beginner to advanced levels. You will also gain a more thorough understanding of what types of nutritional strategies and lifestyle changes that it takes to reduce your belly fat to the level where your abs are visible.

