

Abs are now my mission in life. Can someone direct me to an intense weekly routine, and maybe resolve the debate of abs every day or rest days in between?

September 18, 2019 | 84 upvotes | by [supergoodguy90](#)

I'm willing to suffer, cut out all the pleasures and comforts of life, go full Goggins and get this six pack jacked and visible.

Archived from [theredarchive.com](https://www.theredarchive.com)

Comments

[deleted] • 99 points • 18 September, 2019 04:07 PM

I'll be the first to *actually* answer your question.

Abs are a two part process:

Step 1. You must develop ab muscles.

Step 2. You must reveal them.

From the other comments, I see there is too much emphasis on Step 2. I believe dieting is a huge part of highlighting your abs, but if that's all you do, your abs will never be extremely impressive.

To have abs that really POP, you must consistently train your abs in isolation. Compound movements won't give you the same effect. I followed the App 6-Pack-Promise, where the training was 3 days on, 1 day off. This worked really well for me. If you don't want that app, I'd just look up 5-10 minute ab workouts on YouTube and complete those ~5 days a week.

Once you've gotten the requisite muscle development, you've got to reveal your abs. You do this by reducing your body-fat. The most effective way of reducing body-fat is through diet. Intermittent Fasting works for some people, but I found that the easiest way for me to cut fat was to remove sugar entirely from my diet.

Track your progress in both the workouts and diets and you will achieve what it is that you hope to achieve.

Source: <https://imgur.com/luX4JuV>

In the photo, you can see my two friends who have the same (or lower!) bodyfats than I do (middle), yet my abs are much more clearly defined.

ChadTheWaiter100 • 33 points • 18 September, 2019 04:50 PM

Absolutely. Too many idiots gave me advice number 2. This is the reason why some people at 7% barely have any abs and other people still have abs at 15%.

[deleted] • 12 points • 18 September, 2019 07:32 PM

Absolutely. Too many idiots gave me advice number 2. This is the reason why some people at 7% barely have any abs and other people still have abs at 15%.

Yep. Further, going too skinny kills your lifts. I wouldn't be surprised if the male focus on abs is misattribution of causation. Most guys with good v-tapers have visible abs (by definition, they wouldn't have a v-taper with too much gut) but not many guys with abs are rocking a good enough v-taper. It's harder to build a v-taper than abs.

PandaLitter • 8 points • 18 September, 2019 08:06 PM*

Isn't a v taper down to genetics at some point

There are dudes on here with unfortunate genetics that can't ever get that taper unless they got hip surgery

Down votes inbound from dudes with shit genetics

Ohboohoolittlegirl • 5 points • 18 September, 2019 10:37 PM

Id say down votes inbound from guys with good genetics who can't see why you say. I've never seen a guy with genes like the ones you speak of

[deleted] • 4 points • 18 September, 2019 10:41 PM

You're correct. My buddy and I are the same height, yet he has a size 36 waist, while I have a 30. His shoulders are slightly broader than mine, but my V is much more apparent.

I'd also say that a V-taper is easier than developing solid abs. With weighted pullups and OHP, you'll develop that shape relatively quickly without altering the compound-movement-focus of programs. For core, it's a different story where isolation is key to making those really develop.

PandaLitter • 46 points • 18 September, 2019 05:17 PM

Ngl that picture looks like the start of a gay porno

wkndatbernardus • 1 point • 19 September, 2019 12:42 AM

The Ambiguously Gay Trio - Ace, Gary, and they're new bro, Phil.

SerialATA_Killer • 22 points • 18 September, 2019 07:38 PM

You and ya boys looking like you're about to play find the needle in the gay stack.

[deleted] • 7 points • 18 September, 2019 07:49 PM

I don't think I've ever laughed harder at a comment.

I'm going to steal this phrase.

SerialATA_Killer • 2 points • 18 September, 2019 11:05 PM

All yours

Jani1157 • 19 points • 18 September, 2019 04:59 PM

Second on removing sugar, it's been two weeks and the difference is crazy. Drink water too

bansi123 • 8 points • 18 September, 2019 04:59 PM

Quick question about cutting sugar: does this include fruits as well? Been working on my diet and I've cut out added sugar from desserts, sweets etc.

[deleted] • 8 points • 18 September, 2019 05:03 PM

I still eat blueberries and kiwis occasionally, but I'm not having a ton of it.

An Acai Bowl, which is almost entirely fruit, has around 70g of sugar. Added sugar or not, I make sure to have less than 20g per day, regardless of what its from and most days it's under 10g.

GandMeChattri • 2 points • 18 September, 2019 11:20 PM

So, you're basically on keto?

[deleted] • 1 point • 19 September, 2019 01:34 AM

Nah, I still eat tons of rice.

sir_shitfuck • 2 points • 19 September, 2019 12:05 AM

I'm going to go against the grain and say severely limit your fruit intake. Here is my reason, I was eating tonnes of fruit for years (apples, bananas, oranges, many others), went to the dentist the other month (a dentist I trust), needed 7 fillings.

I rarely ate processed sugar.

If you're going to eat fruit, eat it with a meal and be mindful of your teeth. Definitely chew xylitol gum.

Since I've cut fruit from my diet and am only eating a decent amount of protein, some vegetables, and mainly fat, I feel much better and have cleaner energy.

iwviw • 3 points • 18 September, 2019 05:14 PM

You can eat fruits. Don't eat simple carbs like White bread

rpgedgar • 1 point • 19 September, 2019 01:00 AM

I eat a keto-ish diet. Most of my sugar comes right after a workout when my body will make use of the carbs and less likely to store as fat. Otherwise, you will want to watch out for fructose (fruit sugar) because it can cause the body to convert more of your calories to fat if you eat too much.

Mescalean • 7 points • 18 September, 2019 05:18 PM

I blame sugar for my consistent "4 pack". Definitely have the muscle there but god damn sugar is in everything these days. Also don't have enough care. Always got enough compliments on arm size and shoulders/back. Keep telling myself in going to go paleo but at the end of the day I just say fuck it and go for some form of carb with my meal. I really do believe sugar is a big part.

Also how your body retains water.

Not to mention soy lecithin and a whole mess of other shit thats no bueno for us.

A tip for OP that some may not know about.

MCT OIL. Medium chain triglycerides. Helps ween your muscles into using fat/atp storage which helps burn more fat while giving you some killer energy. Like i would do a full body workout for 2 and a half hours on that shit. Powercleans weighted dips dumbbell bench like full body.... all natural too. Wanna say a bottle ran me 19 with tax

8bitmadness • 2 points • 19 September, 2019 12:07 AM

Bulletproof coffee is a good option for adding some MTC oil into your diet. It's not the best as a habit but it definitely works.

Mescalean • 1 point • 19 September, 2019 11:56 AM

That shit had me wired through entire shifts.

Only reasons I dont do it now is caffeine. Even mild stimulants fuck with my CNS. "Strung tight" enough as it is. Fucks with sleep all that for me.

8bitmadness • 2 points • 20 September, 2019 01:39 AM

I feel ya. I purposefully use dark roast beans to reduce the amount of caffeine and I also "water down" the coffee with milk that's about as hot as the coffee is. So I reduce the amount of caffeine while still having enough to give a benefit. It's the only way I can drink coffee without starting to SEE TIME due to my ADHD which has followed me into adulthood.

ReasonablyGoodMexico • 6 points • 19 September, 2019 01:00 AM

Small tip: when censoring, use the good ol black bar. Fancy filters may be reversed with enough elbow grease. Do NOT underestimate the power of autistic haters.

Having said that.. those are some sick abs

[deleted] • 5 points • 19 September, 2019 01:38 AM

If someone could pull my face back together after fucking it up that much, I will be THOROUGHLY impressed. But then again, I've never had the power of autism on my side.

supergoodguy90 1 points 18 September, 2019 09:22 PM [recovered]

Just curious, and this is a lame question, but how long did you follow the six pack promise before you had tangible results?

[deleted] • 3 points • 18 September, 2019 10:37 PM

Before, I had a low body fat, and I felt like some days I had abs, some I didn't.

After 3 weeks of the app, I saw a major difference.

Make it part of a morning or evening routine and you won't even think about it much.

8bitmadness • 1 point • 19 September, 2019 12:07 AM

I'm pretty high body fat, what one would considered to be strongfat. I don't really have much ab definition because it's more like a slab of muscle than a defined set of abs thanks to all the core strength I've built up. Upside: I have great functional strength and I feel amazing. Downside: I look somewhat flabby when I'm not actively flexing my arms/legs/chest/gut. It's not too bad and I'm slowly working on dropping the body fat percentage, so it's going to take me longer than normal to have results people will easily see in terms of ab definition.

superbad4life • 2 points • 18 September, 2019 11:44 PM

To add on to his step 2: abs come out with reduced body fat. Reducing body fat is done by having your body "eat" the fat storages (intermittent fasting is merely a technique to achieve this). In order for this to happen, you need to be in a calorie deficit, so you need to figure out about how much you're burning. Use a BMR calculator to figure out your Basic Metabolic Rate and calories to maintain that weight. After that, download an app like MyFitnessPal by UnderArmor to help you gauge how much you're actually eating (buy a food scale for the most accurate results). By doing these things, I lost about 20 lbs in the course of 6 months. Now that in of itself may not be super impressive (~1 lb per week - healthy by medical standards) but also realize I was lifting at the same time, so some muscle gains negated the fat loss on the scale.

Sendmeloveletters • 2 points • 19 September, 2019 01:04 AM

Thank you

thenewyorkmind • 2 points • 19 September, 2019 01:37 AM

What are the MOST effective workouts for abs?

pottysmith • 2 points • 19 September, 2019 04:38 AM

Hey mate what are your lifts at, if you don't mind answering :)

[deleted] • 1 point • 19 September, 2019 04:52 AM

Back then, probably around 135 OHP, 225 Bench, 285 squat, 365 deadlift.

Almost exactly 1 year later, I'm at 185 OHP, 285 Bench, 390 Squat and 500 Deadlift.

basebool • 1 point • 19 September, 2019 12:09 AM

How would you incorporate this in a 4 day workout split? PHUL specifically.

I would normally ask on the fitness sub but you seem to know what you are talking about.

[deleted] • 1 point • 19 September, 2019 01:36 AM

I do it before I shower in the morning in my bedroom. I've found no need to do it at the gym.

INNASKILLZ2K18 • 1 point • 19 September, 2019 12:55 AM

Is that the AthleanX app?

[deleted] • 2 points • 19 September, 2019 01:36 AM

Yessir

INNASKILLZ2K18 • 1 point • 19 September, 2019 08:38 AM

Cool. Thanks will have a look at it.

No sugar? That's a bitch. Just realised how much sugar is in everything.

throwawayformhh • 1 point • 19 September, 2019 05:49 AM

What kinda of things do you eat after cutting out sugar? It's in basically everything nowadays in huge amounts.

[deleted] • 1 point • 19 September, 2019 06:44 AM

There's quite a bit without sugar.

My diet as of right now:

Meal 1: 4-5 Eggs, Guac, Brazil/Macadamia Nuts, Blueberries.

Meal 2: 100-150g Rice, 100g Ground Bison/Beef, Veggies

Meal 3: 100-150g Rice, 100g Chicken / Salmon, Veggies

Meal 4: 100g Rice, 50g any protein, Veggies.

Snacks: I'll eat some nuts or some berries or seaweed. There's really a ton of shit without sugar, you just have to look for it / plan in advance.

I can still eat tacos, burgers, fries, Steak, Pasta. I choose not to for almost all of those (I eat Steak pretty frequently though).

The only hard adjustment was giving up any traditional desserts, yogurts, milk, or any drink besides water.

DiosJ • 25 points • 18 September, 2019 04:06 PM

Stupid comments in here. Abs are made in the gym and then revealed in the kitchen. Do cable crunches, hanging leg raises and woodchoppers 3 times a week

brooklynbooked 1 points 18 September, 2019 04:48 PM* **[recovered]**

Be careful not to turn into the Machinist during your ab pursuit

sniper1905 • 2 points • 18 September, 2019 10:23 PM

Too late, already an insomniac doing hit and runs.

supergoodguy90 1 points 18 September, 2019 06:42 PM [recovered]

My actual fear

Throwaway-242424 • 1 point • 19 September, 2019 12:08 AM

How muscular are you currently? Abs don't count for shit if you shred down to 120lbs and look like a meth junkie.

DudeBroDog • 14 points • 18 September, 2019 03:18 PM

ahahahahha, i have the same mentality. I mix and match my workouts, but figuring out your nutrition is the driver

vincent365 • 11 points • 18 September, 2019 05:19 PM

Look up Six Pack Promise by Athleanx on the app store. The exercises are intense and it's only 5 minute sessions for 5 days a week

Edit: Also look up his channel. He makes really good content

[deleted] • 6 points • 18 September, 2019 07:39 PM

+1 for Athleanx but it's better to follow his advice to train like an athlete. Consider the suitcase deadlift. Grab the barbell with one hand like a suitcase, lift it with otherwise standard deadlift form. This about the benefits up and down the kinetic chain, not least the rotational force on the torso *that your abs are working to counteract*.

For the life of me I don't understand training abs. They are stabilizers, not primary movers. Consider every primary movement....deadlifts, squats, overhead presses. Your abs are getting nailed in all of those.

This is no excuse to be fat!

SalporinRP • 1 point • 19 September, 2019 02:10 PM

For the life of me I don't understand training abs.

Why? It takes 10 mins at the end of your workout and allows you to isolate them better than any of the exercises you mentioned.

You say to train like an athlete but literally every athlete does ab training lol

violetmonstermunch • 8 points • 18 September, 2019 03:58 PM

You don't need to suffer like a madman. It's going to be tough but not as hard as you are ready to take it.

TBtgoat • 5 points • 18 September, 2019 05:46 PM

I used to neglect abs until I cut for summer 2018 and looked good everywhere else but the midsection. It's been about a year since I devoted to training abs regularly and I'm starting to see some solid results. Granted my other muscles have 5 years of training under their belt, so my abs still need to catch up.

Throw some leg raises in between sets. Do them at the end of your workouts. Superset Roman twists with decline sit ups. I probably tried over 100 ab variations in the past year, just to figure out which ones I liked. Do them often and do them fun.

Abs don't require much volume to grow. It's chest day today. Tomorrow is abs day. Nobody says that. It's more

about the frequency from my experience. Godspeed

11-Eleven-11 • 5 points • 18 September, 2019 05:34 PM

Athlean x has several good videos on training abs.

Don_Draper27 • 3 points • 18 September, 2019 04:35 PM

Check out Chris Heria on YouTube. He has some good HIIT + Abs workouts that you might be able to do at home. Keto + IF can help you drop your body fat %.

sebastianconcept • 3 points • 18 September, 2019 06:32 PM

6 packs are made of diet. Learn to cook tasty fit food and you'll make your path easier

SuperSayyid • 3 points • 18 September, 2019 06:36 PM

For further fitness reference/readings:

1. <https://startingstrength.com/>
2. <https://exrx.net/>

Sylvester_Sterone • 2 points • 18 September, 2019 07:57 PM

Exrx is a great site.

RossDDMarshalls • 2 points • 18 September, 2019 04:33 PM

What's your height and weight? What are your lift stats?

supergoodguy90 1 points 18 September, 2019 08:36 PM **[recovered]**

6 ft 175 lbs. Prob 12% bf. Dumbbell press with 70s, squat 245, keep my reps 8-10

RossDDMarshalls • 1 point • 18 September, 2019 11:42 PM

You need to cut more for visible abdominals. Ab workouts would be a waste of time for you.

cyrr • 2 points • 18 September, 2019 04:36 PM

Do a push pull routine with cardio. Planking in between sets, sit ups whenever, and whatever ab workout out there 4-5 times a week will work. Good thing you're willing to suffer.

zeekt12 • 2 points • 18 September, 2019 04:59 PM

Rest days in-between, protein synthesis occurs for 24-48 hours

boy_named_su • 2 points • 18 September, 2019 06:26 PM

Go find a boxing gym and sign up for one of their bootcamp classes. Boxers love their abs.

And do squats. Nothing is better for your core than squats

You need to lower your body fat percentage to around 15% or lower.

[deleted] • 2 points • 18 September, 2019 07:40 PM

And do squats. Nothing is better for your core than squats

+1 also, as I said above, shit like suitcase deadlifts are a good idea.

ChemicalGiraffe • 2 points • 18 September, 2019 07:15 PM

Abs are made in the gym, revealed in the kitchen.

ibetrynaimprove • 2 points • 19 September, 2019 04:30 AM

Heavy compound lifts, ab-exercises, then go on a fasting reigmen to lower bodyfat %

AceMav21 • 3 points • 18 September, 2019 03:25 PM

Get to 10% body fat

Sylvester_Sterone • 3 points • 18 September, 2019 04:20 PM

Dreamkiller:

Abs wont gent you laid.

Constant ab routines wont let you see your abs if you have fat

Spending hours at a time in the gym wont give you "the look."

<https://leangains.com/fuckarounditis/>

askmrcia • 2 points • 18 September, 2019 05:23 PM

Follow up to this. I believe Abs are mostly genetic to an extent. I have them and had them my whole life and I can almost bet I have the worse diet on this sub reddit (I eat fast food a few times a week).

I played sports all through college and now (I'm 290), I do lift often, but I BARELY do ab exercises. I see guys in the gym doing all these crunches, sit ups with medicine balls and all that shit and no results.

Had guys on my football team in college that could do crazy core workouts, were in great shape and had no visible abs.

trp369 • 2 points • 18 September, 2019 05:59 PM

Nah man that's like saying you see skinny guys in the gym weightlifting. Well yeah, obviously they aren't big yet but they are making progress.

Some guys start off with great body compositions. A couple of my friends who don't even train looked like how I did after lifting for 2 years because I was essentially playing catch up starting off as a skinny kid.

Same premise for abs. If yours aren't built you simply need to grow them, not be annoyed that others already have abs without training because that's their journey and you're on your own one.

Sylvester_Sterone • 0 points • 18 September, 2019 06:39 PM

Abs are genetic, but it depends on your bodyfat level.

Sure you can focus purely on ab development but the prevalence of fuckarounditis is common among newbie and intermediate gymgoers. A shit load of time and effort put into the gym. Just like a shit load of time and effort put into a girl under the influence of oneitis.

It would be a noobie mistake telling OP to focus purely on ab exercises without a complete strength training routine. (However we have no idea what is current fitness level is at)

However, pregressive strength gains in weighted chin-ups, presses, deadlifts, and squats should yield impressive results with proper diet. Try overhead pressing your body weight for 5+ reps and I guarantee you will have strong abdominals.

iwviw • 1 point • 18 September, 2019 07:46 PM

This was me for a long time, started with p90x, then I got a trainer and was on roids, quit roids did CrossFit, quit Crossfit and back to f*cking around at the gym for now

peacemakerzzz • 3 points • 18 September, 2019 07:07 PM

The only way to get abs is to go on a caloric deficit. To remove belly fat means your abs would pop out. Working out your abs at the gym is one thing which is very very easy to do, but are you driven enough to starve yourself on a deficit? It takes dedication and effort which I admit was a very hard experience!

KimDongIllest • 3 points • 18 September, 2019 03:47 PM

Abs are far more dependent on having low bf than your workout.

tropicalfire • 0 points • 18 September, 2019 07:20 PM

woodchoppers

Bullshit. I know people at 15% bodyfat who have visible abs. Abs are made in the kitchen is the most BS advice someone can give.

eagerlearner732 • 2 points • 18 September, 2019 03:25 PM

Go CARNIVORE with intense workout for 3 months! I'm on it from last 2 months and I can feel my abs getting carved in there..

sayedhimself • 1 point • 18 September, 2019 03:26 PM

Beat me to it. ☐☐☐

RPthrowaway123 • 2 points • 18 September, 2019 05:04 PM

Abs are made in the kitchen. If you want to have cut/visible abs, you'll need a pretty low body fat %. I'd focus primarily on diet. And my favorite abs exercise is bicycle crunches, definitely do those.

TehJimmy • 2 points • 18 September, 2019 03:21 PM

time to crush dreams :

intense weekly routine

abs are made through diet in the kitchen

resolve the debate of abs every day or rest days in between

already resolved.

go full Goggins and get this six pack jacked and visible.

Not all people have six packs genetically. You may don't . You may have a 4 pack . Maybe 8. Unless you cut first and make sure it's all in the air.

Source: i went from 23 % to 14 % 4-pack the last 6 months of cutting.

good luck have fun.

AceMav21 • 10 points • 18 September, 2019 03:27 PM

Also your abs might be asymmetrical or look like a mush of incongruent shapes slapped together just saying.

In that case abandon your aesthetic dreams and become a power lifting meat monster.

TehJimmyy • 1 point • 18 September, 2019 05:42 PM

Luckily my abs are a little diagonal symmetrical type. Would take it than the 6 pack asymmetrical style. Looks weird but it stills put you above everyone else. I learned in my cutting journey that overall fat on the body (arm bicep veins,better jawline definition) is much important than showing your abs. No matter the case its always worth the looks and health benefits.

FatGirlsInPartyHats 1 points 18 September, 2019 04:27 PM* [recovered]

what was your cut like? Did you basically just cut bread and sugar out of your diet?

I think my big problem with my cut is obviously alcohol as it's a huge part of my social life.

TehJimmyy • 1 point • 18 September, 2019 05:39 PM

When i started i still eat bread and sugar (23-20%). Below 20 % and close to 17-18 i started minimizing them to the point of eating bread a little per day and sugar only on Sunday (Cheat day).

About alcohol you can include it in your cheat day but i think you already know no matter if cutting or bulking its a no-go for lifting.If you can measure it you can even drink it daily but its not optimal.Especially beer gut bellies.

FatGirlsInPartyHats 1 points 18 September, 2019 05:55 PM* [recovered]

Could you explain why it's a no go for lifting besides it being incredibly fattening and dehydrating?

I have scaled back from 4 nights a week to 1 a week and from red wine to low calorie beer. Though i know both are awful for you on any kind of cut so i usually get a lot of low calorie protein in and dont eat dinner when i go out to compensate for the calories.

Sorry still learning.

TehJimmyy • 2 points • 18 September, 2019 06:05 PM*

You can google or youtube search alcohol effects on testosterone / lifting.

Sylvester_Sterone • 2 points • 18 September, 2019 07:56 PM

Alcohol has a higher thermic effect similar to protein. It's the lack of control that leads to blackout drunkenness and empty pizza boxes that stops overall progress if looking for abs. Short term you will have dehydration.

Best done if you have a light or no workout day the next morning.

Sylvester_Sterone • 1 point • 18 September, 2019 07:54 PM

<https://leangains.com/the-truth-about-alcohol-fat-loss-and-muscle-growth/>

Sylvester_Sterone • 1 point • 18 September, 2019 07:54 PM

Squats and shots. At the same time.

TehJimmyy • 1 point • 18 September, 2019 08:08 PM

lmao

Aizenchair-sama • 0 points • 18 September, 2019 09:30 PM

abs are made through diet in the kitchen

No they're not. They're made in the gym and revealed in the kitchen.

InstigatingDrunk • 1 point • 18 September, 2019 05:46 PM

I do them whenever they're not sore. that's the real answer. weighted seated crunches. rope pull downs, hollow body holds, hanging leg raises. i'm at 20% bf so I can barely see them. need to lose 10%

holyshocker • 1 point • 18 September, 2019 07:26 PM

Step 1: load up heavy weights

Step 2: squat.

adool666 • 1 point • 18 September, 2019 11:27 PM

Squats for Abs? Dead lifts definitely help for me. Never heard of squats helping abs.

holyshocker • 1 point • 14 November, 2019 04:53 AM

Core keeps that posture. My abs get as sore as my thighs.

8bitmadness • 1 point • 19 September, 2019 12:01 AM

If you want good abs, get core strength in general. I personally have seen benefit to adding Qi Gong to my routine. bodyweight resistance workouts are absolutely amazing for building core strength. As has been said in this thread, training abs in isolation will give them much more definition, but I personally would want to work towards having a truly strong and functional core before working on muscular definition. So work towards gaining functional strength with your ab workouts.

Get that strength, then work on burning off your body fat for definition. It's perfectly okay to go strongfat for a bit if you're working towards this goal, just don't actively gain body fat and you'll be fine.

NobodyP1 • 1 point • 19 September, 2019 12:22 AM

Treat your abs like every other muscle. Low reps high weight.

rpgedgar • 1 point • 19 September, 2019 01:03 AM

Look into 16/8 intermittent fasting - eating all your calories in an 8 hour window and then 16 hours of fasting. For some people like myself, it's like having daily bulk and cut cycles. During your eating phase, the body learns to utilize nutrients better, and then during your rest phase, the body learns to utilize fat for energy.

Also, watch out for stimulants, and don't over do coffee. There's a theory that the body will store fat in areas it wants to protect. Many people these days are overloading their adrenals and kidneys with caffeine, causing cortisol spikes, and signaling that those organs need protection. Hence, love handles.

Wrath_of_Trump • 1 point • 19 September, 2019 02:22 AM

Just doing sit ups won't get you there. You have to actually train your body and increase your overall fitness, otherwise you'll do a couple sets and be sore, tired, and give up. This is how most people do when they feel "motivated," they do 50 crunches for 2 days and say fuck it.

Work on your general fitness. Stick with compound movements and use accessories in areas you want to get bigger. Train abs at least twice a week by doing actual situps or weighted situps. You need to pack these in at the END of your session after you've done the compounds, when the last thing you want to do is another 5 sets of ab

work. That's when you do it. And don't cheat yourself by "getting tired." You have to do it. Once you're comfortable with your gains, consider lowering your caloric intake but keep lifting. Building muscle consumes calories, running for 2 hours everyday consumes muscle because your body wants to drop as much weight as possible.

mr_sandmam • 1 point • 19 September, 2019 07:32 AM

My ab's visibility depends very little on training. 90% is just having low body fat. So yeah, do a lot of cardio.

SalporinRP • 1 point • 19 September, 2019 02:12 PM

Ab pulldowns, hanging leg raises (add weight to the leg raises with ankle weights), cable woodchoppers.

Make sure you are always progressing in terms of the weight or reps.

Those 3 exercises are all you really need.

monsteroh • 1 point • 18 September, 2019 03:32 PM

5x5 workouts with cardio at the end should help you get a strong core/abs. Throw in a few land mine twists and you're gucci. Get in a caloric deficit for your height and weight as well.

[deleted] • 1 point • 18 September, 2019 06:15 PM

If you want abs your gonna need low bfp, as low bfp is what makes your abs visible. Just go on a cut, like normal people.

Radkin009 • -1 points • 18 September, 2019 03:20 PM

Abs are made in the kitchen, workouts just speed up the process. Get your diet in check and be patient.

supergoodguy90 1 points 18 September, 2019 03:25 PM **[recovered]**

My diet is pretty good and I'm pretty fuckin lean. I've got a slight layer over my belly, have visible obliques, but no six pack. I'm thinking even with my strong core, my genetics are fucking me, or my abs are not actually big enough

trp369 • 5 points • 18 September, 2019 06:00 PM

Your abs aren't developed enough mate that's the problem. Yes you need to lean down to make them more revealing but why would you try to reveal untrained abs? Imagine a skinny guy saying he wants to cut weight so his biceps will be better. Sounds stupid the skinny guy needs bigger biceps in the first place and you need more ab training before thinking about leaning down

[deleted] • 2 points • 18 September, 2019 07:41 PM

Your abs aren't developed enough mate that's the problem.

abs on a skinny guy are like tits on a fat chick

dabra866[] • -2 points • 18 September, 2019 04:58 PM

This subreddit has hit rock bottom

philltered • 2 points • 18 September, 2019 06:42 PM

Lol why do you say so

krusecontrol91 • -1 points • 18 September, 2019 06:18 PM

Nah fuck that abs < money