

**Are you making
these 3 weight
loss mistakes?**

Discover How These Common Myths Are Preventing You From Losing Weight And Getting Ripped Abs.

So you want to burn fat, see your abs, and look good naked?

Well, you're not alone. I'm in the same boat, as are millions of other guys. Searching magazines, books, and online for a solution may seem like a good place to start. But it can get you in hot water and prevent you from ever losing weight or seeing your abs.

Easier Said Than Done

If you've ever tried to get ripped fast, you know it's not as easy as claimed.

Even though you followed all the top recommendations, chances are your attempts at a flat stomach and killer abs ended in disaster. You got fatter instead of leaner, and you were miserable every second.

Well, it's not your fault. It's next to impossible to make heads or tails of things. All the hype, misinformation, and contradicting information on the web, in magazines, and in the news is enough to make your head spin.

3 COMMON WEIGHT LOSS MYTHS BUSTED

Today you'll discover how 3 common myths are preventing guys like you from losing weight, getting ripped, and looking good naked.

Myth #1

This Is The Best Ab Exercise For A Chiseled 6 Pack

You want burn belly fat and get ripped abs. So it's only natural to check out the top 6 pack ab exercises and tips.

After all, trainers have their overweight clients doing them. The buff gym rat is doing them. Every fitness magazine has headlines touting the best ab exercises to instantly get a ripped midsection. And there isn't any shortage of ab exercises, gadgets or devices. All of which claim to burn belly fat and deliver ripped abs fast.

This brings us to our first piece of ab sabotaging advice...

"DO THIS INCREDIBLE AB EXERCISE FOR AMAZING RESULTS"

"GET RIPPED FAST WITH THIS ONE AB MOVE"

Extra, Extra, Read All About It

Every headline is different but they all say the same thing... do this and you'll burn fat fast, get ripped abs, and all with little effort in record time.

3 COMMON WEIGHT LOSS MYTHS BUSTED

Not only is this a big fat lie. But spending a lot of time working your abs is the biggest anti-abs trap you can fall into. You're better off following the advice of [George Costanza, and do the opposite](#). Eliminate your ab training. Or at the very least, reduce it.

Ditch The Ab Work

Yes. Eliminate all isolated ab work if you want a cover model mid section.

I know this sounds counterproductive, but spending lots of time directly working your abs will make it harder to lose weight and get ripped. Spending less time working your abs will deliver better results.

Let me explain.

Infomercials, magazines and the [Fitness Fugazies](#) emphasize working the abs to get great abs. On the surface this advice appears logical. You want abs, so work them. But if we take a closer look, we can see the flaws in this approach.

X Hits The Spot, Or Does It

The first issue with isolated ab work revolves around the notion of spot reduction.

Does this sound familiar...

3 COMMON WEIGHT LOSS MYTHS BUSTED

"A FEW TWISTS, TURNS, AND CRUNCHES ON THE AB BLASTER
1000 AND YOU'LL HAVE THE ABS OF AN UNDERWEAR MODEL.
WAIT THERE'S MORE... YOU CAN HAVE ALL THIS IN JUST 6
WEEKS WORKING ONLY 1 MINUTE A DAY."

All these ads are the same. Some fit guy and gal sporting a big smile tell stories of how they lost weight and got their ripped midsection by using the product. One that hits the abs like no other.

Like the ads, isolated ab work is BS. It would be nice if that was all it took. But fat loss doesn't work like that. Just like you can't dictate where fat gets deposited. You can't specify where it comes off. That's controlled by your DNA.

So you can't spot reduce.

No matter how much time you spent hitting your abs to trim down, it isn't going to do the job. It won't even make a dent.

A big strike against isolated ab work.

I know what you're thinking...

"At least I'm working them."

True, isolation exercises do work the abs. But do you care if you can't see them? So long as you have a layer of fat covering them up, even the strongest most developed abs will never show.

3 COMMON WEIGHT LOSS MYTHS BUSTED

Which brings us to our second reason to skip the ab exercises.

It's All About Body Fat

To see your abs you need to be lean. At 12% body fat you'll look pretty good. Sit at 10% or less and you'll be ripped.

This means fat loss exercises have to be priority number one. Ab exercises just don't pack a punch when it comes to burning calories or fat. It takes about 20 thousand sit-ups to burn one pound of fat. Not very effective. So every minute you squander working your abs is one less minute you could spend doing an intensive fat burning exercise.

It gets worse.

Are You Even Hitting The Abs

Many of the common ab exercises don't even work the abs. They're hip flexor dominant.

So not only are you not burning any fat, you're not even working the intended muscles.

Talk about a waste of time. No wonder so many guys get stuck.

What to do...

3 COMMON WEIGHT LOSS MYTHS BUSTED

[Train like an athlete](#). An workout based on the principles athletes use kills two birds with one stone:

1. You burn fat to reveal your abs.
2. You work your abs indirectly.

You don't have to be an athlete to get ripped like an athlete. Just follow the principles...

- Hit the gym and train with compound exercises.
- Work on getting stronger and more powerful.
- Spend some time conditioning.

Compound exercises are so effective because they incorporate your core in multi-joint exercises. Plus they're more metabolic demanding, so you burn more fat.

Examples of compound exercises worth adding to your workout to replace isolation exercises and ab machines are... ball throws, squats, and loaded carries.

I don't expect you to spend hours practicing or running stadiums. But some conditioning and extra movement is necessary. Instead of practicing like an athlete would, do some hill sprints, jump rope, or walk. They're all excellent alternatives to the typical athlete's conditioning.

That's all there is to it.

If you want more details [check out D-1 Abs](#). It lays out everything to get ripped like a college athlete, without going to school or stepping foot on the playing field.

Myth #2

Weight Loss Made Simple With This Quick Fat Burning Metabolism Boosting Hack

Seems as though hack is the new buzz word. Everywhere you turn there are quick simple fixes for everything, and getting your perfect body is no different.

Wish I had a penny for every time I've heard a [Fitness Fugazi](#) make one of these sensationalized claims...

- [-] Lose 10 pounds in 10 days
- [-] One Simple Move To 6 Pack Abs
- [-] Workout Trick To Lose 5 Pounds This Week

A hack sounds great. After all, who doesn't want a quick fix to a problem. But there's a dark side to these claims, and it prevents you from getting the abs and body you want.

Fat loss is a numbers game.

To lose weight and reveal your abs, you need to burn more calories than you take in. The amount and length of your calorie deficit will determine how much weight you lose.

This can only happen so fast. It's kind of like burning through a tank of gas in your car.

3 COMMON WEIGHT LOSS MYTHS BUSTED

Before you head out on a road trip you fill up. Even though you can burn through the tank a little faster or slower, you still have a good idea how far you can travel.

Depending on your driving habits, weight in the car, terrain, and other variables, there's a range to how far that tank of gas can get you. But even with these variables you can't burn through the tank of gas in a quarter of the time or distance. Nor can you make it last three times longer.

The human body is the same.

Body fat needs to be burned off. We know a pound of fat is roughly 3500 calories. In order to burn 10 pounds you need to be in a 35 000 Calorie deficit. If that is to be done quickly, you're looking at some tough math.

Evenly spreading your deficit throughout the week means you need to have a 5000 Calorie deficit every day. If you tried to do this with exercise alone you'd need to run about 50 miles a day.

Good luck with that.

This brings us to why these ab hacks and quick weight loss tricks fail...

they're unrealistic and not sustainable.

To make one of these quick solutions work calls for drastic measures.

3 COMMON WEIGHT LOSS MYTHS BUSTED

Calories have to be cut drastically. Exercise needs to go through the roof. Or a combination of the two. It's tough. If you can do it, you can't for long. Then, when you stop, fat rushes back on like water rushing through a flood gate. Many guys end up in worse shape than they were before the hack.

It's Not Your Fault

The other problem with these false claims is that you can end up feel like it's your fault. When you don't see the promised results it's natural to feel as though you did something wrong. Or, you're somehow broken. When this happens, feelings of hopelessness and doom aren't far behind. Guys throw in the towel, ditch the hack, and go back to old habits.

Know, **you are not broken**. There aren't any magic fixes. Don't waste your time, effort, or energy with any of them.

What To Do

Burning belly fat and getting ripped abs has many parts. One hack won't fix anything. It can't. It's like having one piece of a puzzle.

What can you do with one piece of a puzzle? Even if it's in the right position, it doesn't help. It takes many correctly placed pieces to get a sense of the finished product. A hack is no different. It's just one piece of a much larger equation.

3 COMMON WEIGHT LOSS MYTHS BUSTED

Follow an effective exercise and diet plan. You will lose weight. You will get a killer mid section. You will transform and get your perfect body.

Give It Time

It's important to understand that getting in great shape is hard work. If it was as easy as the hacks claim everyone would be walking around shirtless rocking a 6 pack. So know it's going to take time and effort.

Be consistent. Don't jump from quick fix to the next. [Follow a plan](#) that includes nutrition, strength training, cardio, and mobility. Stick with it for 10 - 20 weeks before thinking about changing anything.

Myth #3

Don't Eat That... Latest And Greatest Research Reveals Ancient Secret Diet To Lose Weight

A quick [look on Amazon and you'll quickly see](#) there are a million and one different diets. Many promise quick fixes and easy weight loss.

It's tempting to grab one of the best sellers and run with it.

You many already have.

3 COMMON WEIGHT LOSS MYTHS BUSTED

But that's not the best approach. Doing so may cause more harm than good.

Popular And Effective Aren't The Same

Unfortunately, best seller doesn't mean best or even good advice. Many of the popular diets are based on gimmicks, fads, cherry picked or bad science.

Currently it's in fashion to demonize sugar, and eat like a caveman. Before that, fat consumption was the root of all evil. Who knows what the next trend will be.

While it sounds good to bash sugar. Eat like a caveman. Or eliminate carbs. None of this address the real issue. Instead they focus on avoiding specific foods. Some eliminate entire food groups. Even worse, your favorite foods become off limits. All this prevents you from losing weight and seeing your abs.

How Poor Diet Advice Makes You Fat

It's human nature to want something we can't have. How long do you think you could go without eating any sugar? Or only having liquid meals? Look at all the good stuff off limits if you can't have carbs:

- [-] Bread (sandwiches, pizza, subs)
- [-] Fruit
- [-] Veggies
- [-] Pasta
- [-] Cookies, cakes, brownies, etc...

The list goes on.

3 COMMON WEIGHT LOSS MYTHS BUSTED

If I had to cut out all carbs I know I couldn't hold out long. My guess is you couldn't either.

So you abandon your diet and return to your regular eating habits while you search for a new diet plan. Meanwhile you devour the previously restricted foods and end up heavier and further from your perfect body than you were before.

This process repeats over and over as you get bigger and bigger and your dream of a flat stomach fades.

But it doesn't have to be that way.

You can enjoy your favorite foods, never be on a diet and get your ripped abs.

Creating An Effective Diet

Creating an effective diet isn't difficult if you stick to a few basic principles.

The first is to ignore the latest diet. Instead follow the principles every successful diet adheres to.

Include tasty foods.

Make sure you get plenty of foods you love eating. If you don't enjoy your meals, you won't stick to the plan.

3 COMMON WEIGHT LOSS MYTHS BUSTED

Food is meant to be enjoyed. Don't deprive yourself. Have your treats. Just make sure if they're high in calories to limit your portions and frequency. Having a small portion of your calories come from what's considered junk food will keep you healthy, lean, and sane.

As a rule of thumb, limit treats to about 15% of your diet.

Don't exclude any foods or food groups.

No food is off limits. Unless, of course you're allergic to it. Other than that you're free to eat any food you want.

Fats won't hurt you. A portion of a healthy diet includes fats.

Carbs aren't bad. The more active you are the better, you'll feel including them in your diet.

Wheat and gluten also have health benefits. Don't kick them to the curb.

For healthy guys, there isn't any food you can't have. As long as your diet is balanced and you stay in a slight calorie deficit you'll lose the weight and look great.

The body requires different nutrients to keep it running smoothly. This comes from having a wide variety of foods in your diet.

Flexibility

A good diet is flexible enough to seamlessly fit into your life.

3 COMMON WEIGHT LOSS MYTHS BUSTED

Too difficult to follow. It won't work.

Have to take Tupperware containers to parties. It won't work.

Can't eat the same foods as your friends and family. It won't work.

Choose a diet that fits you. Not one that restricts foods and forces you to fit it.

Create A Caloric Deficit

In order for a diet to be successful, it has to create a calorie deficit. This is the first and most important principle.

Without being in a deficit, your diet will never succeed. No matter how scientific, fancy, or popular. If the amount of calories consumed aren't kept in check, you won't lose weight. You won't see your abs.

If You Want Results As Fast As Possible

We've covered the most common anti-abs myths out there. Avoiding them will make your ab shredding journey easier. Unfortunately there are many more myths out there. These are only the tip of the anti-abs iceberg.

3 COMMON WEIGHT LOSS MYTHS BUSTED

If you want to lose weight as fast as possible.

If you want to get ripped.

If you want to avoid the pain and frustration of sorting through all the hype and misinformation... [take a look a D-1 Abs.](#)

<http://d1abs.com>

D-1 Abs reveals the principles top Division 1 college coaches use to get their athletes in killer shape. With a physique to match.

You can use the same principles to get lean and muscular.

Don't worry if you're not an athlete. Doesn't even matter how long it's been since you last step foot in the gym either. D-1 ABs is based on principles. You won't have to go through what a division one athlete has to, but you'll get the same benefits.

If you're ready to get ripped, check out d-1 Abs.

Click the link below to get started right away...

[Yes Jason. I want to get ripped.](#)

Be strong my friend,
Coach Jason, CSCS