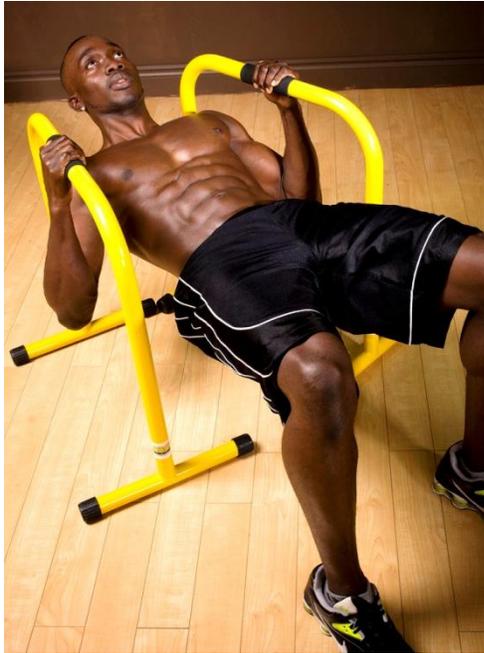


Eight Minutes to Abs of Steel

By Marc Lebert



Abs of steel. Everybody wants them, but how do you get them? The best way to not get them is by doing an ab class! Ok, let me explain. Ab classes are designed to work the abdominals, oblique's and lower back and that's a good thing. And they can make your core stronger. But to really see your abs, you need to reduce body fat. As a friend of mine likes to say, "I have washboard abs, it's just that I have a load of laundry in right now!"

Ab classes are a way to get people in the gym. Clever marketing, really, because they know that is what you desire but the class usually does little or nothing to burn fat. They simply strengthen a small (though critical) area of the body which gives us greater stability and allows us to perform daily activities and exercises with greater ease and safety.

In order to burn, fat we need to work the large muscles in the body: the legs, chest and back, and work them at the right intensity—HARD. So if your goal is better abs, get started on a routine that is simple in design, but with the burner on high. With the price of gas the way it is, everyone knows that a smaller engine and driving slower will help fuel economy. The same is true for your body!

If you want to burn fat you need a better quality engine which is developed by strength training (by the way ladies, you won't bulk up — bulk comes from the male hormone testosterone, rather your muscles will become tighter and more toned) and you need to go faster (most people do the same thing for cardio but research shows that training both the aerobic and anaerobic systems is the key).

So here's my routine used by celebrity trainers, coaches, athletes, or anyone with a home gym, and it's just that - a routine. It is just one way to do things but like any routine, it only works if you stick with it at the right intensity. See your doctor first before beginning any exercise routine, go at your own pace and consult an expert to get correct form on the exercises.

All you need is a set of Lebert Equalizers™, an open area to run or a step. This workout takes about eight minutes.

1. Start with Equalizer Push ups for 10 to 25 reps depending on fitness level.



2. Now run back and forth (stop and starts) 10 times at an intensity that is difficult. You can run up and down on a step if you prefer for 2 minutes hard.



3. Begin 25 Equalizer Vertical Rows.



4. Repeat #2.



5. Give me 10 Equalizer Leg Raises.

6. Repeat #2.

DONE! I'm not going to kid you, this is hard work! But it does work so stick with it every second day or even every day!

Marc Lebert

Lebert Fitness

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Lebert Fitness is a world leader in innovative high performance work out tools. Created by personal trainer, Taekwondo black belt and international speaker, Marc Lebert, the Lebert Equalizer™ and Lebert Buddy System™ are utilized by Celebrity Trainers, Professional Sports Teams, Athletic Departments, Boot Camps, Gyms and more. The Lebert Stretch Strap™ was developed with the assistance of Olympic Athlete and Master Yoga Instructor, Ann Green, and is a must to finish any training session, camp or class.