

## Effective ABS in less than 5 minutes a day when combine with Proper Nutrition

The abdominal region also known as the core, center of the human body is where most of the forces are generated allowing us to do different movement. Whether you are bending to get your wallet on the ground, or twisting your body quickly to pick up that forgotten snack on your kitchen counter, your abdominal muscles are engaging in the work that is produced over this short period of time. Yes, it is vital to have and maintain a strong abdominal region. There are a tones of reason why, below are some of the most common ones:

- **It helps preventing lower back injuries**
- **It helps with proper breathing pattern**
- **It helps with daily activities that require more force from other parts of the body (i.e. pick up a heavy laundry bag, or pushing your bed in the left corner)**
- **Improve self-esteem**
- **Increase motivation level of daily routines**
- **Increase balance and coordination**
- **Promote healthy back muscles**
- **Increase ability to bend easier.**
- **Increase tightness of muscles in lumbar region**
- **It helps with postural alignment**

The most important aspect of the abdominal region that many individuals fail to realize is that, **every single one of us have a flat abdomen and that six packs is actually there if you want it.** The fact is that a vast layers of fat tissues and subcutaneous fats, right underneath the skin, sometimes cover this single, huge muscle, and makes it hard for an individual to see the beautiful layers of their flat stomach. I really hate to tell you the truth, but the best way to really get your abdominal in great shape is to use your body weight with different exercise sequences. There is absolutely nothing wrong using these abs machines you've been using for years. Yes, they make everything a little easier, and some of you are saying why did I even buy this piece of equipment. I will tell you this, whatever we do in life requires some kind of work, and so does the human body when you want to change it. You really want your ABS to get it in great shape you have to work smart for it, not hard, but smart. Take the tour today at [www.fitnessgenerator.com/ibalexandre](http://www.fitnessgenerator.com/ibalexandre) to evaluate the **DEMO** yourself, and see how beneficial this system will be for you.