

Category:Artificial life Category:Video game mods Category:Video game expansion packs Category:2007 video games Category:American Girl Category:Windows games Category:Windows-only games Category:Video games developed in the United States Category:Video games with pre-rendered 3D graphicsSaturday, March 15, 2010 Hips, Abs, and Cardio: The Scoop on Abs Do you have a rock hard six pack, but still feel unconfident when you take your shirt off? Like you still have a spare tire around your midsection? Feeling like you are still pulling your shirt off at the beach or the pool, while having a six pack makes you feel more confident. Sadly, many people still feel this way today. It's actually not the increased vascularity of the added muscle that makes people feel as if they're not doing anything, but rather, it's the fact that the abdominal region has an easier time storing their larger bellies. The key to a flat belly isn't your abs, it's your Cardio. You may be surprised to learn that Cardio is actually one of the easiest ways to get a flat belly! No need for that crash diet! The first step to train your abs is to work your cardio. Women work this zone harder because of the added weight to their lower bodies. If a woman is overweight, she should work this area harder than men. Keep in mind that working your abs does not mean that you have to go all out! You should be able to easily push a 12-15 minute mile with abdominal exercises. You shouldn't be exhausted! This is where you'll find most of the results within 12-20 weeks. You'll be able to quickly see your results and be happy with them. Make it a habit to workout at least three times a week. Regular. Constantly. If you aren't going to the gym, then you should be working abs at home! Don't wait for a gym to join! Abs can be done anywhere! If you aren't yet working out, these could be the exercises to use. Single Leg Core Strengthening Single Leg Core: This involves holding your bodyweight in a single leg on the floor. You can do this by holding on to a chair, or even by grabbing onto the back of the couch or a counter. Start with your right leg

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